

## **Eco Church - Climate Steward's Carbon Fast for Lent**

As part of St Saviour's commitment towards earning a Silver Eco Award, we have signed up for the Climate Steward organisation's Lent programme: Carbon Fast.

Each week there will be a set of ideas for activities that members of the congregation can take part in going from 'Simple Starts' to 'Big Leaps' which will be on the pew sheet insert, displayed on the church notice board and on the church website, [stsavioursstalbans.com/carbonfast](https://stsavioursstalbans.com/carbonfast).

We would love it if you shared any activities you've completed on the church notice board using the sticky notes provided. This can be anonymously!

Any questions, please see Ellie, Elaine or Emily the Eco Church Champions Team. For more information re Climate Stewards see [Climatestewards.org](https://climatestewards.org).

The Eco Church Team are looking for additional members so please talk to Ellie, Elaine or Emily if you're feeling inspired.

## This week's challenge: follow the money. What is your bank, pension, or building society actually funding with your deposits?



Windy Day, Donegal by James Humbert Craig  
(1877–1944)

### Where our money sleeps matters.

Your bank account, savings, pension, and investments are likely held by institutions that fund fossil fuel companies—unless you've chosen responsible custodians.

Sifting through the climate impact of decisions made on your behalf can feel overwhelming. Large institutions disguise themselves as sustainable with elaborate policies and glossy sustainability reports. Discerning greenwash isn't easy.

## IDEAS FOR ACTIONS YOU CAN TAKE!

### START SIMPLE

- Read an article about saving, investing and spending money with environmental responsibility
  - Pray for those who steward our money and give money advice:
  - The Chancellor of the Exchequer, investors, pension fund managers and bankers
  - Staff at Christians Against Poverty and similar support services
- Donate to a money wise/debt advice service

### GO DEEPER

- Investigate how your money is used by your bank or pension provider
- Investigate a switch to an ethical bank, co-operative, or building society

### BIG LEAP

- Make your first sustainable investment - invest in a green fund
- Have a conversation with your church or local community group treasurer about ethical banking
- Ask your employer about switching their business bank account to an ethical bank, co-operative, or building society.
- Explore becoming an Angel Investor in a green or ethical Christian startup