

## **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.

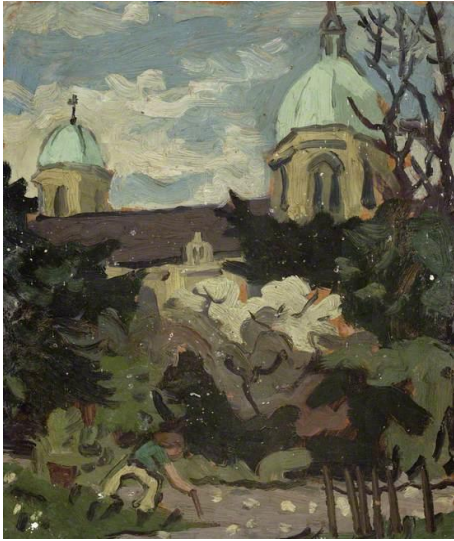
Each week there will be a set of ideas for activities that members of the congregation can take part in going from 'Simple Starts' to 'Big Leaps' which will be on the pew sheet insert, displayed on the church notice board and on the church website, [stsavioursstalbans.com/carbonfast](http://stsavioursstalbans.com/carbonfast).

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](http://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 the challenge is to wonder at creation and get practical in caring for it!



### Why care for creation this Lent?

Our natural world is in crisis. We are now consuming 1.8 times faster than our planet can regenerate.<sup>1</sup> If we consumed within our planetary boundaries, nature would have space to replenish. Earth Overshoot Day 2025 fell on 24 July—meaning humanity exhausted Earth's yearly renewable resources in just seven months. For the remaining five months of 2025, we lived on borrowed resources from future generations. To sustain our current lifestyle year-round would require 1.8 Earths—but we only have one.<sup>2</sup>

Sources: <sup>1</sup> Global Footprint Network, Earth Overshoot Day 2025. <https://overshoot.footprintnetwork.org>

<sup>2</sup> Calculated by dividing Earth's biocapacity by humanity's ecological footprint and multiplying by 365.

Gardener at Work, near a Church 1940–1950  
by Kyffin Williams (1918–2006)

## IDEAS FOR ACTIONS YOU CAN TAKE!

### START SIMPLE

- Spend 30 minutes outdoors daily – walk, sit, observe, pray
- Visit nature on your doorstep – Explore your nearest park, wetland centre, nature reserve, or city farm
- Volunteer this month in your church's outdoor space– Get your hands in the soil

### GO DEEPER

- Volunteer with your local Wildlife Trust work party or woodland conservation group
- Get involved with a Friends of the Park group in your area
- Pray for specific conservation groups in your region – Name them before God weekly
- Read about nature – Discover more about oceans, soil, trees, or wildlife

### BIG LEAP

- Give generously or volunteer at a charity helping conserve and provide access to nature: e.g. City farms, zoos, wetland centres
- A Rocha UK – Britain's only Christian conservation charity
- Join a conservation movement on your doorstep and volunteer.
- Book a conservation working holiday