



ECO-AWARENESS

Eco Congregation Registered Charity No. SCO41287

Summer Edition 2011

How Energy aware are you? Family Quiz



Cutting back on fuel bills, using electricity more efficiently and reducing our carbon footprint it seems that everyone's taking energy very seriously these days. So, how about you? Are you a bit of an energy champion, doing your bit wherever you can or does the whole thing leave you feeling a little bit confused?

Do you know all there is to know about saving energy around the home, or are you still trying to work out what you can do to help.

If you have ever wondered how energy-aware you are, then here's our quick quiz to help you find out. It's ideal to do yourself, or you can try it with the rest of the family and discover who is the real energy expert in your household. Good luck and have fun.

1. We all know that switching appliances off rather than leaving them on standby saves energy-but how much?

- A) £16 per household
- B) £65 per household
- C) £165 per household.

2. How much CO2 can A+ or A++ fridge freezers cut from your carbon footprint.

- A) 14kg
- B) 40kg
- C) 140kg

3. Talking of CO2, how much of the UK's total emissions are our homes responsible for?

- A) Around 5%
- B) Just over 15%
- C) Nearly 30%

4. Growing your own vegetables is great fun-but do you know how much CO2 it can save?

- A) 100kg
- B) 10kg
- C) 1kg

5. Just how much energy do energy saving bulbs save, compared with ordinary ones?

- A) 30%
- B) 50%
- C) 80%

6. How much of the UK's total annual energy is used for transport?

- A) One-tenth
- B) A fifth
- C) A third

7. Oil and coal are called "fossil fuels" because.

- A) They have to be dug up, like fossils.
- B) They were made millions of years ago and so contain ancient carbon.
- C) They're just so old fashioned.

8. Finally, which of the following do you do (and no fibbing)?

- A) Walk or cycle to work/school.
- B) Shower, rather than take a bath.
- C) Use energy saving bulbs as much as you can.
- D) Avoid leaving things on standby.
- E) Turn lights off if you are leaving a room for more than a few minutes.
- F) Recycle glass, cans and paper.
- G) Have any low energy, wind-up or gadget?

Answers are on a separate attachment and on the Eco-notice board in the gallery.

What is the aim of Eco-congregations?



Eco-congregation aims to encourage churches to celebrate the gift of God's creation and to care for it in their life and mission and through members' personal lifestyles.

A prayer about recycling

Generous and loving God,
Your Creation is filled to overflowing with bounty.

Keep us mindful that many live on less than we do;
Keep us mindful that it is not enough to simply buy what we want and then put it in the bin when we are finished with it;
Keep us open to making real changes in our lives for the good of Creation.
Keep us thankful and hopeful and active.

We Need Your Support

Only a limited number of copies of this newsletter will be printed for those without an e-mail address and will be available at the church, but not delivered. If you have an e-mail address and have not already done so please inform Sandra at the church office and receive the newsletter this way, thus reducing printing costs and using less paper. - Editor

This newsletter has been printed on 100% recycled paper and printing costs covered by the Eco Group.



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Welcome to the Old And Abbey Eco-newsletter

This is the first edition of the eco-awareness newsletter and we hope that you will find the articles of interest. We also want to give the reader some sense of what is happening within the Church of Scotland and elsewhere on topics and issues we face in tackling and dealing with climate change. Our fragile eco systems are under threat, so as an eco-congregation we in the Old & Abbey need to work together to make change possible. The main purpose of this newsletter is to help give better understanding of climate change and sustainability concerns but hopefully at the same time you will find it informative and a fun read.

It is your newsletter and your comments and feedback are welcome.

The Editor.



A word from Valerie.

It is my great pleasure to be asked to add my support to this new eco-newsletter.



Going Green in the Garden

Growing your own vegetables can save you money.



Gardening typically is environmentally friendly for many reasons. For example growing your own food reduces dependence on fruits and vegetables transported long distances, using fossil fuel-derived energy. However, some gardening practices can damage the environment, including wasteful water usage; insecticides, herbicides and fertilizers which can contaminate groundwater and kill useful insects; landscaping a garden with non-sustainable materials, such as plastic pots.

Think Organic That's Even Better

Growing plants native to the area can save time, energy, money and water. Plants that are native to the climate typically flourish in gardens, requiring less care and maintenance than non-native plants because they are adapted to existing soil conditions. Native plants also attract birds, butterflies and beneficial insects to a garden.



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Church of Scotland News in Brief:

Adrian in Jamaica.



Adrian Shaw, Climate Change Officer of the Church of Scotland, recently participated in the International Ecumenical Peace Convention in Jamaica, giving a presentation on the environmental work churches in Scotland are involved in, and inviting others to adopt the Eco-Congregation programme for their own countries.

Sustainable Agriculture

This is another very important area Adrian is working on.

How can we produce enough food, cope with climate change and reduce our carbon footprint?

The Church and Society Council is preparing a report on sustainable energy for the General Assembly in 2012.

Why should the church be interested in Farming and Food production.

Scripture: "God said, Throughout the earth I shall give you all the plants which bear seed, they shall be yours for food."
(Gen. 1:29)

The Bible contains a wealth of references to food and agriculture. This is why the Church and Society Council is preparing a report for the General Assembly in 2012 and in February 2011 invited a range of experts to a conference to help explore these concerns and learn more about the issues.

The purpose of the conference was not to provide firm answers but to help shape the thinking of the Council in preparing the report. In particular the Council is interested to explore the question 'What can congregations do?'

A summary of the report can be found at www.churchofscotland.org.uk

Care for the Earth

The Church of Scotland is concerned that climate change poses a serious and immediate threat to people everywhere, particularly to the poor of the earth; and that climate change represents a failure in our stewardship of God's creation. We accept the need to reduce the omissions of greenhouse gasses urgently to avoid dangerous and irreversible and unsustainable use of energy.



Renewable energy is essential to modern society - reducing harmful emissions from fossil fuels and making us more self sufficient.

Networking (coming soon)?

These informal groupings help churches to exchange ideas on what projects have worked for them. They help churches to access information, advice and grants from local authority or other agencies. They provide a basis for working on bigger, joint projects such as outdoor ecumenical services, travel plans or recycling schemes/litter picks. More experienced churches also help promote and develop the programme locally by involving others from local churches and the local community to share in their on-going activities.

Newsletter is sponsored by:

Meadow Bank Inn 875755
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Arbroath Stove Centre 437660
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Why Eco-Congregation?

Many Christians are concerned about the environment but don't know what they can do. Eco-Congregation Scotland is an ecumenical charity which offers a programme to help congregations understand environmental issues and make appropriate practical and spiritual responses.

The programme is free of charge and very flexible, as each congregation has different opportunities for change. Small actions add up to big results.

Hundreds of Scottish congregations and other organisations are already well on their way with environmental projects.

Annual Gathering 2011



(Jean, Alex and Len at the gathering)

The Eco-Congregation Scotland Annual Gathering 2011 took place in Bridge of Allan on the 5th March. The fourth annual gathering of eco-congregations in Scotland brought around 100 delegates from all over Scotland together in the newly refurbished halls of Bridge of Allan Parish Church. The programme for the day stood under the heading of 'Our daily bread'.

It included the first AGM of Eco-Congregation Scotland Charity. During this, the 2010 accounts were approved and a new Board of Directors was elected.

To mark the 10th Anniversary of Eco-Congregation Scotland, a Celebration service took place in the morning, led by Ewan Aitken, convener of the Board of Directors, with the assistance of other Board and staff members, including a sermon by Cathy Galloway, head of Christian Aid Scotland.

The Year of the Light



As you will know 2011 is the Year of the Light - a 12-month celebration of one of the world's greatest feats of engineering, the Bell Rock Lighthouse.

Built by Robert Stevenson and completed in 1811, the Bell Rock Lighthouse has saved thousands of lives over the last two centuries by alerting vessels to the deadly rocks lying just below the surface of the water 11 miles out from Arbroath Harbour.

The bicentenary celebrations centre on the town of Arbroath, home to many of the early 19th century tradesmen, labourers and engineers who were involved in the four-year construction of the Bell Rock Lighthouse and the lighthouse keepers who manned it.

Throughout 2011, Arbroath and Area Partnership's Year of the Light Steering Committee, which is supported by the Arbroath and Area Local Community Planning Team, has planned a series of special events.

Service of Light

On the 12th of June at 4.30pm a special ecumenical Service of Light was held at the Signal Tower Museum to celebrate the 200th anniversary of the Bell Rock Lighthouse plus the dedication of the New Signal Tower Plaque.

The service was held in the courtyard of the recently reopened Signal Tower Museum. The guests of honour at the Year of the Light Service included the Lighthouse's last ever keeper John Boath and Angus Provost Ruth Leslie Melville.



Photograph supplied by Jim Ratcliff

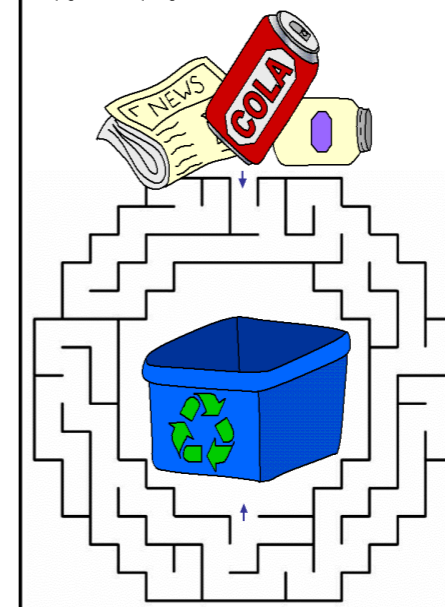
The service was led by the Rev John Cuthbert of St Mary's Episcopal Church, supported by Rev Nelu Balaj Knox's/St Vigeans, Rev David Searle, St Andrew's, Father Kevin Golden, St Thomas RC and Rev Valerie Allen Old & Abbey.

The Bell Rock is the oldest surviving sea-washed lighthouse in the world..

Kids Corner

Earth Day Maze

Help get the recycling into the bin.



Letter to the Editor

I would just like to say how much I am looking forward to reading the first edition of the new Eco Newsletter. I believe the Newsletter will be printed on a quarterly basis and focus on environmental issues. As an Eco Congregation I think the Newsletter will be an ideal way of keeping us better informed about what's going on in the world and the impact we can all have by following recommendations for reducing our carbon footprint.

I am happy to receive my copy by email so that I don't waste resources by having it printed and delivered!

Sandra Ferguson

Coming Soon !!

17th July Trip to the Bell Rock Lighthouse.

23rd July The Eco group at "Seafrost Spectacular" event.

17th September Angus Presbytery "Big Day Out"

Eco-Awareness

Earth Day Word Search

G R E E N B N H
J A T N A L P T
A N I M A L S R
E L C Y C E R A
H T W O R G F E

animal
earth
green
growth
plant
recycle

