



Our Commitment to Eco-Friendly Practices

Reg Charity No 1189977

The WCCM in the UK is committed to adopting sustainable, eco-friendly practices wherever possible, aiming to raise awareness of how our actions and decisions, made as individuals as well as a community, have on carbon emissions and the environment.

The UN Intergovernmental Panel on Climate Change (IPCC) has reported that climate change is accelerating faster than ever. Based on extensive scientific evidence, it has concluded that “The cumulative scientific evidence is unequivocal: climate change is a threat to human well-being and planetary health.”

But there is hope. As well as governments taking action, we can see what we can do ourselves and all work together for the common good (Laudato Si).

As Dr Rowan Williams, former Archbishop of Canterbury, says, “When we believe in transformation at the local and personal level, we are laying the sure foundations for change at the national and international level”.

The practice of meditation itself can increase our awareness of the global climate catastrophe and environmental destruction, of the sacredness and the interdependence of everything and everyone on our planet. Meditation can help us develop a contemplative response to the ecological crisis. As meditation can increase our respect and love for the earth, a contemplative response to the crisis can turn into an opportunity to truly express our love and gratitude.

It is with all this in mind that WCCM in the UK have decided to develop some guidance, inviting all in the WCCM in the UK community to consider adopting sustainable, eco-friendly practices wherever possible. We are sure that many of you are already doing what you can to reduce your carbon footprint and harm to the environment, in “touching the earth lightly”, so this is just a checklist of reminders. We can only do what we can. No change is too small.

Things to consider:

When planning events, etc.

- Transport: if possible and practical: car sharing, venues near to public transport, walking, cycling, public transport
- Food: choice of plant-based meals, that vegetarian food or food that limits the consumption of red meat / fish / dairy is offered; in short, menus that are good for the climate and environment
- Plastic waste: check with venues to ensure they avoid disposable tableware
- Energy consumption e.g. ensure lights turned off when leaving the room
- Choose appropriately sized rooms
- Introduce respect for creation, prayer for the Earth, in Eucharistic celebrations
- Online platform options – to reduce travel
- Book stall to include subjects on ecology and spirituality
- Plan occasional events that combine meditation with ecological concerns

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Meditation groups

- Quotes focusing on the relationship of meditation to the environment
- Consider the above points as well, where appropriate

General office / administration / organisation

- Communication: email, use of website, Zoom (to reduce travel), online banking, other online accounts – reduce paper usage
- Banking / Investments – avoid banking / saving with banks that invest in fossil fuels
- Building – insulation, LED lights

In general life we encourage everyone to consider:

- Food: reduce amount of meat, especially red meat, in diet and eat less fish and dairy products
- Buy local, buy seasonal British fruit and vegetables, reduce food waste
- Fairtrade products (which require their producers to make environmental protection part of farm management as well as fair wages and working conditions) e.g. tea, coffee, chocolate
- Less plastic packaging
- Energy consumption: green energy providers; when purchasing new electric appliances, buy A rated appliances; energy saving bulbs, LED bulbs, switch off lights and turn off 'stand by' on TVs, etc. Reducing thermostat a degree or two
- Insulating our homes
- Reduce water consumption
- Finance: Banking with those banks that don't invest in fossil fuels
Ethical/ESG investing: a way of investing in companies based on their commitment to one or more ESG factors: environmental, social and governance (due to the urgency of phasing out fossil fuels and investing in renewable energy).
- Generally: reduce, reuse, repair, upcycle, recycle, buy second-hand rather than buy more
- Purchases: avoid single use items. Environmentally friendly products
- Travel: avoid unnecessary car journeys / flights. Use alternatives to cars / planes where possible

The way we live our life has an impact on the resources of God's Earth. There are numerous resources on climate change and the environment and what we can do about it. Below are a few suggestions for more information if required.

- Friends of the Earth www.friendsoftheearth.uk/climate-change/what-can-i-do-to-stop-climate-change
- Church of England www.churchofengland.org/about/policy-and-thinking/our-views/environment-and-climate-change/how-you-can-act
- Greenpeace www.greenpeace.org.uk
- Green Christian www.greenchristian.org.uk

For more information on WCCM and a contemplative approach to the ecological crisis, please visit the website www.wccm.org/outreach-areas/earth-crisis-climate-ecology