

How I see it

Christ is the image of the invisible God, the firstborn of all creation; all things have been created through him and for him.

Colossians 1:15,16b

For this month's article we've asked one of our own church community, Sue Potts, to share with us some of her thoughts and feelings about all things eco ...

How important to you are the environment and the natural world? What do you most enjoy?

The environment and natural world are important to me. Greg and I are members of the RHS and Essex Wildlife. I enjoy being outside seeing and feeling the different seasons. I've noticed fewer sparrows and starlings visiting the garden with an increase in crows and magpies. I delight in seeing bats fly around in the summer and spotting signs of a hedgehog in the garden. I find guided walks around local reserves increase my knowledge and awareness of wildlife.

Do you have concerns about how the environment is changing in this country and around the world?

It's becoming increasingly acknowledged that the world is getting warmer and the choices made as individuals and nations will become more important. It's a balancing act. I'm also more aware and

concerned that an event in one part of the world can have an adverse effect elsewhere: for example, too much rain or not enough can cause foodstuffs to increase in price or not be available, a war can cause energy and food shortages. Global trade means we're all so much more reliant on one another and I believe it's important that, as a nation, we should aim to be self-sufficient.

Are there things that you do to live a more environment-friendly lifestyle?

Here's a few of my examples:

- Buy veg & fruit in season and sourced as locally as possible.
- Cycle or walk around Chelmsford as much as possible. The local cycle paths mean that it's easy to avoid busy roads and junctions. A joy of attending All Saints' is the walk to/from church on a Sunday morning in all weathers.
- Some weeks the car, a hybrid, barely moves off the drive. It's used regularly to visit family near Southampton and friends in Kent. The change to a hybrid was driven in part for environmental reasons. An electric car remains impractical for us. Much as I enjoy

travelling by train, public transport is not always a viable option.

- There's two compost heaps, a water barrel filled with grey water, bird feeders and hedgehog house in the garden. Do not water grass – unless it's a patch being reseeded. Flowers and plants chosen for ability to withstand less watering as well as being bee and insect friendly. Trying to be less tidy, allowing some parts to do its own thing. Inspiration for this comes from RHS Hyde Hall and looking around the church garden.
- Only charge phone, tablet, laptop when batteries are low. Dry clothes outside and use non-heated clothes airers when that's not possible. Roof needed attention last year so, with all the tiles off, it was re-felted and house appreciatively warmer. The next thing to look at is loft insulation.
- Love food, hate waste. We aim to have at least one meat-free day a week.
- Keen recycler and make full use of the kerbside recycling facilities offered by the City Council.

Are you pleased that All Saints' is an Eco Church? Has it helped you at all?

I'm pleased that All Saints' is trying to lessen its impact on the environment and has become an Eco Church. It helps me to think what sustainable changes, no matter how small, I can make in my daily life.

Are you hopeful about the future? What message would you like to give to the readers of 'in touch' magazine?

I hope that a way will be found to limit global warming. There's no easy solution and it will require a certain amount of selflessness not to mention international cooperation. I'd say don't lose faith and do what you can.

Sue Potts



To find out more or to share your ideas on Eco Church please go to the website www.allsaintsspringfield.org.uk/church-life/eco-church or speak to one of the Eco Church Group – Roger McFarland, Nicky Morecroft, Chris McFarland, Ian Poston, Dave Gauld, Beth Cornish, Ann Salmon.

This month's eco suggestions

- **Walk or cycle** if we can instead of driving to places near home
- Find out more about **the climate emergency** and what we can do to help