

ECO NEWS FOR AUGUST

We are all familiar with the phrase Reduce, Re-Use and Recycle (RRR). This month we focus on Reduce. A simple word and the first of the 3Rs we should be considering when we want to live a more sustainable life.

What does this mean for us as Christians. We know the disciples were asked to give up everything they own, taking only a staff, sandals and a cloak to follow Jesus. We are not suggesting we should live a meagre minimalist life but living a simple life with 'just enough' of what we 'need' is good for Christian lives as well as our environmental lives.

Questions to ask ourselves – Do I really need it or do I just want it?

- Could I consider buying it second-hand?
- Could I borrow or rent it?
- Could I mend what I already have rather than replacing it?
- How much food do I need to put in the shopping basket?
- Am I over catering and wasting food?

Events to help you reduce your use.

- ★ · HI Sustainability - SWISH 2025 - Saturday 8th November – clothes swap
- ★ · Take your broken stuff to a Repair Café – happening most weekends in Cambridgeshire. For a full list see <https://cambridgecarbonfootprint.org/what-we-do/repair-cafes/visit-a-repair-cafe/>
- ★ · There are tentative plans to start a Repair Café in our village. Could you help with the planning or repairing?
- ★ · Cottenham Yard Sale – 13 September <https://www.sustainablecottenham.org.uk/cottenham-yard-sale-2025/>
- ★ · Could you help set up a Histon and Impington Yard Sale or Toy Swop?

Further reading –

“Less” by Patrick Grant (Ali Fisher has a copy to lend!)

“Goodbye Things” by Fumio Sasaki (Ali also has a copy of this)

There are plenty of Christian based books as well such as “Christian Minimalism – a Guide to Abundant Living” by Becca Ehrlich