**Eco Wreath at CCC Victoria Advent 2019**

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| **New things experimented with during Advent that may become sustainable practices** |
| 1. Avoid plastic even more
2. Cycle commute
3. 100% food waste reduction
4. Donations instead of gifts for me
5. Not purchasing produce in hard plastic anymore
6. Diva cup
7. Reusable bags for fruit and veg
8. Renounce the arrogance that thinks I’m doing enough. Look for more ways to respond to this crisis.
9. Carpool
10. Bus to work
11. Reusable mesh bag when buying fresh produce
12. New handcrafts for simpler celebration
13. Walk instead of taking car
14. Pray for peace and clean environment
15. Carry a grocery bag at all times
16. More about family and the right kind of preparation
17. Use transit more. Take less baths. Waste less food.
18. Formal prayer
19. Walk more often
20. Repair clothing rather than buying new
21. Take the bus more often
22. Purchase fewer bottled drinks
23. Extreme and consistent recycling
24. Leave oven door open after baking to use leftover heat
25. Travel only with alternative powered transportation
26. Breathe for joy – practice ‘mise en place’
27. Walking more
28. Plant seeds for trees in my home, and plant in wild area when sprouted. Make my own healthy soap. Make home remedies for mild ailments.
29. No TV since 1967. Do not use dishwasher. Do not have a car. Carry cloth bags. Now – I will try to turn lights off.
30. Walking more
31. Read newspaper online instead of paper subscription
32. Eat less meat
33. Avoid buying food (quantities, kind) that will end up being wasted
34. Use my car less. Keep it still 4 days a week.
35. Reuse produce bags at grocery store
36. Using store bought bags for vegetables
37. Use less waste
38. Keep car immobile 3 or 4 days a week
39. Trying to give up use of plastic wrap (Saran)
40. Read daily Advent reflections – try to remember to go out each day with a prayer on my lips.Be aware of God’s presence
41. Buy seeds, nuts & grains in bulk – no packaging
42. Evening prayers
43. Cohost environmental awareness activities.
44. Walk more
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|  **Existing practices to commit to sustaining** |
| 1. Decluttering and giving things to those who have admired them
2. More cycling
3. Fix appliances instead of throwing them out
4. Take bags to grocery
5. Biblical performance and meetings kept in closed group by admitting Christ as god and holy savior
6. Getting rid of plastics from our household
7. Not use my dryer – hang clothes on line to dry
8. Close doors of rooms not being used to save heat
9. Extinction Rebellion!
10. Recycling everything as possible
11. Reducing Meat
12. Use clothesline. Make my own laundry detergent & dishwasher detergent. 90% of my clothes buying is used. Small car. Walk lots. Bike lots.
13. I don’t drive
14. Don’t replace things if what I have is still useable
15. Compost
16. Electric car & bike
17. Driving an old hybrid car 2008 Prius (bought 2017) that I’m still trying to pay for
18. Stopped using clothes dryer
19. Refusing one-time use plastics
20. Clean & donate clothes I find in the city. Library society. Use natural ways to grow my garden. Ride my bike or walk. Tell everyone how I got fit doing these things.
21. We drive a hybrid car
22. Walk or use transit whenever possible
23. Discontinue single use plastics
24. Continuing to give away good things we don’t need or use anymore
25. More 3 Rs – Reuse
26. Give donations as gifts rather than “stuff”
27. Not to purchase any more Christmas wrapping and bows
28. Use all cloth shopping and veggie bags
29. Stop using ziplock bags
30. Walk – Not Drive
31. Give reading 50 psalm a day.
32. Every Sunday morning pick up refuse off the street and boulevard in front of our condo
33. Taking recycling to special depot
34. Recycle Styrofoam meat trays
35. Walking rather than driving
36. Cut down on food waste
37. Don’t drive
38. Focusing Christmas spirit online
39. Mending clothes
40. Reduce single use plastic – take our own recycled bags to buy fresh bread from bakery – farmers’ market or unpackaged fruits and vegetables
41. Finding owners for many broken things
42. Trying to not buy plastic packaging
43. Use oil for my skin instead of fancy creams. Pick up garbage in my neighbourhood. Never use any paper cups, wrapping sold at store (like A&W).
44. Less spending on frivolity
45. Short showers, turn off taps, measure boiling water
46. As a Brit giving up Christmas crackers is a real loss to me
47. Turn off lights in rooms not being used
48. Make my own foods. Make birdseed bread. Come up with more ideas and keep thinking. Get away from aluminum & tissue wrapping.
49. Use wax paper instead of plastic
50. Working on restaurants to get rid of the little (plastic) cream containers
51. More bus, less car, mostly plant-based diet, thrift shops, no shampoo just soap
52. Donating excess “stuff” to charity
53. Bus to work, bike to the cathedral when possible!
54. Using non-glitzy, recycled Christmas wrapping!
55. Sobriety & 12 Steps of Recovery
56. Take public transit regularly
57. I have reusable fabric bags for veg & fruit at supermarket
58. Walk whenever possible
59. No Christmas or birthday cards!
60. Walking for errands instead of driving
61. Turning off the lights
62. Santa Anonymous cheque always
63. Buy used whenever possible
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| **One time – choices that are better for us & the environment - such as repairing instead of buying new** |
| 1. Recycling cans/ compost food
2. Bought an electric car
3. Plant native plants on church lawn
4. Instead of new laptop and CPU – replaced hard drives
5. Divested excess Christmas decorations – free to others
6. I meditate and pray for simplicity
7. Recover some furniture rather than replace it
8. Read 50 psalms a day
9. Did not renew Costco – too much packaging – buy too much – too far to travel to Costco
10. Still get off Coca Cola
11. Do not buy any Christmas wrap this year
12. Get Soda Stream Canisters refilled instead of exchanging them
13. Get electronics fixed
14. We bought a new refrigerator to save electricity
15. Return sweater just purchased – I have enough clothes
16. Sold my car – walk cycle bus
17. I will NEVER give up my electric car
18. Line drying clothes – minimize use of dryer
19. Changed garden to native plants
20. Soda Stream Machine
21. Installed lo-flow toilet 6 litre vs 13 litre
22. Moved to rental
23. New power cable instead of new computer
24. Try to stop Coca-Cola
25. Re-Using
26. To try & better understand how my lifestyle & consumer choices harm both the environment and the poor of the world
27. Bought a push lawn mower
28. Bought a Prius Hybrid
29. Stop eating beef
30. Buy a smaller car
31. Battery lawn mower
32. Buying reusable paper towels instead of traditional paper towels
33. Removed grass
34. Gave up my car. Gave up unnecessary appliances.
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