**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 |
| **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 |
| **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. |