



DIOCESE of  
**WINCHESTER**

## Lifestyle Survey Care for Creation – Harvest 2019

*And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. Col. 3:17*

Thank you for picking up this Lifestyle Survey.

The impact of our lifestyle upon God's creation is just one aspect of discipleship. The idea of this survey is absolutely not to beat ourselves up, or to measure ourselves against anyone else, but to help us all in our journey in being considerate to God's beautiful world with the regular activities of our lives. As you go through this survey, you might want to think and pray about whether there are any changes you would like to make in your life and, if so, to write them in. The idea is that this is a personal commitment between each of us and God.

## The Big Picture

I thank God for his creation and pray for its protection:

- Monthly
- Weekly
- Daily
- None of the above

I am an agent of social transformation. I speak up for creation and the poor of our world by (you may tick more than one box):

- Signing petitions
- Supporting groups working for change, by donating
- Writing to my MP
- Joining demonstrations or protests
- None of the above

(Optional) I commit to:

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### Examples and links:

Thanking God and to praying for his creation more often/daily/weekly

Starting/increasing my giving to development or environmental charities

Writing to my MP about creation care issues

[greenchristian.org.uk/faith-and-hope/prayer-guide](http://greenchristian.org.uk/faith-and-hope/prayer-guide)

[prayandfastfortheclimate.org.uk](http://prayandfastfortheclimate.org.uk)

[hftf.org.uk](http://hftf.org.uk)



## Travel

I often walk, cycle, car-share and use buses and trains (you may tick more than one box):

- Monthly
- Weekly
- Daily
- I have an electric car

I fly on holiday

- More than once a year
- Once a year
- Less than once a year
- Rarely/Never

(Optional) I commit to travelling light. I will:

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### Examples and links:

Use my car less.

Try to/my default will be to walk/cycle, when I go to.....

Use my car x journeys fewer per week

Stay grounded this year ([seat61.com](http://seat61.com))

Offset with [climatestewards.org](http://climatestewards.org) when I do fly



BREAKING FREE

## Energy

We try to turn lights off and not leave things on standby

- I could improve on this
- I am good at this

Drying clothes

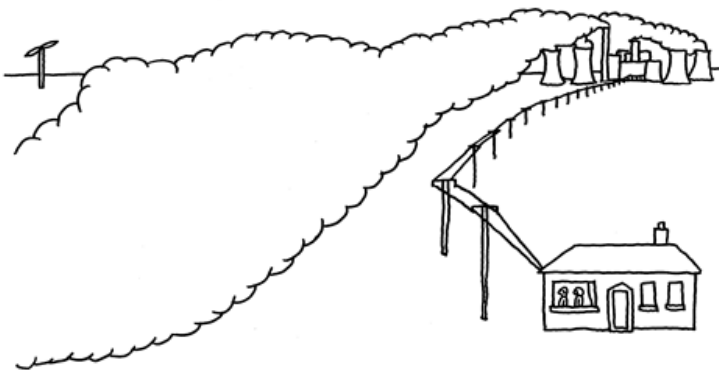
- I use a tumble dryer all year
- I only use our tumble dryer in the winter
- I do not own a tumble dryer

Heating in winter.

- We wear t-shirts around the house in winter
- We wear vests in winter
- We wear vests and multiple layers
- Our loft has 10" insulation (current recommendation)
- We have double glazing

Renewable energy

- We have solar water heating
- We have PV panels



THANK GOODNESS WE CAN'T SEE THAT HORRIBLE WIND TURBINE TODAY

## Green energy

- We buy green electricity
- We buy green gas

(Optional) I commit to making my home contribute less to climate change. I will:

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### Examples and links:

Turn things off more around the house

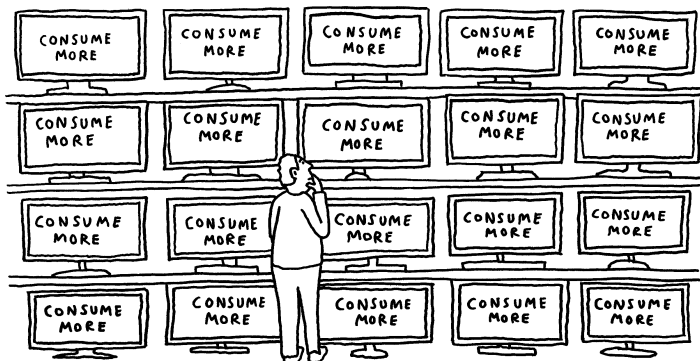
Get rid of my tumble dryer

Check my insulation ([energysavingtrust.org.uk](http://energysavingtrust.org.uk))

Buy everyone thermal underwear for Christmas

Look into solar panels ([energysavingtrust.org.uk](http://energysavingtrust.org.uk))

Look into using a green energy supplier ([greenelectricity.org](http://greenelectricity.org))



## Stuff

### Waste

- I recycle a lot
- I sometimes pick up other people's litter
- I try to make do with what I have got, before buying new



PERHAPS WE DON'T NEED ALL THIS STUFF

### When I buy something

- I always buy new
- I sometimes buy from charity shops/ebay
- I try to look first in second hand shops or websites

### When buying appliances

- Value for money is my only criteria
- I consider how long it will last and how much energy it will use, i.e. its contribution to waste/climate change

### When buying wooden articles, we try to buy Forestry Stewardship Council (FSC)

- What's that?
- I look for the FSC symbol

(Optional) I commit to creation-care when I shop, so I will:

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### Examples and links:

Buy recycled/re-used products more

Look for energy efficiency in new products that I buy

Buy wooden items that are second hand or marked FSC

Help with the next litter pick

## Food

### I throw out food

- Daily
- Weekly
- Hardly ever

### I eat meat

- Every day
- Twice a week
- Never
- I eat no animal products



### Locally produced

- I eat the same fruit and veg year round
- I eat seasonal fruit and veg
- I grow my own vegetables

(Optional) I commit to caring for creation when I eat by:

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### Examples and links:

Working harder to avoid food waste

Trying to follow one of the LOAF principles when I buy food  
(Local, Organic, Animal-friendly or Fairtrade)

Going vegan every Monday

Only eating meat/dairy at the weekend

Trying to only buy free-range animal products

Looking for seasonal, local food

Buying Fairtrade bananas, coffee, chocolate when I can

## Money

- I rarely think about what the money I have in the bank or pension etc. is being used for
- I have written to my bank/pension provider asking them to invest my money ethically
- We consider ethical issues when investing our money
- None of the above

(Optional) I commit to caring for creation in where I invest:

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### Examples and links:

I will write to my bank/pension about not using my money to fuel climate change

I will look into and possibly change where I invest my money

I will support Operation Noah's campaign to divest the UK Churches from fossil fuels

[christianaid.org.uk/big-shift](http://christianaid.org.uk/big-shift)

[yourfaithyourfinance.org](http://yourfaithyourfinance.org)

[brightnow.org.uk](http://brightnow.org.uk)



Thank you for working through this survey! We hope it will help you in your walk with God.



With thanks to the Creation Care Committee at St John's, Hartley  
Wintney who helped create this lifestyle survey  
(With thanks to Dave Walker / [CartoonChurch.com](http://CartoonChurch.com) for some of the  
cartoons)