

Towards Ecological Conversion

... what [Christians] all need is an “ecological conversion”, whereby the effects of their encounter with Jesus Christ become evident in their relationship with the world around them.



Living our vocation to be protectors of God’s handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience.
(Pope Francis, *Laudato Si* #217)

Doing our part to live with care for the Earth

Nature:

- immerse yourself in its beauty as often as possible; share it with friends
- plant trees!

Transportation:

- be sparing with the use of your car; switch to electric if possible; carpool or use public transportation
- limit air travel
- walk and cycle when possible

Home energy:

- are all your light bulbs energy-efficient? Remember to turn them off when you leave a room
- look for energy stars when buying a new appliance
- use energy-efficient heating like heat pumps if at all possible
- consider solar panels for water heating
- use thermal curtains to keep warmth in
- do you have enough insulation? There are subsidies available from EECA for those on low income
- be an old-fashioned kiwi – hang out your wash
- get tips from <https://www.energywise.govt.nz/>
- minimise water consumption (and hence wastewater treatment)

Food:

- grow as much food of your own as possible
- eat less meat and dairy – more veg, fruit, beans and lentils
- buy locally and in season
- avoid packaging, especially plastics, when you can
- compost, worm farm or bokashi your food waste

Consumer goods:

- buy as few things as possible: do I really need this? Live simply
- use goods for as long as possible
- share use of tools, little-used kitchen appliances with others
- repair if at all possible
- buy natural fabric (non-synthetic) clothing where possible
- recycle excess goods to St Vincent de Paul or op-shops
- reuse paper before recycling

Investments:

- ensure your kiwi-saver and other savings are ethically invested – from environmental and social perspectives

Advocacy:

- let your MP, Prime Minister or Minister for Climate Change know how you feel about what they are doing: encourage, critique, offer your suggestions - j.ardern@ministers.govt.nz
j.shaw@ministers.govt.nz
- email companies about their products or packaging to advocate for less plastics, lower carbon emissions...

How many earths would it take to support us all if everyone lived like me?

<https://www.footprintcalculator.org>

What else can I do? <https://www.mfe.govt.nz/climate-change/we-all-have-role-play/what-you-can-do-0>

“The environment ... is on loan to each generation, which must then hand it on to the next.” ... What kind of world do we want to leave to those who come after us, to children who are now growing up?

Pope Francis, *Laudato Si* #159-160



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