

# Five Personal Things - Possible Actions

We hope that the films will initiate discussions and action – here are some ideas for activities for individuals and churches



Individuals	Churches <i>(some of the activities will be easier for larger churches, or those with more resources, but others will be possible for groups of all sizes)</i>	
Analyse your shopping habits, and start thinking about where you could make more careful choices	Arrange a regular fair trade stall	Hold a fair trade coffee morning at one of the members' home
Go through your wardrobe, sorting everything out and sending unwanted items to a charity shop	Provide an opportunity for members to record their food/clothing/travel/energy caring choices in a visible way (e.g., coins in a jar)	Arrange a small get-together in the chapel or in another location to pray for the success of fair trade
Commit to making one trip a week using public transport or on foot, instead of taking the car	Hold a fashion show using second-hand clothes	Respond to Transform Trade/Christian Aid campaigns, etc. by writing to Members of the Senedd to push for better conditions in the clothing trade
Remember to turn off machines completely to save energy at home	Commit to not buying new clothes for a set period, e.g. in September	Look for ways to share cars or offer a lift to those without a car in the local community
	Hold a holiday/travel pattern quiz and raise awareness of the impact of our trips on the planet	Watch one of the short films about the 5 things, and then hold a discussion group to respond to the points made in the film
	Register for the A Rocha Eco-Church scheme to learn how to care better for the environment in your church	

## Notes on the Five Personal Things

► **Clothing** – e.g. where clothes are produced and under what conditions; the dangers of fast fashion (in collaboration with the Transform Trade campaign); encouraging good practice as regards buying new clothes; choosing to buy second-hand where possible; making clothing choices that take fair trade and sustainability considerations into account.

► **Food** – e.g. where food comes from, and whether it is produced in a way that cares for the environment; how much meat we eat; to what extent our food choices prevent the needs of others from being met; unsustainable expectations as regards out-of-season foods; the quality of the food we eat; overeating, and being used to excess (in terms of portion sizes and choices).

► **Travel** – recreational travel; things to consider if we want to travel abroad; using public transport; to what extent we are dependent on the convenience of having our own car; the sustainability of our travel choices; lives that are lived largely within a 15-minute range of recreational travel.

► **Energy** – energy choices that care for the environment; limiting our energy use; campaigning to reduce carbon emissions and supporting the use of renewable energy.

► **Mindset** – the point here is that change on its own is not enough if there isn't a change in mindset as well, e.g. we need to reject certain elements of our lives that are harmful to us and to others, and harmful to the creation in general, for example, the fact that we have become familiar with excess; our wasteful attitude; and the fact that we are addicted to convenience. A clear example of this is the shift towards electric cars – we can hardly argue that this is beneficial if it does not make us less dependent on cars; we all need to be willing to give up some of our 'privileges' and act in a way that is beneficial to our neighbours and the planet, rather than thinking only about what is convenient or familiar to us.

