

Feb 2025

St Mary the Virgin Ullapool Environment Group Newsletter February 2025

Welcome to our environment Group Newsletter, which aims to help keep us informed on eco activities within the church, the community and further afield.

Prayer – Building hope through steps of peace.

...and they shall beat their swords into ploughshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more. Isaiah 2:4

God of all, as we walk together.

Open our hearts to your tenderness.

Open our minds to your understanding.

Open our lives to your challenge.

We are one people, many nations, building hope through steps for peace.

One world with many barriers, breaking chains so we dance free.

One voice that shouts for justice, shatters hatred, calls for change.

One God, one world, one people, turning tables, share the feast.

Amen

Eco Congregation Silver Award

We have been rewarded for our efforts as an Eco congregation with an Eco Congregation Silver award. thanks to everyone involved in our endeavours as an Eco Congregation. What is important is that we don't rest on our laurels, and that we continue to engage as church in environmental and social justice issues in our communities.

Scottish Episcopal Church Net Zero Team

Daniel Prince, the lead for the SE C's Net Zero Team for Moray, Ross and Caithness has met with us to discuss how we can improve the energy efficiency of our church building in Ullapool.

His recommendations are in 3 stages, the first of which are some simple low-cost proposals to improve our energy efficiency. These have been discussed with the Vestry and will form part of our Environment Action Plan

Helping ourselves and sharing with others.

I'm sure all of us have some good ideas and practical ways on how to reduce our individual impact on the natural world, and to save money by reducing energy and transport costs, or reducing food waste or cutting down on the use of plastics.

One idea that I got from the SE C's Net Zero Team is to insulating your hot water cylinder . It is one of the easiest ways to save energy and money. If you already have a jacket fitted around your tank, check its thickness: it should be at least 80mm thick. If it isn't, consider buying a new one. Even topping up the insulation can help you save money. Adding an 80mm British Standard jacket to a tank with 25mm foam built-in can save 40 a year. That's more than enough to cover the cost of the jacket.

If you have any practical ideas on how to reduce our carbon footprint and to save money, please share them with the rest of the congregation.

Green Screen

Green screen has yet to awake from its winter hibernation. Keep an eye out for news through the Church Newsletter and the Ullapool News.

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Local eco issues and activities we can support:

The Starling Café

Ideas, reflection and conversation



Tue 25 Feb 2025 6:00 PM - 8:00 PM GMT

The Macphail Centre, Ullapool, IV26 2UN

The Starling Café is a new initiative at the Macphail Centre to make room for ideas, reflection and conversation.

Running every few weeks through 2025, this is an evening event which will include a speaker, tea and coffee, and room for informal and open-ended conversation. It will be space to explore ideas and get to know a few other people in our community. **The topics explored in this series will include community, hope, belonging, diversity, resilience and resistance.**

The café is open to everyone but places are limited, so we ask that you book in advance. If you don't want to use this online process, you can contact Joanna at joanna.wright@highlifehighland.com to book a place.

The speaker for the first session is Matt Sillars, ex-lecturer in Psychology and Culture Studies at the University of the Highlands and Islands, on the topic of **'Making sense in a complex world.'** Matt will explore how we make assumptions and decisions based on our varied and often un-noticed ways of seeing the world around us. There will be room for informal conversation to think about some of the ideas from the talk, in a café style setting. No-flipcharts, no public feedback, no action points, no right answers: the aim is simply to have a safe and hospitable space to talk and explore.

The sessions in the series will be individual events; you'll need to book for each one separately (info will be released a few weeks before each one). You're welcome to come to as many as you like.

Links to Christian Environmental Organisations

Eco congregation Scotland <https://www.ecocongregationscotland.org/>

Churches Together in Britain and Ireland environment <https://ctbi.org.uk/environment-churchesand-christian-organisations/>

Operation Noah <http://operationnoah.org/>

Green Christian www.greenchristian.org.uk/

Christian Aid <https://www.christianaid.org.uk/>

Tearfund <https://www.tearfund.org/>

Climate Change Pray and Fast for the Climate www.prayandfastfortheclimate.org.uk/

Scottish Episcopal Environment Group www.scotland.anglican.org/who-we-are/organisation/boards-and-committees/the-provincial-environment-group/

Highland Community Waste partnership Repair Directory

[://www.keepsotlandbeautiful.org/highland-community-waste-partnership/share-repair/highland-repair-directory](http://www.keepsotlandbeautiful.org/highland-community-waste-partnership/share-repair/highland-repair-directory)

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