ESGOBAETH LLANELWY • DIOCESE OF ST ASAPH

CARING FOR EACH OTHER
CARING FOR GOD'S CREATION

I would like to invite you to leave the busyness of life and come on a walk up my local mountain, Arennig. All the struggle in the ascent fades away as a clear panoramic view unfolds at the top. We are overcome with awe...

...do you hear that stream?

It flows down the weathered crags of the ancient mountains, over the tender brows of green and purple hills where skylarks soar. Cascading into the deep valley and fusing into the undisturbed lake below. Take a deep breath, all is calm; all is tranquil.

The flowers, the clouds, the breeze, each detail of this magnificent creation, resonates the glory of our Creator God. What a privilege to steward over this incredible planet: To live off, learn from, wonder at, rejoice in and conserve.

Yet sadly, it is clear we are not stewarding as we should, and the whole world is suffering.

What can we do about this? Fear is a bad motivator-love is better: for nature, for future generations and for the Creator.

We have received immeasurable love from our faithful Father and Creator, let us reflect this love and worship Him by protecting His planet. Let us celebrate every milestone and keep going together for Him, His world, and His people.

Written on behalf of the St Asaph Youth Forum by Joseff Griffiths from Penedeyrn Mission Area.

Caring for each other; caring for God's creation

In this short guide, split into sections, we pose a number of simple questions to help you make small changes in the way you live, work, shop and worship. In turn, these changes will contribute to the development of a fairer and more sustainable world.

Use the booklet as a prompt for prayer and discussion and, with our sisters and brothers across the Church in Wales, you can have your efforts recognised with an official Eco-Church designation. There is further information to help with this at the end.

"If we're not prepared to pay properly for our goods, someone is suffering; someone else's child isn't going to school; someone else isn't able to visit a doctor. Our choices make a difference."

Lis Perkins, Just Shopping

Community and Global Engagement

"The fields of the poor may produce abundant food, but injustice sweeps it away." – Proverbs 13:23

01. Does your Church serve Fairtrade tea, coffee and sugar? Yes ⬡ No ⬡

02. Do you host a Traidcraft stall to promote global awareness of where our food comes from and the welfare of those producing it? Yes ⬡ No ⬡

03. Do you promote and engage with initiatives that seek to support those in need in your local community and in poorer communities across the globe? *An example of this could be buying locally produced, seasonal produce from a local independent supplier.* Yes ⬡ No ⬡

Lifestyle

"If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it." – 1 Corinthians 12:26

01. Do you encourage members to reduce waste by following the principles of 'reduce, re-use and recycle'?
Think of practical examples, such as installing a water butt, choosing washable dishware over plastic or paper and by providing recycle bins, etc. Yes ⬡ No ⬡

02. Do members of your congregation car-share to come to Church meetings and services, or arrange to walk to Church together? Are facilities available for people to safely store bicycles if coming to Church by bike? Yes ⬡ No ⬡

03. Have you considered the ethical implications of your decisions, both as a Church and as individuals in the congregation?
For example, in your decisions on investments, use of environmentally friendly cleaning products, sourcing of food, etc. Yes ⬡ No ⬡

Land

"God saw everything that he had made, and indeed, it was very good." – Genesis 1:31

01. Have you installed bird and bat boxes, a bug hotel, a hedgehog box or an insect box in the Churchyard? Yes ⬡ No ⬡

02. Have you considered altering your grass-cutting regime to encourage the conservation of grassland, wildlife and wildflowers? Yes ⬡ No ⬡

03. Do you use harmful chemicals in pesticides, herbicides, fertilizers in the Church grounds and could you change your maintenance regime to enable you to stop using them? Yes ⬡ No ⬡

Buildings

"The earth is the Lord's, and everything in it." – Psalm 24:1a

01. What is your current heating source and, if you are considering replacement, have you considered low-carbon options, such solar panels or ground heat-source instead of using oil, LPG or other fossil fuels?

02. Have you opted into the Parish Buying electricity procurement scheme, to benefit the Church not only financially in terms of bulk-buying but also in terms of carbon footprint?
The energy supplied comes from 100% UK-sourced renewable sources -
https://www.parishbuying.org.uk/index.php/categories/energy/energy-basket Yes ⬡ No ⬡

03. Have you installed energy efficient lightbulbs or LED light fittings? Yes ⬡ No ⬡

Worship and Teaching

"From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked." – Luke 12:48b

01. Does your Church pray for the world and the environment? Yes ⬡ No ⬡

02. Do your Church newsletters include regular features on environmental matters? Yes ⬡ No ⬡

03. Do environmental issues feature as a regular theme in your lives as a Church community living out our faith?
E.g. A Lent course, a small group discussion, taking part in global campaigns initiated by Christian Aid or other charities. Yes ⬡ No ⬡

Pledges...

What can I do now?

01. Ring your energy supplier or ask your Church to join the Parish Buying Scheme, and switch to a 100% renewable tariff – this will instantly reduce your carbon footprint

02. Pledge to buy produce for your church and at home under the LOAF principles:
    a. **L**ocally produced
    b. **O**rganically grown
    c. **A**nimal friendly
    d. **F**airly traded

03. Pledge to walk, cycle, or use public transport rather than the car, or to car-share, whenever possible.

04. Turn down the thermostatic radiator valves/heater controls, especially in rooms you don't use.

05. Find out more about the challenges associated with climate change and what you can do about it.

The next step...

Congratulations! Having worked through this guide you are well on your way to registering as an Eco-Church and gain your first award. Why not take the next step and register with Arocha UK:
https://ecochurch.arocha.org.uk/awardapplication/

There are plenty of resources on our website to help.
Visit: dioceseofstasaph.org.uk/faith-in-action/eco-church/

Addewidion...

Beth alla i ei wneud nawr?

01. Ffoniwch eich cyflenwr ynni neu gofynnwch i'ch Eglwys ymuno â Chynllun Prynu'r Plwyfi a newid i dariff 100% adnewyddol – bydd hyn yn lleihau eich ôl troed carbon ar unwaith.

02. Addo prynu cynnyrch i'ch eglwys a'ch cartref drwy egwyddorion CCCM:
    a. **C**ynnyrch lleol
    b. **C**ynnyrch organig
    c. **C**yfeillgar i anifeiliaid
    ch. **M**asnachu'n deg

03. Addo cerdded, beicio neu ddefnyddio cludiant cyhoeddus yn lle'r car, neu rannu ceir, os yn bosibl.

04. Troi i lawr falfiau thermostatig rheiddiaduron / offer rheoli gwresogyddion, yn enwedig mewn ystafelloedd nad ydych chi'n eu defnyddio.

05. Canfod rhagor ynghylch heriau newid hinsawdd a beth allwch chi ei wneud yn eu cylch.

Y cam nesaf...

Llongyfarchiadau! Ar ôl i chi weithio'ch ffordd drwy'r canllawiau yma, rydych chi ymhell ar eich ffordd i gofrestru fel Eco-Eglwys ac ennill eich gwobr gyntaf. Pam na gymerwch chi'r cam nesaf a chofrestru gyda Archora UK.
https://ecochurch.arocha.org.uk/awardapplication/

Mae yna ddigonedd o adnoddau ar ein gwefan i helpu.
Ewch i: dioceseofstasaph.org.uk/faith-in-action/eco-church/

Adeiladau

"Eiddo'r ARGLWYDD yw'r ddaear a'i llawnder." – Salmau 24:1a

01. Beth sydd gennych chi'n twymo ar hyn o bryd ac, os ydych yn meddwl am ei newid, ydych chi wedi ystyried dewisiadau carbon isel, megis paneli solar neu wres o'r ddaear yn hytrach na defnyddio olew, LPG neu danwydd ffosil eraill?

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02. Ydych chi wedi ymuno â'r cynllun cyflenwi trydan Plwyfi'n Prynu sydd nid yn unig o fudd ariannol i'r Eglwys drwy brynu cyflenwad crynswth o drydan ond hefyd o ran ôl troed carbon?
Daw 100% o'r ynni a gyflenwir o ffynonellau adnewyddol yn y DU -
https://www.parishbuying.org.uk/index.php/categories/energy/energy-basket — Do ⬡ Naddo ⬡

03. Ydych chi wedi gosod bylbiau golau ynni effeithiol neu osodiadau golau LED? — Do ⬡ Naddo ⬡

Addoli ac Addysgu

"A phob un y mae llawer wedi'i roi iddo, llawer a geisir ganddo; a'r hwn y mae llawer wedi ei ymddiried ynddo, mwy fyth a ofynnir ganddo." – Luc 12:48b

01. A yw eich Eglwys yn gweddïo dros y byd a'r amgylchedd? — Ydyw ⬡ Nac ydyw ⬡

02. A yw taflenni newyddion eich Eglwys yn cynnwys newyddion rheolaidd am faterion amgylcheddol? — Ydyw ⬡ Nac ydyw ⬡

03. A yw materion amgylcheddol yn themâu rheolaidd yn eich bywydau fel cymuned Eglwysig yn byw ein ffydd?
e.e. Cwrs y Grawys, trafodaethau mewn grwpiau bychan, cymryd rhan mewn ymgyrchoedd byd-eang gan Cymorth Cristnogol ac elusennau eraill. — Ydyw ⬡ Nac ydyw ⬡

Ffordd o fyw

"Os bydd un aelod yn dioddef, y mae pob aelod yn dioddef gydag ef, neu os bydd un aelod yn cael ei anrhydeddu, y mae pob aelod yn llawenhau gydag ef." – 1 Corinthiaid 12:26

01. Ydych chi'n annog aelodau i leihau gwastraff trwy ddilyn egwyddorion 'arbed, ailddefnyddio ac ailgylchu'? *Meddyliwch am enghreifftiau ymarferol, megis gosod casgen ddŵr, dewis llestri y gellir eu golchi yn lle rhai plastig neu bapur a gosod biniau ailgylchu ayb.* — Ydym / Nac ydym

02. A yw aelodau eich cynulleidfa'n rhannu ceir wrth ddod i gyfarfodydd a gwasanaethau'r Eglwys, neu'n trefnu i gerdded i'r Eglwys gyda'i gilydd? A oes yna ddarpariaeth i bobl gadw eu beiciau'n ddiogel wrth ddod i'r Eglwys? — Oes / Nac oes

03. Ydych chi wedi ystyried goblygiadau moesegol eich penderfyniadau, fel Eglwys ac fel unigolion yn y gynulleidfa? *Er enghraifft, wrth benderfynu beth i'w brynu, dewiswch gynnyrch ecogyfeillgar, megis deunydd glanhau, ffynonellau bwyd ayb.* — Do / Naddo

Tir

"Gwelodd Duw y cwbl a wnaeth, ac yr oedd yn dda iawn." – Genesis 1:31

01. Ydych chi wedi gosod blychau adar ac ystlumod, gwesty bwystfilod, blwch draenogod neu flwch pryfed ym Mynwent yr Eglwys? — Do / Naddo

02. Ydych chi wedi ystyried newid eich trefn o dorri glaswellt i annog cadwraeth glaswellt, bywyd a blodau gwyllt? — Do / Naddo

03. A ydych chi'n defnyddio pla laddwyr, chwyn laddwyr a gwrteithiau sy'n cynnwys cemegolion peryglus ar dir yr Eglwys ac a allech chi newid a pheidio â'u defnyddio drwy newid eich trefn gynnal a chadw? — Gallem / Na allem

...ydych chi'n clywed y nant yna?

Mae'n rhedeg i lawr creigiau garw'r hen fynyddoedd, dros gefnau tyner gwyrdd a phorffor bryniau lle mae'r ehedydd yn codi i'r entrychion. Y dŵr yn tasgu'n rhaeadr i'r dyffryn dwfn ac yn toddi i ddyfnderoedd llonydd y llyn islaw

Y blodau, y cymylau, yr awel, pob manylyn o'r greadigaeth ysblennydd yn adlewyrchu gogoniant Duw'r Creawdwr. Y fath fraint o gael gofalu am y blaned anhygoel hon. Byw arni, dysgu oddi wrthi, rhyfeddu ati, ymhyfrydu ynddi a gofalu amdani.

Ond, mae'n amlwg, dydyn ni ddim yn gofalu amdani fel y dylen ni, ac mae'r byd cyfan yn dioddef.

Beth allwn ni ei wneud ynghylch hyn? Dyw ofn ddim yn anogaeth dda, mae cariad yn well: ar gyfer natur, ar gyfer y cenedlaethau i ddod ac ar gyfer y Creawdwr.

Rydyn ni wedi cael cariad di-ben-draw gan ein Tad a'n Creawdwr ffyddlon, fe ddylen ni adlewyrchu'r cariad hwnnw a'i addoli drwy amddiffyn Ei blaned. Gadewch i ni ddathlu pob carreg filltir a dal ati gyda'n gilydd er ei fwyn Ef, Ei fyd ac Ei bobl.

Ysgrifenwyd gan Joseff Griffiths (Ardal Genhadaeth Penedeyrn) ar ran Fforwm Ieuenctid Llanelwy.

Gofalu am ein gilydd, gofalu am greadigaeth Duw

Yn yr arweiniad byr hwn, sydd wedi'i rannu'n adrannau, rydyn ni'n gofyn rhai cwestiynau syml i'ch helpu chi i wneud newidiadau bychan yn eich ffordd o fyw, o weithio, siopa ac addoli. Yn eu tro, bydd y newidiadau hyn yn cyfrannu at ddatblygu byd tecach a mwy cynaliadwy.

Defnyddiwch y llyfryn hwn fel pwnc gweddi a thrafod a, gyda'n chwiorydd a'n brodyr ledled yr Eglwys yng Nghymru, gallwch gael cydnabyddiaeth i'ch ymdrechion gyda dynodiad Eco-Eglwys. Mae yna ragor o wybodaeth i'ch helpu gyda hyn ar y diwedd.

"Os nad ydyn ni'n barod i dalu'n iawn am ein nwyddau, mae rhywun yn dioddef, dyw plentyn rhywun ddim yn mynd i'r ysgol, dyw rhywun ddim yn gallu ymweld â'r meddyg. Mae ein dewisiadau'n gwneud gwahaniaeth."

Lis Perkins, Just Shopping

Cysylltiadau Cymunedol a Byd-eang

"Ceir digon o fwyd ym mraenar y tlodion, ond heb gyfiawnder fe ddiflanna." – Diarhebion 13:23

01. A yw eich Eglwys yn gweini te, coffi a siwgr Masnach Deg? — Ydi ⬡ Nac ydi ⬡

02. A oes gennych chi stondin Traidcraft i hyrwyddo ymwybyddiaeth fyd-eang o ble y daw ein bwyd a llesiant y rhai sy'n ei gynhyrchu? — Oes ⬡ Nac oes ⬡

03. Ydych chi'n hyrwyddo ac yn cymryd rhan mewn mentrau sy'n ceisio cefnogi'r rhai mewn angen yn eich cymdogaeth ac mewn cymunedau tlawd ledled y byd? *Gallai prynu cynnyrch lleol yn ei dymor gan gynhyrchydd lleol fod yn enghraifft o hyn.* — Ydym ⬡ Nac ydym ⬡

ESGOBAETH LLANELWY
DIOCESE OF ST ASAPH

GOFALU
AM EIN GILYDD
GOFALU
AM GREADIGAETH DUW

Fe hoffwn i eich gwahodd i adael prysurdeb bywyd a dod gyda mi i fyny mynydd yn fy ardal, yr Arennig. Bydd yr holl ymdrech o ddirngo'n diflannu wrth i olygfa eang, glir ymddangos ar y copa. Rydyn ni wedi'n syfrdanu gan y rhyfeddod...