

**Troedio'n Ysgafn
ar y Ddaear Sanctaidd
Canllaw byr
i Eco-Eglwys**

**Treading Lightly
on Holy Ground.
A short guide
to Eco-Church**

**The Earth is
the Lord's**

**Eiddo'r Arglwydd
yw'r ddaear
Psalm/ Salm 24**



Mae'r alwad arnom yn Genesis i ofalu am y greadigaeth yn orchymyn i Gristnogion wneud gwaith Amgylcheddol. Er bod hon yn ddehongliad defnyddiol i fyfyrion arni, mae'n anodd gwybod yn aml iawn yn union lle i gychwyn pan fydd pobl yn siarad am newid yn yr hinsawdd, targedau ac ynni adnewyddadwy.

Nid yw'r problemau'n hawdd ac ychydig iawn ohonom sy'n arbenigwyr. Yn ein heglwysi lleol rydym eisiau gwneud y pethau cywir er budd yr amgylchedd. Rydym hefyd eisiau gallu dilyn gofyniad Duw ac Iesu i weithio'n llawen (Colosiaid 1:9-16) yn hytrach nag ystyried hon yn ddim byd mwy na thasg feichus arall.

Bydd yr arweiniad byr yma'n eich cyflwyno i'r Eco-Eglwys, prosiect gan A Rocha a bydd yn cynnig ffyrdd eraill o ddechrau edrych yn holistig ar yr eglwys leol mewn perthynas â'r amgylchedd.



The Genesis call for stewardship of creation gives Christians a mandate for Environmental work. Whilst this can be a useful reflection it is often hard to know exactly where to begin when people are speaking of climate change, targets and renewable energy.

The issues are not easy and few of us are experts. In our local churches we want to do the right things for the environment. We also want to be able to follow the calling of God and of Jesus to work joyfully (Colossians 1:9-16) rather than this becoming yet another chore.

This brief guide will introduce you to Eco-Church, a project from A Rocha (www.arocha.org.uk) and will offer ways of beginning to look holistically at local church with relation to the environment.



Y Camau Cyntaf.

Cofrestrwch gyda'r Eco-Eglwys

www.ecochurch.arocha.org.uk

Mae'n rhad ac am ddim ac mae'r broses yn syml.

"I ddod yn Eco-Eglwys mae gofyn i chi wneud llawer mwy na dim ond edrych ar ôl adeiladau mewn ffordd sy'n garedig i'r amgylchedd – er bod hynny'n rhan allweddol o'r broses. Mae'r daith yma'n effeithio ar bob rhan o'n bywydau yn yr eglwys, yn cynnwys y ffordd yr ydym yn ymwneud â'n cymunedau a'r byd ehangach. Mae'n ymwneud â chenhadaeth holistig."
Eco-Eglwys

Gwneud arolwg yr Eco-Eglwys.

Mae'r arolwg yma'n mesur lle'r ydych ar hyn o bryd. Mae'n bosibl eich bod yn gymwys yn barod i dderbyn dyfarniad efydd. Os felly, mae hynny'n wych. Ond, nid proses o roi tic ar eitemau mewn rhestr yw hon, rydych yn cychwyn ar daith.



ECO CHURCH

LAND

1. Does your church have influence over any land? (e.g. churchyard, community, nature reserve)

Yes No Need to find out.

2. The land at our church is managed for the encouragement of native wildlife (birds, animals and plants)

Yes No Need to find out.

3. We encourage native wildlife on our church land through provision of the following

Bird boxes Bat boxes Bug hotel Redgiggy boxes Seed to feed out.

Other (please tell us in the additional comment) None

4. Stocked wildlife feeding stations are present on our church land (e.g. bird feeders, bird tables)

Yes, all year round Yes, winter only No Need to find out.

5. Our church land contains a pond or wetland area that is good for wildlife

Yes No Need to find out. Not applicable (no water for a pond)

6. We grow plants on our land that benefit birds, bees, butterflies etc.

Yes No Need to find out.

12. Our church participates in a scheme, other than Eco Church, designed to promote conservation on church land (e.g. 'Living Churchyards')

Yes No Need to find out.

The First Steps

Register with Eco Church

www.ecochurch.arocha.org.uk

It's free to sign up and the process is simple.

"Becoming an Eco Church is so much more than looking after buildings in an environmentally-friendly way – though that's a key part of the process. This journey affects every area of our church lives, including how we engage with our communities and the wider world. It is about holistic mission." Eco-Church

Take the Eco Church survey.

This is a benchmark of where you are now. It's possible you already qualify for a bronze award, if so, that's great. But it's not just an exercise in checking off a list, it is the beginning of a journey.

ECO CHURCH
www.ecochurch.arocha.org.uk

WORSHIP & TEACHING

This is a private version of the existing survey questions. Please note that they are not formatted in this way in the app itself although the questions for both the test and actual survey are the same.

1. Special Sundays relating to caring for God's earth (e.g. Creation Time, Environment Sunday, Rogation Sunday etc.) are celebrated in our church.

At least annually Less often Never Need to find out

2. The lyrics and songs (and Bibles if used) in our church services enable us to celebrate God's creation.

At least quarterly Less often Never Need to find out Not applicable

3. Our church prays for environmental issues.

Weekly Monthly (or) Occasionally Never

4. Caring for God's earth is preached in our church.

At least annually Less often Never Need to find out

5. Our church hosts special creation events & Bibles (or other Christian environmental organisations) for all.



Addoli ac Addysgu

Dilynwch Gyfnod y Creu sy'n rhedeg o Fedi'r 1af hyd Hydref 4ydd.

Mae deunyddiau dwyieithog ar gael o CYTUN a wefan CTBI

Mae cynigion yn barod yn y llithiadur am bethau i'w gwneud drwy gydol y flwyddyn Gristnogol. Manteisiwch a'r adnoddau eraill sydd ar gael o asiantaethau cymorth.

Defnyddio'r adnodd 'Trwy'r blwyddyn Celtaidd' i helpu chi ail-gysylltu â natur.

www.brogwydyr.cymru



Worship and Teaching

Follow Creation Time which runs from 1st September until 4th October.

Bilingual material is available from CYTUN and CTBI Websites

Take the opportunities already offered in the lectionary, throughout the Christian year and resources available from aid agencies.

Use the resource 'Through the Celtic year' to help you re-connect with nature.

www.brogwydyr.cymru



Adeiladau'r Eglwys

Rhaid i bob eglwys leol asesu ei hanghenion ei hun a chychwyn lle mae'n fwyaf priodol iddi hi.

Ond, efallai y byddai hwn yn lle da i gychwyn:

Goleuadau - bydd dewis LED yn arbed arian i chi'n syth ar filiau trydan. Gallai Parish Buying eich helpu i ganfod offer goleuo mwy o faint:

(www.parishbuying.org.uk) *Paid anghofio'r ficerdy a neuadd yr eglwys!*

Newidiwch eich cwmni ynni i gwmni ynni adnewyddadwy – mae Tariffau Gwyrdd Trydan a Nwy ar gael ond mae rhai'n fwy effeithiol nag eraill. Efallai eu bod ychydig yn ddrytach. Os byddwch yn ystyried hyn yn rhan o'ch rhodd i'ch cenhadaeth gallai fod yn ffordd effeithiol o roi gwybod i bobl bod gennych gariad at greadigaeth.



Church Buildings

Each local church must assess its own needs and begin where it is most appropriate.

However, a good place to begin might be:

Lights - LED alternatives will save you money on electricity bills immediately. Parish Buying can help with sourcing larger light fittings. (www.parishbuying.org.uk) *Don't forget the vicarage and the church hall!*

Switch your energy company to a renewable source - Electric and Gas Green Tariffs are available but vary in their effectiveness. They may be slightly more expensive. Seen as part of your giving to mission they can be an effective tool in letting people know you have a heart for creation.



Tir yr Eglwys

Rheoli eich mynwent gan barchu byd natur.

Dewiswch fannau lle gallwch adael i'r glaswellt dyfu. Crëwch gornel natur. Anogwch fywyd gwylt drwy gamu'n ôl a pheidio â'i drin ormod. Esboniwch i ymwelwyr beth sy'n digwydd gyda byrddau gwybodaeth.

O Gofalu am Erw Duw

Mae safleoedd claddu'n safleoedd pwysig ac efallai bydd ganddynt warchodaeth arbennig. Er enghraifft, mae nifer o safleoedd claddu wedi'u dynodi yn Safleoedd o Ddiddordeb Gwyddonol Arbennig (SoDdGA), sy'n ddynodiad cyfreithiol.

Ydi eich safle claddu chi mewn Parc Cenedlaethol neu Ardal o Harddwch Naturiol Eithriadol? Mae gan awdurdodau lleol ac ymddiriedolaethau natur restrï o safleoedd sydd o ddiddordeb penodol o ran bywyd gwylt, fel 'Safleoedd Bywyd Gwylt' neu 'Safleoedd o Bwysigrwydd i Gadwraeth Natur'.

Edrych ar tudalen y we 'Church heritage Cymru' am wybodaeth.



Church Land

Manage your churchyard with nature in mind. Leave areas of grass to grow. Create a nature corner. Encourage wildlife by stepping back from overly manicuring. Explain what is going on to visitors with interpretation boards.

From Caring for God's Acre

Burial grounds are important sites and may well have special protection. For example, a number of burial grounds are designated as Sites of Special Scientific Interest (SSSIs), which is a legal designation.

Is your burial ground within a National Park or an Area of Outstanding Natural Beauty? Local authorities and wildlife trusts have lists of sites with particular wildlife interest such as 'Wildlife Sites' or 'Sites of Nature Conservation Importance'.

Check the Churchyard pages on Church Heritage Cymru for information.



Bywyd yn eich Gymuned a dros y Byd Eang

Arbed, Ailddefnyddio, Ailgylchu

Mae menter Byw'n Ysgafn y Deyrnas Unedig gan A Rocha yn ein hatgoffa nad oes unrhyw beth wedi'i wastraffu mewn creadigaeth.

Mae dail yr hydref yn troi'n domwellt ffrwythlon y gwanwyn. Mae gan bob elfen rôl ffrwythlon. Ac eto yn y Deyrnas Unedig mae pob un ohonom yn taflu hanner tunnell o wastraff ar gyfartaledd bob blwyddyn, y dylai o leiaf 60 y cant ohono gael ei ailgylchu. Mae ymdrin â gwastraff yn ymarfer technegol ac yn ddisgyblaeth ysbrydol.

Coginiwch bryd o fwyd sy'n cynnwys cynnyrch lleol, ac ystyriwch ddefnyddio cynnyrch lleol a Fasnach Deg ar gyfer prydau sy'n cael eu gweini yn yr eglwys.

Chwiliwch am Farchnad Ffermwyr yn eich ardal chi ar www.fmiw.co.uk/

***"Cofiwch fyw'n ecolegol. Gadewch i'r ffordd yr ydych yn byw fynegi mwy na'ch geiriau. Yna bydd pobl o'ch cwmpas yn dechrau ystyried pam yr ydych yn gofalu am y greadigaeth."* Eco-Eglwys**



Life in your Community and globally

Reduce, Re-use, Recycle

A Rocha UK's Living Lightly initiative reminds us nothing is wasted in creation.

Autumn leaves become spring's fertile mulch. Every element has a fruitful role. Yet in the UK we each throw away an average of half a tonne of waste per year, at least 60 per cent of which could be recycled. Tackling waste is a technical exercise and a spiritual discipline.

Cook a meal using local produce, and consider using local and Fairtrade produce for meals served at church.

Find a local Farmer's Market www.fmiw.co.uk

"Live ecologically. Let your life speak louder than your words. Then the people around you will start to wonder why you are caring for creation." Eco-Church



Y Camau Nesaf

Ydych chi wedi gwneud rhai o'r uchod? Gwych!

Ewch yn ôl at Arolwg yr Eco-Eglwys. Gosodwch ddyddiad yn eich dyddiadur i wneud hyn eto am y drydedd gwaith - efallai y byddwch wedi gwneud digon erbyn hynny i ennill dyfarniad am eich ymdrechion.— Dathlwch hynny o fewn eich Gweinidogaeth i annog pobl eraill.

Addoli ac Addysgu:

Gwahoddwch siaradwr o'r tu allan i'ch cyfarfod nesaf neu i ddigwyddiad arall ... (A Rocha, Gofalu am Erw Duw, Cymorth Cristnogol ...)

Trefnwch ymweliad â safle fydd yn ysbrydoli pob (www.CAT.org www.quietgarden.org, www.carefarminguk.org www.ameliatrust.org)

Prosiectau Ymarferol yr Eglwys

Mesurwch Ôl-Troed Carbon eich eglwys a gosodwch darged ar gyfer ei ostwng.

Defnyddiwch www.360carbon.org yn arbennig am eglwysi.

Gosodwch reilen feiciau i'ch ymwelwyr ac anogwch bobl i feicio i'r eglwys.



The Next Steps..

Done some of the above? - Great!

Revisit your Eco-Church Survey. Set a date in your diary to do it a third time - perhaps you will have attained an award for your efforts. - Celebrate this in the Ministry Area as an encouragement for others.

Worship and Teaching:

Invite an outside speaker to your next church meeting or other event... (A Rocha, Caring for God's Acre, Christian Aid ...)

Arrange a visit to a site of encouragement ... (www.CAT.org www.quietgarden.org www.carefarminguk.org www.ameliatrust.org)

Practical Church Projects

Measure your church Carbon Footprint and set a target for reduction.

Use www.360carbon.org *designed for churches*

Install a bike rack for visitors and encourage people to cycle to church.



Ewch yn ôl at eich cynllun rheoli ar gyfer mynwent yr eglwys.

Plannwch goed brodorol ar dir yr eglwys. Gweithgaredd cymunedol gwych. (Collen, Derw, Bedwen ac ati) Mae coed yn storfeydd carbon naturiol ac yn glanhau'r aer.

Gallech blannu a gofalu am goed fydd yn rhoi tanwydd i chi yn y dyfodol. Gallech greu coedlan hyd yn oed i'w defnyddio'n lleol os oes digon o dir ar gael. Mae hon yn rhoi cynefin i fywyd gwylt hefyd. Efallai y cewch goeden neu ddwy'n rhad ac am ddim gan Ymddiriedolaethau Bywyd Gwylt.

Plannwch llwyni ffrwythau ar y ffiniau. Gwsberis, llwyni cyrens, mefus gwylt. Gwnewch jam gyda'r cynnrych a'i werthu.



Re-visit your churchyard management plan.

Plant native trees on church land. A great community activity. (Hazel, Birch Oak etc) Trees are a natural store for carbon and clean the air.

A future source of fuel could be planted and maintained as a coppice for local use if enough land is available. This also provides a habitat for wildlife. Some trees may be free from Wildlife Trusts.

Plant fruit bushes at the borders. Gooseberry, Jostaberry, Currant bushes, wild strawberry. Sell jam made with the produce.



Bywyd yn eich Gymuned a dros y Byd Eang

Ystyriwch eich bywyd gweddio personol

"Yn hytrach na cheisio newid gweddi drwy ychwanegu darnau sy'n cyfeirio at yr amgylchedd, ewch yn ôl at wreiddiau gweddi – lle mae'r creawdwr a'r greadigaeth yn cysylltu - yn ddirgel, yn ein plith. Crëwch ofod. Cymerwch amser." Yr Eco-Eglwys

Gwnewch arolwg trwyadl o'ch dull o fyw (www.climatestewards.org) Mesurwch eich ôl-troed carbon a gosodwch darged i geisio'i leihau.

'Rhaid i bob un ohonom wneud archwiliad cyflawn, radicalaidd a gonest o'n dulliau byw, eu heffaith ar y tlawd ac ar y blaned.' Sylfaenydd A Rocha y Deyrnas Unedig, Dave Bookless

Edrychwch eto ar eich Arolwg yr Eco-Eglwys a dathlwch yr hyn rydych wedi'i gyflawni.



Life in your Community and globally

Consider your personal prayer life

“Rather than try to change prayer by adding references to the environment, revisit the roots of prayer – where creator and creation become connected – mysteriously, in our midst. Create space. Take time.” Eco-Church

Take a lifestyle audit Take a lifestyle audit
(www.climatestewards.org) Measure your carbon footprint and set a target to reduce it.

‘We all need to make a complete, radical and honest audit of our lifestyles, their impact on the poor and on the planet.’ A Rocha UK founder Dave Bookless.

Revisit your Eco-Church Survey and celebrate what you have achieved.



Ffynhonnell Gwybodaeth

Information Sources

www.arocha.org.uk (*arolwg dwyieithog*)

caringforgodsacre.org.uk (*adnoddau dwyieithog*)

seasonofcreation.org

parishbuying.org.uk

christianaid.org.uk (*rhai dwyieithog*)

360carbon.org

climatestewards.org

climatesunday.org (*dwyieithog*)

cytun.co.uk (*dwyieithog*)

ctbi.org.uk

churchheritagecymru.org.uk



**Esgobaeth
Bangor**
The Diocese
of Bangor

Yr Eglwys yng Nghymru
The Church in Wales