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WEEKLY LETTER

23 May 2021

John 15.26-27: 16.14b-15

**'I am with you always to the end of the Age
Matthew 28.20.**

Like Jesus of Nazareth, we too are confined by the limitations of time, place, culture, language, DNA...., but the promise is, 'The Spirit' gives all those who seek God's truth, those of good will, a power in what they say. Is it as straight forward as that? Surprise, surprise, yes and no!

I am still staggered by what the Spirit has achieved during the last 2,000 years. For somehow, the cross has become the most globally recognised symbol of God there has ever been. It is also perfectly true to say that all those who live in western cultures, are still utterly saturated by Christian concepts and foundational principles. Therefore, the principles by which people in the west, and in vast areas around the earth, are not born from classical antiquity, still less of human thoughtfulness, but in and through a woodworker/labourer from some tiny out post of the Roman Empire, 2000 years ago. It is an extraordinary fact.

The message of the revolution started by the spirit of a god, dead on the cross, is still calling you to convince, challenge and change. Some privilege?!

Stephen

Sunday Worship will be led by Rev Neil Riches

Bible Reading: Acts 2.1-13

Cycle of Prayer in the Swansea Region: we will pray for Hall Street, Llanelli.

Prayers for every Household: we will pray for 2-32 Brondeg (even nos).

Green News

Hello everyone, I write a follow on from my Green Shopper article, thanks to some information that Carol has given me and so we have Christ Well's first [Green News](#).

This time we are looking at the food we eat and greenhouse gases or GHGs. For a while now, (before COVID hit us) as a society we have been asked to consider such things as ways of travel in relation to greenhouse gas emissions, e.g. using public transport rather than making car journeys.

There are now some schools of thought that are considering the relationship between the type of food we eat and how much GHG emissions are produced by this food, i.e. the growing of or the manufacture of food, how it is transported, how it is packaged etc.

E.g. what breakfast causes more GHG emissions: a bowl of cornflakes, a latte coffee or 2 boiled eggs? Answer: the Latte coffee because of the milk and this is because cows produce methane and carbon dioxide. The most important gases that contribute to global warming are carbon dioxide, methane and nitrous oxide.

To summarise some of the points that Professor Bridle makes I share the following points with you:

- Beef and lamb are the most GHG emissions-intensive of all our common foods
- Chicken, eggs and fish are the lowest-emissions animal products, about half the emissions of cheese but still cause more emissions than most plant products.
- Eat leftovers which saves emissions from waste food (waste that goes into bins turns into methane gas at landfill sites).
- Apples, oranges and pulses from abroad have more than likely been transported to the UK by ship - i.e. they are products that last a long time in a ship's hold. So although they have been transported a long distance, boat transport is not particularly bad for climate change.
- Air freighted fruits and vegetable from abroad, have high emissions. Eat frozen versions instead.
- Eat local, seasonal fruit and vegetables.

The above information has come from an article about the work of one of Britain's top scientists Professor Sarah Bridle who has written a book called *Food and Climate Change: Without the Hot Air*. If you would like to read the whole article then please let me or Carol know and we will get an e-copy to you or a hard copy. Please do share any other Green News with me.

Adella

