

All Saints Alive

VICAR'S VIEWPOINT

How do you take your coffee?



Dear Friends,

This month we will be drinking plenty of cups of coffee, after services, at home, at work with a friend... we can find ourselves drinking 3 or more a day! Mike Berners-Lee in his book "How Bad are Bananas? - the Carbon Footprint of Everything" suggests that we would do well to think about even this detail in our every-day life.

How do you take your coffee? The carbon cost of a mug of tea or coffee depends on how we take it! If we boil only the water we need and we take tea or coffee the British style, with milk, then the milk accounts for two-thirds of the carbon footprint! Unfortunately this is because cows are high-carbon. As they eat grass they also let out methane, a gas that is 23 times more harmful in terms of global warming than carbon dioxide, and they are fed on soya which is a major reason for deforestation. Here are some of the figures:

21g *CO₂e black tea or coffee, boiling only the water you need

53g CO₂e with milk, boiling only what you need

71g CO₂e with milk, boiling double the water you need

235g CO₂e a large cappuccino

340g CO₂e a large latte

Just in case you were wondering, a banana is 80g CO₂e and a return flight to Hong Kong is 3.4 tonnes CO₂e. (or 3400,000 g).

The calorie difference is significant too as a cappuccino is 102 calories and a black coffee 5.4. Drinking coffee without milk could leave room for a carbon friendly biscuit like a

digestive. And what about the other green issues like:-

1. Has a rainforest been chopped down to grow the coffee? (Apparently Arabica coffee is grown in the shade so it could be more environmentally friendly than Robusta).
2. Could we also conserve more of the diversity of wild coffee?
3. Is your cup of coffee made from a Fairtrade source or support a charity such as Cool Earth that works to save rainforest?

Meals were vital to Jesus' ministry and teaching. All food and drink in his day would have been local and organic. We could resolve to try to ensure that the food that we eat is as local and organic as possible. The gospels also show that after the feeding of the 5,000 Jesus did not waste food but asked his disciples to gather all that was left over. How much food do we end up throwing away?

Isn't life complex! I certainly don't manage to get my shopping right, but at Harvest this is food for thought! When we drink our next cup of coffee let's enjoy it for the great drink that it is but also reflect on how that simple drink plays its part in the cost to the world and our environment and pray for the people who grow the beans and whose livelihood depends on coffee.

*CO₂e is short for carbon dioxide equivalent which is the overall contribution to global warming of carbon dioxide plus all the other global warming gases emitted such as nitrous oxide and methane.

Love Jo

October Highlights

There's a lot going on this month! We begin with our **Harvest Supper** on Saturday 1st October and then on Sunday 2nd **Harvest Festival** at 10.00am, which is also our 'Welcome to Church Sunday' and we hope that you will invite a friend.

We will also be hosting a multi-faith **Service of Care and Concern for the Community** on Sunday October 2nd at 3pm. In the light of recent events in London and other towns and cities across the country we feel this is an appropriate time to come together to show our concern for others, to take note of the challenges of this present time and to support each other in what we bring to the life of our town. We envisage that this may also provide an excellent opportunity for networking and in finding new ways to encourage and support each other in the long term.

We are also consulting you on the pews and lighting in our Church, and hope that you will reflect on the welcome and atmosphere that we can achieve in Church in a positive way.

We will also be prayerfully considering the way in which we use all that God gives to us in terms of our money and talents in our Stewardship Campaign.

There will be another Vintage Tea Party on Sunday 23rd October.

At the end of the month we celebrate our **Patronal Festival of All Saints** on Sunday October 30th with Worship, a special Messy Church and then end the day with a brilliant but fairly quiet firework display.

For all these dates and times and more please see the full diary at the back of this magazine.

View from the Pew

This is my first opportunity to write to you since becoming Churchwarden and I must tell you how pleased I am to have been given the opportunity to serve All Saints' Hertford at what I feel is a very exciting time.

Firstly I must pay tribute to Dorothy for the amazing amount that she achieved, both during her time as Churchwarden and in helping Richard whilst he was Churchwarden. Not only has she radically improved the vestry and other parts of the church but also enthused people to become more involved in fundraising and generally caring for the building.

She is of course still busy and is organising the visit of the **Osiligi Troupe of the Maasai Warriors** on 15th October which promises to be a truly amazing evening (like the visit of the children from Wototo which we enjoyed a couple of years ago). Please see Dorothy for tickets.

There is so much happening now at All Saints' and I really feel that we have taken Bishop Alan's Living God's Love into our hearts in all that we are doing. We now have far more going on for families with young children and thanks to the hard work and enthusiasm of the members of the Social and Outreach team we have been doing more than ever to improve the opportunities for fellowship for people of all ages, both on Sundays and with Social Events.

As you will have seen from Jo's letter October promises to be a particularly busy month and offers of help will be much appreciated.

To enable us to have more space for fellowship we are considering ways in which slight alterations to the configuration of the pews could be made to provide safer spaces for congregating after the services.

Jo has achieved so much at All Saints in the few years since she became our Rector, and with our support and encouragement there is so much more we can still do as she encourages us on our journey going deeper into God, working with the town to help transform our local community and walk alongside others who are seeking to become new disciples.

Love

Janet