



The Greenwise Gazette

Tending to Creation at Immanuel Anglican Church, Regina



An Eco-Friendly Christmas

Try incorporating some eco-friendly practices into your Christmas traditions to help you enjoy a meaningful Christmas with loved ones while taking care of the environment.

1. Choose thoughtful and sustainable gifts such as experiences, homemade treats, eco-friendly products, or use the PWRDF world of gifts catalogue. Wrap presents in recycled or reusable materials like brown paper, fabric, or recyclable wrapping paper to reduce waste.
2. Use LED lights for your Christmas tree and decorations, as they consume significantly less energy than incandescent lights.
3. Plan holiday meals with locally sourced, organic and seasonal ingredients to support local farmers and reduce your carbon footprint. Minimize food waste by repurposing leftovers or composting.
4. Encourage guests to bring reusable containers for leftovers to minimize single-use plastic waste. Set up designated recycling bins to ensure proper disposal or recyclable items throughout the celebration.

Christmas Activities

Count down to the big day with these family-friendly activities that focus on accumulating memories instead of more stuff.



- Start a gratitude jar. During the holiday season family members write down things they are grateful for and place them in the jar. Read them out on Christmas.
- Host a gift exchange in which no one is allowed to spend any money, so every present must be either something made by hand or a handwritten coupon for a service such as babysitting or shoveling snow.
- Volunteer at a soup kitchen, food bank or toy drive.
- Make a Christmas video to share with friends and family.
- Write and illustrate your own seasonal story, weaving in some of your family's holiday tales and traditions.
- Reminisce about past Christmases by sorting through old photos or compiling an online memory album.



Tips for Sustainability in Winter

Winter weather brings some unique challenges to the typical environmental issues faced by our planet, from the salt we spread on icy sidewalks to the extra energy used to heat our homes. However, if we all take a more mindful approach this winter, it is possible to lessen our impact on the environment.

1. Wear layers rather than raise the temperature in the house.
2. Shovel snow before it turns to ice.
3. De-ice with caution, as some products can pose a hazard to children, pets and the environment.

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Read package directions carefully and consider eco-friendly alternatives such as sand and sawdust.

4. Keep drapes open during the day to let in warm sunlight and closed at night to keep out drafts.

What did you do with your Hallowe'en Pumpkin?

This year there were FIVE pumpkins decorated up as Jack O Lanterns at Jenny's house. We went from this – shown at right -

To this – a beautiful pumpkin bundt cake. It was delicious!



Jenny cut the pumpkin up into pieces, baked it in the oven until soft, then mashed it with an immersion blender and packaged it into 1 cup portions ready for the freezer. The five pumpkins made 29 cups of puree. Lots of pumpkin cake coming this winter!

Plant Jade

Good Luck, Prosperity, Friendship

The Jade plant is a popular houseplant that brings good luck,

prosperity, and friendship. Jade plants don't mind being root-bound, so don't worry about transplanting into a bigger pot. It's a very slow grower, so the size you purchase is the size you'll have for many years. Give them bright filtered light year-round,



preferably in a south-facing window. For more information on caring for your Jade plant, check out this site: [Jade Plant Care](#)

Eco-Friendly De-Icer

Mix 1 cup of warm water, and 3 cups of white vinegar in a bowl. Stir well and pour it in a clean spray bottle. Spray this solution on windshields and car windows to remove snow and ice. The vinegar solution will keep ice from forming overnight even when snow falls on the windows.

Burn a Bay Leaf Every Night

Burning bay leaves is a centuries-old practice that transcends cultural and spiritual boundaries. While there is limited scientific evidence, many people find that it is a great way to add some well-being to your home.

- Bay leaves contain essential oils such as eugenol, which when released create a calming and uplifting atmosphere.
- Inhaling the fragrance helps soothe the nervous system and reducing tension
- Inhaling the smoke in moderation may help open up the respiratory passages and ease congestion.
- The calming effects of the aroma allows you to get a great night's sleep.

SARCAN – Drop and Go for Immanuel!



Remember to drop off your cans and bottles to help us with environmental projects at Immanuel. The code is our phone number **3065864420**. If you prefer to bring your cans and bottles to the church, just let Max in the office know, so we can get them to Sarc.

Note that our next issue will be at the end of January

Merry Christmas everyone!



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