

Suggestions for BAM Activities

Personal BAM precepts, At Home

Create more space to 'just sit' in nature, to meditation, mantra, chanting, puja

Adjust the settings of your phone, or how you use your screens, to allow more space into your daily life

Use a garden composter or a vermicomposter to divert organic waste from landfill

If you have a garden, grow some food, learn about permaculture, create habitat for pollinators, birds, hedgehogs, etc.

Seek opportunities to be generous, to others, to yourself, to future generations

Mindful water consumption: initiate a method to avoid over-filling the kettle; avoid using hot water if you don't need it; reduce shower to two songs; Install gizmos/ flush limiters/ flow restrictors; Check for leaks/ check meter

Take time out to reflect on the world you wish to inhabit, and the world you wish to leave as a legacy

Travel with lower impact: use the car less and make sure the tyres are properly inflated; cycle or walk more; use public transport; consider car sharing

Adjust your diet: try veganism (at least 1 day/ week) , reduce plastic consumption by re-using bags, making your own toothpaste and deoderant.

Connect with the BAM community in person and on social media (Facebook, Twitter)

Measure your carbon footprint and implement methods for reducing it

Install energy efficient lighting; Adjust hot water temperature; Heed appliance best practices; Block air draughts; Insulate around plumbing pipes, electrical cables, or any other holes or leaks using caulk or spray foam;

Adjust drapes and shades: install thermally lined curtains or roman blinds OR install pelmets OR create a good seal with curtains (length, distance from frame)

Use a clothesline instead of a dryer

Improve your recycling system (even if it means taking items to a recycling point, which your Council does not collect)
Switch your energy supply to a 100% renewable energy provider like Good Energy
Divest your money and savings and pension fund (https://gofossilfree.org)
Learn a verse by heart, recite it to birds and trees

For your local community, in your local community
Run a litter-pick (with spiritual friends, neighbours, other faith groups, local community centre)
Set up a Carbon Pledge Scheme, which asks people to pledge certain ways by which we will reduce our energy usage
Run a cooking demonstration (e.g., healthy vegan, foraging, or using local produce or leftovers)
Run a planting day in your area: native, seasonal, pollinator-friendly plants
Guerilla gardening to make your area friendlier, tastier, and more beautiful: edible hedges, herbs, wildflower meadows
Promote the reduction of food waste, of buying local produce, of shopping organically
Organise a canal or beach clean-up with your local agencies
Join in/ plan a local "Great Get Together" (June 22-24, 2018), as part of the More in Common movement (http://www.greatgettogether.org/partners/faith-groups/)
Join your local Transition Town movement, maybe with some spiritual friends (https://transitionnetwork.org)
Find out about fracking in your community and lend your voice to the resistance
Get more involved with a local co-operative
Subscribe to Ethical Consumer Magazine or The Postiive News

At your Buddhist centre (if relevant)
Follow the Quakers' lead: commit to becoming a 'low-carbon sustainable centre'
Form a team to make your Centre into a Sustainable Buddhist Centre
Switch your energy supply to a 100% renewable energy provider like Good Energy
Get your Centre to 'go vegan' for the month of June
Help your Centre to become a Fair Trade temple
Measure the carbon footprint of your Buddhist Centre (as a starting point to reduce it) See link for support
Produce a Centre newsletter devoted to issues around climate change / peak oil and how to engage with this.
Organise documentary film nights at your Centre and invite debate afterwards
Organise an Earth Hour: for an hour on a particular day, get together with others and be together without using any energy, either at your Buddhist Centre or at sangha homes
Research and host exercises from Joanna Macy's 'Work that Reconnects'
Promote cycling/ public transport/car sharing to the centre
Set up a food bank and donate food to a local charity that works with the homeless
Set up a Carbon Pledge Scheme, so people pledge x amount of ways they will reduce their energy usage

Resources for Guidance and Inspiration
Community action can received funding from the Big Lottery (grants up to £10k) (www.biglotteryfund.org.uk)
Carbon Calculator (http://www.carbon-calculator.org.uk)

Carbon Trust tools and resources (https://www.carbontrust.com/resources/tools/)
Sustainable Buddhist Centre certificate (https://thebuddhistcentre.com/system/files/groups/files/sustainable_buddhist_centre_guide_1.pdf)
Ethical consumer magazine and website (www.ethicalconsumer.org)
Freecycle (www.freecycle.org)
Friends of the Earth (www.foe.co.uk)
Groundwork (try your local branch) (www.groundwork.org.uk)
Housing Associations or Registered Social Landlords
Incredible Edible (https://www.incredible-edible-todmorden.co.uk)
Love food hate waste (https://www.lovefoodhatewaste.com)
New Economics Foundation (http://www.neweconomics.org)
The Quakers in Britain (http://www.quaker.org.uk/our-work/sustainability)
Third Sector Organisations, like local charities and voluntary groups (web search 'environment' or 'litter picking' and your town/ city)
Woodland conservation (some funding available) (www.woodlandtrust.org.uk)
Go Fossil Free (https://gofossilfree.org)
Guerilla Gardening (http://guerrillagardening.org)