
One Small Step Diana's Story

It starts with a Coffee Cup...

“I had heard someone at a conference talking about how many disposable cups she had saved by using her own Keep Cup at a festival. My usage wasn't going to be comparable but it was a small step I could take”



“I bought an Ecoffee Cup. I deliberately chose a design that was eye-catching - plants and birds, in pink and green.

I started using the cup after church on Sundays and, whilst irritating those on coffee duty who like to have all the coffees measured out in the disposable cups, my cup proved a talking point. The Dean of the Cathedral saw it, liked it, and as a result we approached the Cathedral shop asking if they would stock them. They now stock a wide range of designs and are delighted that it is one of their best sellers.

For me, using my cup is a great way to start a conversation with a stranger, talking about taking a little step to help save the planet. And sometimes it saves me money as the coffee chains may give a discount for using it: even on one occasion a free coffee!”

Has it led you to make any other changes?

“Now I never buy bottled water and always use my own water bottle, filling from the tap. This is cheaper and most importantly it is not adding to the vast number of discarded plastic bottles.”

What advice would you give to anyone contemplating a similar change?

“Don't just think about it: DO IT. You never know what it might lead to.”

How has the change affected your spiritual life or Christian witness?

“I hope this small step reminds me of my duty to care for our beautiful world and to steward its resources.”

*Photo and story with kind permission of Diana, a Reader in Lichfield
CCOW's 'One Small Step' series shares stories of change -- the small steps
individuals have taken to live more in keeping with their faith – to help inspire
and encourage all of us on our journeys. We hope you've been inspired by this
story. Please do get in touch and share yours with us!*

