








Caring for Creation through Communion

Take a courageous step towards a flourishing Creation, regardless of how frequently you celebrate Communion.

Method	Upsides	Downsides	Hint
Intinction  Most sustainable option	<ul style="list-style-type: none"> Completely reusable items Low water and energy use Most cost-effective option Support local with set up purchases (eg chalice) 	<ul style="list-style-type: none"> More time consuming during service and to set up Shared dipping bowl 	Use tongs to avoid handling bread.
Communion tray 	<ul style="list-style-type: none"> Completely reusable Both items can be recycled at end of life Easy to use Individual cups Cost effective in long run 	<ul style="list-style-type: none"> Require washing up More time consuming to set up More costly to set up in short term 	Source these second hand or use existing trays for bonus points! Consider a "Communion juice filler" for efficiency. For some online purchase options, Google: El Shaddai Supplies or Christian Supplies .
Certified home-compostable communion cups 	<ul style="list-style-type: none"> Compostable and biodegradable Made from organic material Individual cups Can be cheaper than plastic disposable cups 	<ul style="list-style-type: none"> Single-use items Risk of sending to landfill instead of composting More time consuming to set up 	For some online purchase options, Google: El Shaddai Supplies or Koorong .
Disposable Communion cups and bread 	<ul style="list-style-type: none"> Minimal clean up time Easy to use Individual cups More cost effective in the short term 	<ul style="list-style-type: none"> Single-use items destined for landfill Take around 450 years to break down Time consuming to set up 	Wash in-tact hard plastic Communion cups to extend their life. Consider wafers purchased from Brisbane company Christian Supplies .
Disposable wafer + juice Communion cups 	<ul style="list-style-type: none"> Minimal set up and clean up time 	<ul style="list-style-type: none"> Single-use item destined for landfill Take around 450 years to break down Resource-intensive to produce Most expensive option over time Can be difficult for people to use 	A congregation of 50 people doing Communion weekly could save 2,600 plastic cups from landfill every year by choosing to reuse.

Commented [EM1]: I've personally tested and can recommend.

Get in touch for more information – we'd love to hear from you!
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