

COVENANT WITH CREATION
BE AN EARTHKEEPER: TAKE THE PLEDGE
(revised from "Web of Creation" resource, April, 2009)

Every action has consequences on other humans and on the earth. Become aware of the outcome of your actions, reduce your impact on others, and walk lightly on the earth. Consider these practices to be a spiritual discipline.

I pledge to work toward the following environmentally safe practices over the next six months April 26 – October 25, 2009. Number of changes made since April, 2009: _____

1. EDUCATION

- ___ Read one article or book about the environmental action and ecological justice (check out items from our church library)
- ___ Attend event or seminar or join a study group
- ___ Check out the new Concordia Lutheran Church green web page (www.concordiaduluth.org/green.htm)

2. GREEN YOUR LIVING SPACE

Energy Use

- ___ Purchase alternative energy: solar/ geothermal/ wind from your energy company.
- ___ Purchase Energy Star appliances (refrigerator, dishwasher, washer/dryer, water heater, dehumidifier, high efficiency furnace, air conditioner)
- ___ Purchase energy efficient windows.
- ___ Purchase programmable thermostat.
- ___ Lower thermostat in winter; raise it in summer. Change settings when away.
- ___ Use ceiling fans.
- ___ Clean/ replace filters for all appliances/furnace with filters.
- ___ Replace incandescent light bulbs with compact fluorescent light bulbs
- ___ When not in use, turn off lights, TV, computer, appliances.
- ___ Unplug TV, computer, microwave, etc. when not in use
- ___ Run full loads in dish washer, washer, and dryer. Use short cycles
- ___ Hang clothes on line.
- ___ Use microwave/ toaster oven/ slow cooker rather than oven/range.
- ___ Set refrigerator at 36F to 42F, freezer at -5F to +6F, and water heater at 120F.
- ___ Use cold or warm water when washing clothes; rinse in cold water.
- ___ Insulate walls/ attic. Repair leaks around windows/doors. Lock windows to seal.
- ___ Repair hot water leaks. Insulate water heater (blanket) + hot water pipes (wrap).

Cleaning Products

- ___ Use non-toxic dish detergent, laundry detergent, and cleaning products.
- ___ Use safe cleaning products either purchased or homemade.
- ___ Avoid spray products for cleaning, air-freshening, and cooking.

Water Use

- ___ Turn off water run while doing tasks.
- ___ Install low-flow shower heads and faucet aerators.
- ___ Repair faucet leaks and toilet runs immediately.
- ___ Take a shower rather than a bath, and shower less often.

Food

- Buy fair-trade products.
- Buy organic products.
- Buy local produce and products.
- Buy only what you will consume, and then use all you buy.
- Put on your plate only what you will eat, and then eat all on your plate.
- Eat fewer (or no) meat meals each week.
- Have a hunger meal each week.
- Buy in bulk, join a food club or support a food farm.

Paper Use

- Use recycled, post-consumer paper products for kitchen, bathroom, and cleaning.
- Avoid paper towels; use cloth napkins and handkerchiefs.
- Use electronic media rather than paper. Avoid bright-colored paper.
- Use recycled, post-consumer, acid-free note/office paper or from tree farm.
- Use the paper completely on both sides.
- Avoid using bright-colored paper.

Reduce/ Recycle/ Reuse

- Avoid use of paper, plastic, and Styrofoam in plates, cups, and utensils.
- Recycle glass, tin, plastic, newsprint, mixed paper, cardboard, etc.
- Recycle batteries, printer cartridges, cell phones, plastic bags.
- Safely dispose of computers, printers, paint, and other toxic products.
- Do not put grease or strong chemicals down drains.
- Buy products with less packaging.
- Compost food scraps and lawn clippings.
- Use canvas bags for shopping or reuse paper/plastic when shopping.
- When eating out, take your own plastic container for leftovers.

3. TRAVEL

- Maintain engine/tire pressure. Change oil/air filter.
- 55 miles per hour is optimum. Easy stops and starts. Decrease idle time.
- Walk, bike or carpool to work, church or other activities.
- Combine several errands when taking the car to minimize the miles driven.

4. NATURE/LAWN

- Add live plants to your home or work.
- Take ten minutes to enjoy/love nature on a regular basis.
- Read devotional materials to enhance your love of nature and your care for it.
- Mow your yard less often or use manual mower.
- Landscape with native plants.
- Compost your organic waste.
- Collect rainwater and use it to water your foundation plants or lawn.

5. PUBLIC COMMITMENTS

- Advocate for environmentally friendly legislation and policies.
- Contribute to social justice organizations and environmental organizations.
- Invest in socially responsible stocks and bonds that foster eco-justice.

SIGNED _____ **DATE** _____