

## Caring for God's Creation



### A Prayer for Our Earth

All- powerful God present in the whole universe bring healing to our lives that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction.

Teach us to recognize that we are profoundly united with every creature as we journey towards your infinite light.

from *LaudatoSi*, pg 158

### A CARE FOR CREATION HOME AND WORK INVENTORY

The charts below are offered as a way to take small steps for “care for creation,” to “take stock” of options available. Of course, you may think of other options as well. Please review and give thought to those items that would be easy to do, but also look at those that would challenge you. Consider how many of those challenges you might be willing to attempt.

<b>ENERGY CONSUMPTION</b>	Doing Now	Will Do	N/A
Turn off your computer, monitor and printer when you finish using them or leave work at the end of the day.			
Turn off lights in rooms you are not using.			
Turn off or turn down air conditioning when you are away			
Use dishwasher only when full and use on economy cycle			
Run the dishwasher at off peak times to lessen your costs and demands on the energy grid			
Open curtains to let the sun warm your house in the winter; use blinds to shade your house in the summer and keep it cooler			
Dress for the weather; put that sweater on in the winter. Lower your thermostat accordingly.			
Only heat or cool rooms you are using; close off doors to unoccupied rooms.			
Your fridge runs constantly – the most expensive appliance to run. Make sure the door seals tight.			
Have solar? Then run your appliances during the day while power is being generated.			
Do a DIY energy audit: notices when lights are on in rooms not in use, or electronics on while not in use. Check your energy usage from month to month with a goal of reducing your overall use.			

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WATER USAGE	Doing Now	Will Do	N/A
Use a refillable water bottle instead of purchasing bottles of water.			
Only use the dishwasher when fully loaded.			
Adjust the water level of your washing machine if doing small loads.			
Wash your clothes with cold water.			
Turn off water while shaving or brushing your teeth.			
Shorten your shower by a minute or two.			
Cover garden beds with mulch to reduce water evaporation.			
Water your garden in the morning; and apply water only as fast as soil can absorb it.			
When waiting for hot water, collect the running water to use for watering plants, cooking or other uses.			
Wash your fruits and veggies in a pan of water, instead of running water from the tap.			
Select the proper pot size for cooking – a large pot requires more water.			
Fix water leaks.			
Install a water efficient shower head.			

REDUCING WASTE	Doing Now	Will Do	N/A
Refuse to take plastic bags – take your own reusable bags when shopping			
Reduce paper consumption – print on both sides, or don't print at all.			
Use recycled or carbon neutral copy paper.			
Recycle unwanted items.			
Donate goods to charity or a Freecycle network.			
Bring your own sustainable cup when purchasing coffee or other drinks.			
Separate recyclables from trash to reduce amount going to landfills.			
Start a countertop compost bin (collection at Ramsey County sites)			
Shop at coops or retailers – buy the amount you need without the packaging			
Skip the disposable wraps and containers; use beeswax wraps and containers designed to last			
Don't buy fruits and veggies wrapped in plastic			

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TRAVEL EFFICIENTLY	Doing Now	Will Do	N/A
Reduce the number of car trips – walk, car-pool, ride a bike, use public transportation.			
Plan your shopping to minimize trips and miles.			
Make your stops on your way home from work rather than a separate trip.			
Shop with a nearby friend.			
Keep your vehicle well-tuned and maintained. Keep tires properly inflated.			
At your next upgrade, move to a fuel efficient or EV car.			
Chart the most efficient routes and avoid peak hour traffic and gridlock.			
Don't idle your car.			
Use video conferencing as an alternative to traveling to meetings.			

MATERIAL CONSUMPTION	Doing Now	Will Do	N/A
Buy energy star rated appliances.			
Avoid "fast fashion": buy clothes that are made and designed to last.			
Consider buying pre-owned clothing through a service such as Thread Up or by frequenting thrift or consignment shops			
Consider pre-owned furniture			
Buy items with minimal packaging			
Buy items that are produced locally			
Buy for your life – get the house, car and goods that serve your needs but are not wasteful of energy, time, or money			
Give yourself a waiting period on all purchases – see if you want it after a good night's sleep			
Share with friends and neighbors: books, movies, games, etc.			
Use the library to replenish your reading and viewing options			
Grow your own veggies and herbs			
Bring a lunch – in a reusable container, of course			
Abstain from eating meat and fish on one day each week			
Give gifts of experiences instead of things			
When you buy, choose quality and durability			

INVEST IN SUSTAINABILITY	Doing Now	Will Do	N/A
Bank and invest with firms that refuse to finance fossil fuels, and actively support the development of renewable energy			
Invest your time with a local environmental group, land care group, or local climate action group			
Share your knowledge and ideas about sustainable living with others			
Donate to organizations working to address climate justice			

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### REFLECTION:

1. Which of these ideas would be easy for me to implement?
2. What stops me from doing them?
3. Which of these ideas would be challenging for me to implement?
4. How could I prepare myself to accept those challenges?
5. What can I do this week, this month, this year to change my actions?

**“Together, we pledge our  
commitment to raising  
awareness about the  
stewardship of creation.”**

- Pope Francis



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