

PERSONAL COVENANT WITH CREATION

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Click: Individuals on left side of screen

then “Personal Covenant with Creation on right side of screen

Explore

- Learn about the environmental crisis, ecological justice and local habitat/health issues.
- Read about or join a study group fostering voluntary simplicity.

Energy Use

- Alternative energy: solar/ geothermal/ purchase wind from your energy company.
- Purchase Energy Star appliances (refrigerator, dishwasher, washer/dryer, water)
- Get programmable thermostat. Lower thermostat in winter; raise it in summer.
- Clean/ replace filters for all appliances/furnace with filters.
- Replace all incandescent light bulbs with compact fluorescent light bulbs.
- When not in use, turn off lights, TV, computer, appliances. Prefer natural light.
- Turn off TV, computer, microwave, etc. at the strip/plug.
- Run full loads in dish washer, washer, and dryer. Use short cycles/ clothes 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).

Water Use

- Do not let water run while doing tasks.
- Install low-flow shower heads and faucet aerators.
- Repair faucet leaks and toilet runs immediately.
- Take a short shower rather than a bath, and shower less often.
- Wash dishes and laundry on full load.

Food

- Buy fair-trade +/- or 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.
- Know where your food comes from and appreciate all who made it

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.
- Use recycled, post-consumer, acid-free note/office paper or tree-free paper.

- Use the paper completely on both sides.

Reduce/ Recycle/ Reuse

- Buy less stuff you have to throw away.
- Find out exactly what your town recycles and whatever is left.
- Use non-toxic products whenever possible.
- Make your own consumables/toiletries.
- Do not put grease or strong chemicals down drains.
- Buy products with no/less packaging.
- Compost: create nutrient-rich soil and prevent methane exhaust landfills
- Use canvas bags for shopping or reuse paper/plastic when shopping.
- Find out if there are community sharing options nearby

Transportation

- Purchase a car with high miles/gallon. Maintain engine/tire pressure. Change oil/air filter.
- Over 55 miles per hour is least efficient: drive more slowly. Easy stops and starts. Do not idle.
- Where feasible walk, bicycle, carpool or take public transportation.
- Flying is the “dirtiest” way to travel, but if you have to, offset your carbon use:
- Consider alternatives: shop online, web conference meetings, etc.

Work

- Green the work space and work practices: office, shop, factory, classroom, farm
- Advocate with employers to green your company, agency, or institution.
- Promote greening among fellow workers and clients/customers/students.

Nature

- Enjoy as kin the plants and pets in your living space.
- Take ten minutes a day to enjoy/love nature (sit outside, pet an animal, garden).
- Use devotional materials that enhance your love of nature and your care for it.

Public Commitments

- Advocate for environmentally friendly legislation and policies.
- Restore a local habitat; protest a local environmental violation.
- Contribute to social justice organizations and environmental organizations.
- Invest in socially responsible stocks and bonds that foster eco-justice.