

Environmental Stewardship for October 2009: Making a Prayerful Change and Building a Healthier Community

Here are 10 ways you can help change the world for the better. Each one may seem small by itself, but if you do it, it will have a real impact and contribute to our planet's well being. Each choice is a living prayer and an act of loving stewardship. Please consider adopting at least one of these suggestions into daily life.



1. Set your hot water heater to 120 degrees and replace every light bulb in your house that is on more than four hours a day with compact fluorescent bulbs.
2. Put REUSABLE bags in your car for groceries—bring them inside the store.
3. Read *Agenda for a New Economy: From Phantom Wealth to Real Wealth* by David Korten.
4. Contact Massachusetts Interfaith Power and Light for an energy audit and conservation ideas: 617-879-0446 / www.mipandl.org/contact.html.
5. Replace one car trip per week by walking or biking to your destination.
6. Plan at least one vegetarian dinner per week. (*Moosewood* is a great cookbook.)
7. Switch to environmentally friendly cleaning products.
8. Buy local and organic when you can; it is better for your body and for the earth's body, too.
9. Read *Animal, Vegetable, Miracle* by Barbara Kingsolver for inspiration.
10. Join and sign the online Interfaith Call for 350. Go to www.350.org/interfaithcall. Print out the call and help members of your congregation sign up during your October coffee hours.

This list is brought to you by Bishop Bud Cederholm and the Episcopal Diocese of Massachusetts.