

Every Day is Earth Day:

What can we do in our own lives?

Reduce, Reuse, Recycle

In terms of what we can do as members of our congregation, we can look toward conservation at every level in our homes, in our cars and in our consumption. Every single time we move to reduce our consumption of energy & of goods too, it takes us in the right direction.

A few ideas:

1. Lower your thermostat in the winter & raise it in the summer.
2. Choose a day in the week to do laundry (like we used to) instead of every time we think we might, “throw in a wash”. This really cuts down laundry.
3. Choose fuel efficient cars and ride-share, or use public transit whenever you can.
4. Time your personal showers & limit to 3 to 5 minutes. This is really hard for me, but I’m working on it.
5. Think about your water consumption: For example, don’t just let the water run when you are rinsing dishes. Put some cold water in the sink & rinse all the dishes in that water before putting them in dishwasher or washing them. If hand washing, wash all dishes in soapy water & rinse all at once.
6. Change over to LED bulbs one at a time. They are expensive but save a lot in energy consumption & therefore in electric bills.
7. Instead of throwing away things that aren’t in perfect shape, either give them away, or be satisfied that they aren’t perfect. Really work at reducing consumption.
8. Take your own cup with you to Tim Horton’s or Starbucks. The coffee tastes better too!