



10 Ideas to Live Lightly on the Earth

1. *Clothing*: Discover the joy of purchasing vintage/gently used clothing, either online or at a local consignment shop. Donate clothes you no longer wear to Goodwill or another charity rather than consigning them to landfill.
2. *Cars*: Explore an alternative way to get to church. Rather than drive by yourself, take the bus, carpool with a neighbor, or bicycle. Drive less - consolidate errands, walk, bicycle or bus.
3. *Travel*: [Donate](#) to carbon offset funds through Saint Mark's at <https://saintmarks.org/> to off-set your travel and household carbon footprint. Donate as a gift to your loved ones.
4. *Household Carbon Footprint*: Sign up at www.sustainislandhome.org to learn how to calculate it and what practices to adopt for reducing it. Our goal for the Saint Mark's community is to reach net zero carbon by 2030.
5. *Plastics*: Take your clear, clean plastic bags to grocery store recycle bins, or subscribe to [Ridwell](#) at <https://www.ridwell.com/> to recycle thin film plastics, clothes, lightbulbs, batteries and much more.
6. *Trees* – Plant a native tree in your yard or neighborhood or join a Saint Mark's Greenbelt work party this fall – 9/30, 10/14, 10/28, 11/18. Sign up [here](#), or contact Guy Oram or Kathy Minsch at creationcare@saintmarks.org.
7. *Food*: Explore the creativity of cooking fabulous plant-based recipes. Try a Meatless Monday to get started. Buy and/or grow organic food. Buy locally.
8. *Movies/Books*: Learn about Climate Change from Michael Moore's *Planet of the Humans* (free on You Tube), *The Climate Book*, a compellation of essays by scientists, activists, mothers, and others from all over the world, edited by Greta Thunberg; *Saving Us* by Katherine Hayhoe and more.
9. *Environmental Groups*: Join nonprofits working on climate change, such as 350Seattle.org, ThirdAct.org, and [Earth Ministry/Interfaith Power and Light](#).
10. *Advocate*: Talk with your elected representatives and candidates about climate change issues. Comment on local, state, and federal legislation and policies.

Do one thing, tell people about it, then do one more thing....



Nourish Your Soul, to Better Care for the Earth

1. Commit to nourish your relationship with God in your inner life. Only an intimate connection to Christ, God, and the Holy Spirit can bring us the inner freedom to live in our world today with integrity, courage, and joy.
2. Practice Centering Prayer, ideally 20 minutes twice a day. Resource: *Centering Prayer and Inner Awakening* by Cynthia Bourgeault. Attend Centering Prayer at Saint Mark's, Tuesday evenings 7pm in the Nave. Contact Linzi Stahlecker at lstahlecker@saintmarks.org.
3. Walk with intention to notice and connect with divine love when you walk in the woods. This is called "Forest Bathing." Meditate or pray in nature.
4. Explore the Christian mystical tradition, a tradition that is integrated with the divine in the natural world. Resources: Richard Rohr's *Center for Action and Contemplation*, Cynthia Bourgeault's *Wisdom Way of Knowing*, Ilia Delios's *Christogenesis*. Online courses are available in each of these institutions. Attend Saint Mark's Wisdom School either in person, or on Zoom.
5. Explore how HOPE can be a Renaissance of faith that can give you the inner freedom to make ethical, life-affirming choices. Says Cynthia Bourgeault: "Hope is a primordial force from the center of the earth in your own being that gives you courage and strength, regardless of the outer circumstances" and is not tied to outcomes.
6. Seek out examples of all the *positive* things going on across the globe, including by grass roots organizations and consortiums, and stories of individual conviction and bravery. Subscribe to Nice News free daily emails at <https://nicenews.com/>.
7. Limit and discern your consumption of news. The messages are so often alarmist and distorted, and pit Americans against each other - an assault on non-dual consciousness. Resource: *Love Your Enemy* by Arthur C. Brooks.

Join the Creation Care Ministry at Saint Mark's
<https://saintmarks.org/justice/creation-care/>