

CARING FOR CREATION NEWS

How To Lose Weight Big-time: The Low Carbon Diet

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Ever watch one of those TV shows where they do something totally outrageous? You know it's a con when they issue that perilous warning, "DON'T TRY THIS AT HOME", right? You betcha. Like I'd breathe fire and toast marshmallows at the same time anyway! Next Olympic sport, right?

Well this article isn't about that. This is about something that you can do at home. Actually, something you must do at home. Beginning in February, the Caring for Creation Ministry will be offering a new curriculum:

A graphic with a light gray background. The text "Low Carbon Diet" is written in a large, dark, serif font. Below it, the text "A 30 Day Program to Lose 5000 Pounds" is written in a smaller, dark, sans-serif font, enclosed in a dark rectangular box.

Low Carbon Diet

A 30 Day Program to Lose 5000 Pounds

We're looking for 5 to 8 households who would like to work seriously at lowering their carbon footprint.

This is sort of like the next step; moving from education to action. We've been nudging you along in this direction for a while. Remember when we showed *An Inconvenient Truth*? How about all those Lighter Footprint bulletin tips? Remember the Hope Church Carbon Footprint survey? And this one may have flown under the radar--an energy audit of the church building by the Michigan Interfaith Power & Light Company?

The curriculum is designed to be completed in a month. You'll be challenged, but, once you've developed energy saving habits, you won't need to put a lot of effort into maintaining them. There will be weekly meetings where we learn what to do and encourage each other. There's no rocket science here. You won't need a degree in engineering. You can do this.

It may be hard to believe in the face of such woeful economic news these days, but global climate change is still the biggest challenge we face. It's a problem that each of us can help to resolve. Remember the old joke? Q: How do you eat an elephant? A: One bite at a time! Here's our question: Q: How do you stop global climate change? A: One Kilowatt at a time! If you would like to be part of this inaugural diet club, please get your name to the church office or contact Peter Boogaart.