

## **CARING FOR CREATION NEWS**

June/July 2009

Last April, thirteen fellow parishioners spent four weeks working through the *Low Carbon Diet: a 30 Day Program to Lose 5000 Pounds* curriculum. We examined our own energy habits, analyzed our home systems, and thought of ways that we could extend the challenge to others. There's no universal answer when it comes to improving your energy efficiency; but there are clear strategies. Last month two of the class members shared from what they had learned. Here are some brief thoughts from two more of the participants.

### Stephanie Beyer:

Before I started the "Low Carbon Diet" class, I actually thought I was being fairly "green". We recycle at home and work, don't drive our cars unless really needed, and turned off lights at home when not in use. The class taught me that there was much more that could be done. When Kermit the Frog said, "It's not easy being green", he was right! I say that only because if a person is committed to reducing their carbon footprint, it takes changing their habits and thought process. It's being conscious of everything you do on a daily basis, from how long you shower in the morning to going back out to the car to get the bags you brought for your groceries instead of using plastic bags. Peter really opened my eyes as to what each of us needs to do to help save our environment, God's creation.

### Kay MacKenzie:

Math and I were never good friends. I was completely lost when I tried to figure how many BTUs and kilowatt hours I used. So I couldn't find a starting point for the amount of bad stuff I was using. Fast forward. I do have double pane windows, a low flush toilet, water saving shower head, a fairly new water heater and furnace. Sounds good so far. But I am bad at turning off lights I'm not using, leaving the TV, radio and computer connected, unplugging my curling iron, flat iron, etc. Even though I'm pretty good with the big stuff, it is true that little things mean a lot.