

Helping Slow Climate Change

GUIDELINES FOR PERSONAL ACTIONS

Our new Creation Care Ministry lists four basic goals that the Ministry hopes to address as it moves forward:

- Looking at our operations at Holy Spirit with the goal of becoming more sustainable.
- Providing information and resources to members to help us live more sustainably at our homes.
- Becoming more active in our communities by addressing issues of climate change and other environmental issues.
- Providing fun opportunities to learn about and explore the wonderful natural world we live in.



We believe that many of our Church family are yearning to live more sustainably in their own homes. This being our second goal, we offer some General Guidelines on the following page for actions you can take to help slow the effects of climate change.

Over the next few weeks, we will be providing more detailed checklists for specific personal actions you can take to reduce your own carbon footprint. Make sure to check back for those.

Also, if you have ideas for living more sustainably, please share them with us so that we can share with others. Send them to:

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SIX Rs OF SUSTAINABILITY

As recycling gained traction in the 1970s, the Three Rs became a common slogan – Reduce, Reuse and Recycle.

We've added three more Rs: Recognition, Responsibility and Repair – to make our personal actions more relevant in the current environment.

These additions, we believe, are critical to raising one's awareness of our natural world, which is the basis for all of the many life forms that occupy our Mother Earth.

Recognition
Responsibility
Reduce
Reuse
Repair
Recycle



The **SIX Rs** of Sustainability

GENERAL GUIDELINES FOR PERSONAL ACTIONS



RECOGNITION:

It is important that each of us take the time to recognize what is around us. **“What are my surroundings and how do I fit within them?”** As humans we have friends, family, neighbors and others that we share our space and interact with. It’s normal to relate to our own species, but what about the variety of plants and animals that also inhabit our spaces? By learning even a little about how biological systems work we can gain an understanding and appreciation of how we fit within these systems. Native Americans have understood this relationship for ages – their survival has depended on it.

RESPONSIBILITY:

Once you’ve taken stock of your surroundings, it is important to appreciate that each of us has a role within these spaces. **It is important to take responsibility** for our own actions and understand how our actions might affect others and the environment around you. As the naturalist John Muir put it, **“When we try to pick out anything by itself, we find it hitched to everything else in the Universe.”** We are a part of nature, not apart from nature, and we must live by the laws of nature. Each choice we make and action we take has impacts on the world around us.



REDUCE:

This is the simplest action that one can take. **“Do I really need this...?”** Unfortunately, so much of our economy is based on consumerism that encourages an acquisition of goods in ever-increasing amounts almost regardless of any need. By being a wise shopper you will be more aware of our purchases, choosing quality – for longevity – over price when you can, and minimizing the amount of packaging, especially plastics, in your choices.

Since the burning of fossil fuels is at the heart of climate change, reducing our use of energy will help.

- driving less
- drying laundry on a line
- only washing full loads of dishes and laundry, etc.
- reducing temperatures in our homes
- turning down our water heaters

REUSE:

Maybe that item we were about to toss out or replace can be reused in another way, or by someone else. Rather than dumping stuff we can no longer use, why not take the items to Good Will, Home Resource or the Habitat ReStore? You’d be surprised at how many Missoula houses are outfitted with a variety of items that came from these sources. Another option might be to sell items on-line using Craig’s List or a similar application.

REPAIR:

Our older parishioners will remember when repair shops were common place. Is it possible to bring them back? Or can you learn about repairing things? Given the state of our current technology it may not be as possible for us to fix many of our house-hold items. There are, however, all kinds of YouTube DIY (Do It Yourself) videos available that will depict how to fix a variety of things. As with anything on the web one should use reasonable care when viewing these resources.

RECYCLE:

Fortunately, we’ve come a long way since the earliest days of recycling.

Even so, the EPA estimates that 75% of the American waste stream is recyclable, but we only recycle about 30% of it.

However, the technology has improved so that all-in-one recycling is now possible. There are a number of services and locations for recycling. By typing “recycling in Missoula” in your web browser, a number of options will appear. Some of these resources may be several years old, so make sure you find the latest information that reflects the wider variety of plastics, for example, that can now be accepted for recycling. **Holy Spirit is participating in a glass recycling program.** To learn more, please contact Judy Parock at the Church office. (406) 396-6943.