

# Covenant with Creation 2011

As a member of the St. Matthew's Ev. Lutheran Church, I dedicate myself to the care and redemption of all that God has made. Therefore I agree to do all the following acts of respect out of my kinship with all creation. (Please check all the specific ways you intend to fulfill this covenant in the coming year.)



Name \_\_\_\_\_

**Mark your promises below, also, to keep as your reminder.**

- Recycle:** \_\_\_ Batteries      \_\_\_ Aluminum, steel      \_\_\_ Glass  
 \_\_\_ Plastic      \_\_\_ Athl. Shoes (1 pr.)      \_\_\_ Junk Mail  
 \_\_\_ Newspaper      \_\_\_ Eyeglasses (1 pr.)      \_\_\_ 1 Cell phone

**Reuse:**

- \_\_\_ Replace paper or plastic bags with canvas or cloth bags. Leave bags in your car/bike/stroller, so they are always handy.
- \_\_\_ Use ceramic or travel mugs instead of paper or Styrofoam. Leave a mug at the office and at church. Keep a travel mug in the car.
- \_\_\_ Compost your food scraps (no meat or dairy) and yard waste. Reuse as fertilizer for your lawn and garden.
- \_\_\_ Wear "hand me round" clothes. See what your local thrift/consignment store has to offer.

**Conserve Energy:**

- \_\_\_ During each grocery trip, buy one product from a local producer rather than a product that has traveled far.
- \_\_\_ Put a lid on pots and pans. Food will heat faster and you will save energy.
- \_\_\_ Reconsider preheating the oven; many dishes do not require it. For smaller dishes, use a toaster oven.
- \_\_\_ Consider a push rotary lawn mower or electric mower.

**Conserve Water:**

- \_\_\_ Shorten your shower time.
- \_\_\_ Run full loads in the washer and dishwasher.
- \_\_\_ Use rain barrels (available from MMSD) for capturing rain water. Rain water is better for plants and it's free!

*\* Please return the top portion of the page with the rest of your stewardship information.*

**Consume Resources Wisely:**

- \_\_\_ Eliminate one red meat meal per week.
- \_\_\_ Refill your own containers with filtered water rather than buying bottled water.
- \_\_\_ Borrow an item instead of buying a new item.
- \_\_\_ Pack lunches in reusable food storage containers rather than foil or plastic wrap.
- \_\_\_ Share a magazine subscription with a friend. Or, read your favorite magazine at your local library.

**Monitor Car Emissions and Use of Fuel**

- \_\_\_ Try an alternative means of transportation (bus, bike, walk), especially when traveling less than two miles.
- \_\_\_ Challenge yourself to bicycle or walk further than you thought you could go.
- \_\_\_ Save gas by dining and shopping locally.

**Commune with Nature**

- \_\_\_ Try growing one or two of your favorite vegetables. Start in a sunny part of your yard or use pots on your patio or balcony.
- \_\_\_ Pray outside.

**Political Advocacy**

- \_\_\_ Stay aware and active in legislative efforts to protect the environment. Join ELCA e-advocacy: <http://www.elca.org/Our-Faith-In-Action/Justice/Advocacy/Get-Involved.aspx>

**Please give number of persons in family who are participating \_\_\_\_\_**

**My Record of my commitment - Cut on dotted line to keep as a reminder of your pledge.**

- Recycle:** \_\_\_ Batteries      \_\_\_ Aluminum, steel  
 \_\_\_ Glass      \_\_\_ Athletic shoes (1 pr.)  
 \_\_\_ Plastic      \_\_\_ Eyeglasses (1 pair)  
 \_\_\_ Newspaper      \_\_\_ Cell phones (1/year)  
                                  \_\_\_ Junk Mail

**Reuse:**

- \_\_\_ Use canvas or cloth bags.
- \_\_\_ Use ceramic or travel mugs.
- \_\_\_ Compost your food scraps.
- \_\_\_ Wear "hand me round" clothes.

**Conserve Energy:**

- \_\_\_ Groceries: Buy at least one local product.
- \_\_\_ Put a lid on pots and pans.
- \_\_\_ Reconsider preheating the oven. For smaller dishes, use a toaster oven.
- \_\_\_ Consider a push rotary lawn mower or electric mower.

**Conserve Water:**

- \_\_\_ Shorten your shower time.
- \_\_\_ Run full loads in the washer and dishwasher.
- \_\_\_ Use rain barrels for capturing rain water.

**Consume Resources Wisely:**

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- \_\_\_ Refill your own containers with filtered water.
- \_\_\_ Borrow an item instead of buying a new item.
- \_\_\_ Pack lunches in reusable food storage containers.
- \_\_\_ Share a magazine subscription; or go to the library.

**Monitor Car Emissions and Use of Fuel**

- \_\_\_ Try an alternative means of transportation (bus, bike, walk), especially when traveling less than two miles.
- \_\_\_ Challenge yourself to bicycle or walk further.
- \_\_\_ Save gas by dining and shopping locally.

**Commune with Nature**

- \_\_\_ Try growing one or two of your favorite vegetables.
- \_\_\_ Pray outside.

**Political Advocacy**

- \_\_\_ Stay aware and active in legislative efforts to protect the environment. Join ELCA e-advocacy: <http://www.elca.org/Our-Faith-In-Action/Justice/Advocacy/Get-Involved.aspx>

## **Covenant with Creation, 2010-2011**

*God gave us dominion to care for creation*

*Then God said, "Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air...and over every creeping thing that creeps on the earth."  
Genesis 1:26*

### **God created this beautiful earth:**

In his hands are the depths of the earth;  
the heights of the mountains are also his  
The sea is his, for he made it,  
and the dry land, which his hands have formed.  
O come, let us worship and bow down,  
let us kneel before the Lord, our Maker!  
For he is our God, and we are the people of his pasture,  
and the sheep of his hand. *Psalm 95:4-7a*



**Cut here to keep bottom section.**

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## **My Covenant with Creation, 2010-2011**

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*Then God said, "Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air...and over every creeping thing that creeps on the earth."  
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