

Covenant with Creation 2010

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.

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- ___ Shorten your shower time.
 ___ Run full loads in the washer and dishwasher.
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 ___ Share a magazine subscription; or go to the library.

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 ___ Challenge yourself to bicycle or walk further.
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Covenant with Creation, 2009-2010

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.

My Covenant with Creation, 2009-2010

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