

Covenant with Creation 2013-14

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:** ___ Aluminum, steel ___ Glass ___ Plastic
___ Athl. Shoes (1 pr.) ___ CFL bulbs ___ Newspaper
___ Eyeglasses (1 pr.) ___ Cell phones
___ Rechargeable batteries

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.
___ Experiment with one LED light bulb in your home.

Conserve Water:

- ___ Install low flow shower heads and toilets.
___ 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.
___ Opt out of receiving junk mail at www.dmachoice.org
___ Pack lunches in reusable food storage containers rather than foil or plastic wrap.
___ Bring magazines to church to share/swap. 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.
___ Save gas by dining and shopping locally.

Commune with Nature

- ___ Try growing one or two of your favorite vegetables.
___ Create a bee friendly habitat.
___ Pray outside.
___ Try one of our new urban parks: Three Bridges or Rotary Centennial Arboretum.
___ Encourage growing milkweed to feed monarch larvae.

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:** ___ Rechargeable Batteries ___ Aluminum, steel
___ Glass ___ Athletic shoes (1 pr)
___ Plastic ___ Eyeglasses (1 pair)
___ Newspaper ___ Cell phones (1/year)
___ CFL bulbs

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:

- ___ Install low flow shower heads and toilets.
___ 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.
___ Opt out of receiving junk mail at www.dmachoice.org.
___ Pack lunches in reusable food storage containers.
___ Bring magazines to church to share/swap; 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

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Covenant with Creation, 2013-2014

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*

“We have lived our lives by the assumption that what was good for us would be good for the world. We have been wrong. We must change our lives so that it will be possible to live by the contrary assumption, that what is good for the world will be good for us. And that requires that we make the effort to know the world and learn what is good for it.”

-Wendell Berry from *The Long-Legged House*



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My Covenant with Creation, 2013-2014

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