

Sustaining Creation



48 Steps to Living Sustainably -Actions We All Can Take

(Updated 3/28/17)

Toe – Dipping	Getting In Deeper	Immersed As A Way Of Life
Lifestyle		
1. Re-establish the ancient practice of Sabbath economics in your family's life. At this initial level keep it simple by avoiding purchasing anything on one specific day/week.	17. Skip the Christmas presents and use the money instead to help a poorer family save some energy this year through improving their home's insulation or lighting.	33. Divest your savings and retirement accounts from Fossil Fuel stocks & mutual funds. It's immoral to destroy the earth & it's immoral to profit from its destruction.
2. Educate yourself on Global Warming via books & websites from the recommended list of resources. (see page 2)*	18. Shop local Farm Markets, Food is healthier when it doesn't travel thousands of miles.	34. Develop "eyes to see" and "ears to hear" so that you can understand the urgency of the Climate Crisis through the lived experiences of others.
3. Go "meat-less" one day a week as meat has 10X the effect on the environment. (Meat-less Mondays?)	19. Add a second or even a third "meatless" day to weekly schedule or Give up red meat entirely as it has triple the cost on earth resources	35. Change diet to routinely eat more seasonally available local foods. Consider eating a more plant-based diet.
4. Walk or bike to close by destinations. Good for the body & the soul.	20. Use your Social Media Platforms and contacts to spread the critical message of sustainability.	36. Accept the difficult truth that endless economic growth on our one planet is not possible. We must live sustainably.
Transportation		
5. Adjust your driving habits to improve mileage. Easy on that gas pedal, combine trips. Ride share.	21. Time to trade in that gas guzzler for a car that gets 45+ mpg.	37. Technology is rapidly improving so seriously consider an electric vehicle purchase.
6. Use Public Transportation when possible. Pressure your local Government to make it "Carbon Free".	22. If you must travel by air then offset the pollution through tree planting. Contact A' Roche or others nonprofits to purchase.	38. Actively work to reduce your family's carbon footprint. Use carbon tracking tools available on-line.
Home		
7. Lower the temperature setting on your hot water tank. Wash laundry in cold water.	23. Change all home lighting to energy efficient lamps. Consider LED lamps.	39. Time to invest in high efficiency appliances, hot water, furnace, and air conditioning systems.
8. Switch your electrical utility supplier to one that is sourced from wind or solar power.	24. Install smart thermostats and timers on energy using devices throughout your home.	40. Install a source of renewable energy on your house i.e. Solar Panels or sponsor someone.
9. Change your thermostat by 3 degrees, up in Summer & down in Winter.	25. Conduct an energy audit of your home and correct deficiencies. Seal those window and door leaks.	41. Time to consider downsizing your home? Do you really need all that space and the energy it requires?

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10. Give up the disposable plastic water bottle habit and then move on to eliminate other disposable products.	26. Consider whether to repair an item rather than replacing it with something new. Take an initial step away from our disposable consumer society.	42. Reduce, Reuse, Recycle becomes a daily practice in your life. Special emphasis on the “Reduce” part which often gets skipped.

Community

11. Tell Family, friends & neighbors why the Climate Crisis is an issue of real concern to you.	27. Challenge your Faith Community to become a Center for Climate Justice. Be a visible sign of these 48 steps.	43. Start a Neighborhood Vegetable Garden and/or even better start a Community Solar farm
12. Join a group which explores life sustainability issues. You will need to support one another’s efforts. No local group? Start one	28. Change your personal economics to support local based business such as Community Co-Operatives & Credit Unions etc.	44. Supremacy of the Individual is a mistaken value of our society. Become a voice lifting up the needs of the community.
13. Support one of the groups that are advocates for a sustainable world such as Sierra, Earth Justice or NRDC. There is power in numbers.	29. Begin a sharing cooperative with neighbors, church, club and/or family members. Does everyone really need all the same tools and garden equipment or can we share?	45. Live your life in such a way as if your kid’s & grandkid’s future depends on it because it actually does.

Advocacy

14. Call your Congress Rep. & say you believe Global Warming to be an issue significant enough to affect how you will vote.	30. Write Congress monthly on the urgent need for Federal measures to reduce the emissions of CO2	46. Democracy is not a spectator sport so periodically visit your Congress Reps. local offices with a message on the need to act now.
15. Actively pressure your local Government to install renewable systems such as public car charging stations	31. Advocate for an economic pricing system that includes the total environmental cost of a product in its price.	47. Be a visible sign! Consider participating in Non-Violent Protests & Civil Disobedience direct actions
16. Get involved, join Citizens Climate Lobby to actively Lobby for a Carbon Tax or join one of the groups such as 350.org that are working hard to get Colleges, Churches, etc. to divest from Fossil Fuel Companies.	32. Recognize that this is an issue of Climate Justice as the world’s poor experience the first & worst of the terrible affects. So advocate for greater USA contributions to the UN based “Green Carbon Fund”.	48. Understand that at its heart this is an issue which requires global political answers in response to a human induced global crisis. Support global efforts to strengthen & speed up the Paris Climate Accord.

The Sustaining Creation – A Faith Journey series is an ongoing project of “Telling It Forward” ministries. “Telling It Forward” is a ministry of Ecological Justice which uses the art of storytelling to envision the path forward to a sustainable future on this one Earth that we must share with all of God’s Good Creation. It uses Video Messages & webinars to explore various elements of this critical issue of Sustaining Creation; Preaching, presentations & for both Faith & Secular groups from 5-500 are available.

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Need more Info? Try these Reading and Web Resources

Storms of My Grandchildren by James Hansen; Eaarth by Bill McKibben; The Madhouse Effect by Michael Mann & Tom Toles; Wired Wisdom by Susan Thistlethwaite; A New Climate For Theology by Sally McFague; Reinventing Fire –Amory Lovins & Rocky Mountain Institute; Cooler-Smarter-Practical Steps For Low Carbon Living – Union Of Concerned Scientists; 350.org; Climate Progress.org; Yesmagazine.org; Sierra Club.org; CitizensClimateLobby.org; Climate Reality.org; Union Of Concerned Scientists.org; InsideClimateNews.org