

## A SUMMER TO LOVE

### The Earth

*“The care of the Earth is our most ancient and most worthy, and after all our most pleasing responsibility. To cherish what remains of it and to foster its renewal is our only hope.”*

+Wendell Berry

### Be a Part of TriCon's Climate Action Team

Noticing the wonder of creation and caring for the earth is a spiritual practice. More and more of us are beginning to see climate change as a moral and spiritual issue. We are *awakening to the spiritual connection* between humans and something greater: the awareness that we belong to a divine presence that encompasses everything, not just humans. To love God and follow in the Way of Christ, is to love the earth and all creation within it. If we don't take climate change seriously, it will have major effects on us and even more so for people around the world. We need to all join together and help with reducing our community greenhouse gas (GHG) emissions.

Join in with the TriCon Climate Action Team and take up any of the spiritual practices that you and your family are able to do. If you would like more information or to get involved, contact Climate Action Team Chair, Rick Johnson ([middlepond@aol.com](mailto:middlepond@aol.com)).

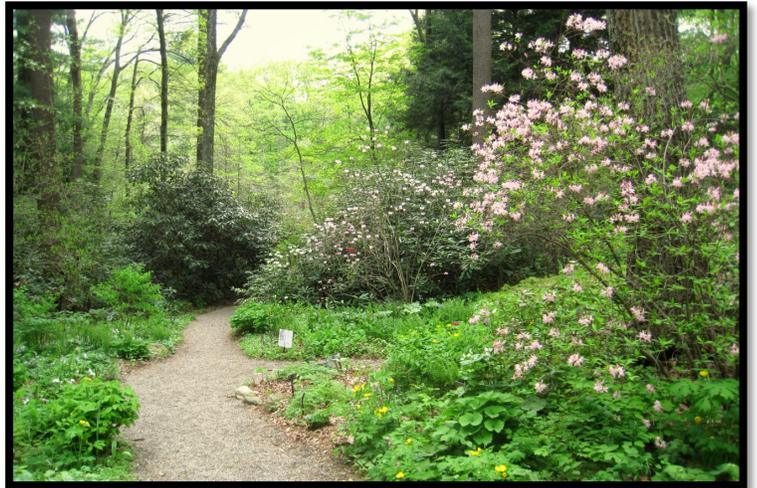
### No One Can Do Everything but Everyone Can Do Something

Small actions can make a big impact. Here are some simple steps you can take to connect to the natural environment, reduce your carbon footprint and honor God's beautiful earth.

## GO TO THE WILD PLACES

*“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.”*  
+ Helen Keller

One of the best ways to engage the climate is to get out in it! No matter what your physical condition, there are so many ways to enjoy the wonder and beauty of the earth. Climb a mountain, hike in the woods, stroll through a park or even sit on a bench. The important thing is to be aware of the wildness of God reflected in the intricacy of nature. Go for a swim, paddle down a river, listen to the sound of a brook or the crashing of waves.



*Garden in the Woods*  
Framingham, MA

## GET INFORMED

### Watch films

#### [List of films](#)

- David Attenborough: A Life On Our Planet (Netflix)
- Seaspiracy (Netflix)
- My Octopus Teacher (Netflix)
- One Strange Rock (Disney+ or YouTube)
- Arctic Tale (Amazon Prime)

### Books

#### [List of Books](#)

- Keepers of the Earth: Native American Stories and Environmental Activities for Children
- Wicked Cool Sustainable Solutions for the Earth Coloring Book
- Spiritual Ecology: The Cry of the Earth

### Podcasts

#### [5 Climate Podcasts](#)

# CLIMATE ACTION TEAM CHECKLIST

## Spiritual Practices for Individuals and Families

### Transportation/Travel

- Reduce travel in your vehicle (even if it is electric).
- Drive an electric vehicle.
- Car share instead of owning a vehicle.
- Take vacations closer to home and reduce flights.
- Purchase carbon offsets  
[www.thegoodtraveler.org](http://www.thegoodtraveler.org)

### Homes

- Use of environmentally-green housekeeping products such as Norwex and others
- Replace your natural gas furnace with an electric heat pump.
- Retrofit your home for energy efficiency.
- Purchase efficient appliances.
- Install a low flow shower head.
- Change light bulbs to LEDs.
- Wash clothes in cold water, hang clothes to dry.
- Program your thermostat (62° C [night/away], 69° C [day]).
- Turn off computers and unplug outlets when not used.
- Install renewable energy to power your home.

### Waste

- Reduce the amount of waste that you produce.
- Support reuse of materials that are still in good condition, such as plastic products.
- Make sure that you compost and recycle all possible materials.

### Food

- Eat less meat and dairy products.
- Grow food on your property or in a community garden.
- Buy local food when possible.

### Other

- Ensure your investment portfolio is climate-friendly (talk to a financial advisor).
- Join an environmental club, or attend an event.
- Talk to friends and family about climate action.
- Write a letter to your State or Federal government representative.
- PLANT! A tree, vegetable garden, or windowsill plant