Renewing our Relationship with the Earth:

A Guide

What you and your Church can do





Prepared for:

The Ecology and Theology Working Group
Anglican Diocese of Ottawa

Kate Davies – October 2002

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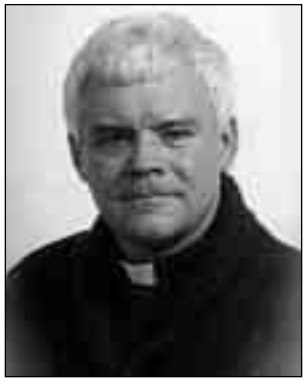

Dear Friends:

I am pleased and proud to commend this guide to you, as our relationship with creation is not simply connected with our being a part of it, but because our Creator God has placed us among other creatures to care for them, who with us, came into being by the "Divine Word," and were proclaimed to be good.

Our Scriptures continually hearken back to the covenant with God to be stewards.

In recent years, "environmental concerns" by faith communities seem to have diminished, though happily not everywhere. Knowing the issues, and maybe something of the solutions is one thing, but constant vigilance and will is still required. While progress is made, other despoliations continue and new ones come into being. This destructiveness simply cannot continue.

The Ecology and Theology Working Group of our Diocese of Ottawa has worked long and hard to develop this resource as a tool kit to enable us to continue – or maybe even begin – our good stewardship of the earth. The Working Group has impressive credentials and passion; technical expertise and profound spirituality. It is a group committed to a holistic theology of creation, redemption and re-creation so that the tides of destruction may be stemmed, and in which God's children may share in, and take responsibility for, the divine purpose.

It is, therefore, with enthusiasm and gratitude that I commend this to you.

In Jesus, the Alpha and the Omega – the beginning and the end – and everything in between.

The Right Reverend Peter R. Coffin,
Bishop of Ottawa.

The Author

Kate Davies has a doctorate in biochemistry and has been active in environmental issues in Canada for the last 20 years. She is currently Principal of Ecosystems Consulting, which provides environmental policy services to public and private sector clients.

Before establishing Ecosystems in 1990, Dr. Davies worked at the City of Toronto where she developed and then managed the City's Environmental Protection Office – the first local government environmental office in Canada.

She has also served on the International Joint Commission's Science Advisory Board, Ontario's Environmental Assessment Board, the Canadian Environmental Assessment Research Council, and the Royal Society of Canada's Global Change Program.

Kate attends Christ Church Cathedral and Quaker Meeting in Ottawa on a regular basis.

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I would also like to acknowledge that some of the suggestions in this book are based on a booklet published in 1997 by Environment Canada on 'Down to Earth Choices: Tips for Making Where You Live One of Canada's Healthiest Neighbourhoods' (Catalogue En21-77/1997E). Copies of this booklet are available free of charge from Environment Canada at (819) 997-2800 or 1-800-668-6767.

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Introduction

"This (the environmental crisis) is not simply another issue. It is a concern that lies at the heart of the theologies of all people of faith. Like the Gospel that proclaims justice for the oppressed, concern for the environment is not an optional extra for those who feel so inclined. It is not only a matter of self-interest, though it is surely that, but it is a matter of who we are in God's intention for all creation. The 'environmental crisis' is not just about land, water and air. It is not just about a 'natural world'. It is about a 'just world' as well." (Peter Coffin, Bishop of Ottawa. February 24, 2001)





The Challenge Before Us

Humanity stands at a defining point in its history. Over the last 400 years, we have changed the face of the Earth at an unprecedented scale and speed. There is now no corner of this beautiful planet that remains unaffected by our actions. Human actions are now threatening the health of the planet, as well as the health of our species. The facts speak for themselves:

- ***Climate Change:*** Global average temperatures rose by about 0.6°C over the twentieth century. This rate and duration of warming has been greater than in any of the previous nine centuries and is probably a result of increasing emission of greenhouse gases, such as carbon dioxide. Indeed, the atmospheric concentration of carbon dioxide has risen by 31% since 1750. These and other data led the Intergovernmental Panel on Climate Change to conclude that: "There is new and stronger evidence that most of the warming observed over the last 50 years is attributable to human activities.[1]"

- ***Biodiversity:*** By 1996, 25% of the world's approximately 4,630 mammalian species, 11% of the 9,675 bird species, 20% of reptile species, 25% of amphibian species and 34% of fish species were at significant risk of total extinction[2]. Furthermore, by the early 1990s, all of the world's oceanic fisheries were being fished at or beyond their capacity, and thirteen of the world's fifteen leading oceanic fisheries were in decline[3].

- ***Toxic Chemicals:*** By 1998, global sales of all chemicals totalled nearly $1.5 trillion (US), making the chemical sector about twice the size of the global market for telecommunications equipment and services[4]. Exposure to toxic chemicals has been implicated in numerous health effects, including birth defects and cancer. Children's exposures are often greater than those of adults[5]. At a global level, pesticides are responsible for about 3 million acute exposures a year[6].

[1] Intergovernmental Panel on Climate Change. 2001. IPCC Third Assessment Report - Climate Change 2001: Working Group 1 – The Scientific Basis. Summary for Policy Makers. Available at: http://www.ipcc.ch/

[2] United Nations Environment Programme. 2000. GEO (Global Environmental Outlook) 2000. Available at: http://www.unep.org/Geo2000/english

[3] Brown, L., Flavin, C. and French, H. 1996. State of the World. Worldwatch Institute. NY: WW Norton and Co.

[4] Flavin, C., French, H. and Gardner, G. 2002 State of the World. Worldwatch Institute. NY: WW Norton and Co.

[5] Myres, A. and Davies, K. 2000. Our Children, Our Health: Towards a Federal Agenda on Children's Environmental Health. Environmental Health Review. Winter 2000 p. 104-113

[6] World Health Organization. 1992. Our Planet, Our Health: Report of the WHO Commission on Health and the Environment. Geneva

Freshwater: If present consumption patterns continue, two out of every three people on Earth will experience a water shortage by 2025. There are already widespread water shortages in parts of China, India, Pakistan, the western U.S., North Africa, the Middle East and the Arabian Peninsula[7,8].

Land: Nearly 40% of the world's agricultural land is seriously degraded, raising concerns about its long-term capacity for food production. This lost land could feed more than 1.5 billion people[9]. Major problems include salinization, caused by irrigation, erosion/desertification, caused by agricultural practices, and urbanization.

In Canada, we are blessed with a relatively healthy environment. Within our borders we have about 20% of the world's supply of freshwater, an abundance of land to grow food and live on, and access to many resources to enrich the quality of our lives. But even here, the damage to the natural environment is affecting human health.

Did You Know That…

- The prevalence of asthma among Canadian children has increased four-fold over the last 20 years, with an estimated 10.7% now experiencing this disease[10]. Asthma is linked with air pollution;
- The levels of PCBs (a synthetic chemical) in the breast milk of Inuit women are among the highest in the world[11];
- In 2000, seven people died in Walkerton, Ontario and thousands became sick from drinking contaminated water.

Our Response as Christians

In the face of these depressing statistics, it is easy to be overwhelmed and say, "The problems are too great. There is nothing I can do". But nothing could be further from the truth. As Christians, not only do we have a responsibility to act, but we are called to love and celebrate God's Creation, remembering that, *"The earth is the Lord's and the fullness thereof"* (Ps 24:1)

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[7] Brown, L., Flavin, C. and French, H. 2000. State of the World. Worldwatch Institute. NY: WW Norton and Co.

[8] United Nations Environment Programme. 2000. GEO (Global Environmental Outlook) 2000. Available at: http://www.unep.org/Geo2000/english

[9] Brown, L., Flavin, C. and French, H. 1996. State of the World. Worldwatch Institute. NY: WW Norton and Co.

[10] Canadian Institute for Health Information, Canadian Lung Association, Health Canada and Statistics Canada. 2001. Respiratory Disease in Canada: Available at: http://www.hc-sc.gc.cs/pphb-dgspsp/publicat/rdc-mrc01/index.html

[11] For a discussion of contaminants in breast milk see: Northern Contaminants Program. 1997. Canadian Arctic Contaminants Assessment Report. Indian and Northern Affairs Canada.

Throughout history, Christians have been acting out of their deep concern for the Earth. In the Bible, God tells Adam that he is to dress and keep the Garden of Eden (Genesis 2:15), and later we are told *"the whole earth is full of his glory"* (Isaiah 6:3). Inspired by these and other words, Christians have seen the Earth as sacred – as a manifestation of God's love and power. Celtic Christianity emphasized God's presence in Creation and later in the Middle Ages, Christian mystics, such as Julian of Norwich, Teresa of Avila and Hildegard von Bingen, were passionate witnesses to the beauty of God's Creation. More recently, Christian churches in many countries have been active in environmental concerns, and the World Council of Churches has been extremely active on climate change. In fact, every day, more and more Christians are asking:

"What can we do to protect the natural environment as individuals and as members of the Church?"

This is the question that this Guide attempts to answer. It contains suggestions for things that you can do as an individual and as a member of the Church[12]. Towards the end of the Guide, there are some suggestions on where to look for further information. There is also an Environmental Checklist (Appendix A) that identifies the twenty most important things to do.

"You must be the change you wish to see in the world."
Mahatma Gandhi

Getting Started

First, remember and believe that you can make a difference! Our individual actions and our collective actions at Church are part of a worldwide effort to ensure the long-term health and sustainability of life on Earth. As individuals, we may not be able to change the world single-handedly, but we can change ourselves. Indeed, changing ourselves is perhaps the only thing that we can do.

[12] There is some overlap between the section on what you can do as a member of the Church and the others. This enables the sections to be used as stand-alone documents by different groups within the Church.

Second, remember and believe that every journey begins with a single step. Just committing yourself and your Church to taking action for the Earth is a great beginning. Start with making a commitment to do a few things. Read through the suggestions in this Guide and pick the ones that appeal to you. Then, as you gain confidence, try a few more. Don't try to do everything all at once! Also, some of the suggestions may not be appropriate for you or your Church. Pick the ones that make the most sense to you.

You could form an environmental group or committee to consider how the suggestions in this Guide can be applied in your Church. Or, you may want to try out a few ideas at home first. The most important thing is to make a commitment and get started....

You may think of things that you can do for the Earth that are not included in this Guide. If you do, we (the Ecology and Theology Working Group) would like to hear about your suggestions. We would also like to hear any comments or suggestions that you have about this Guide. Please contact us through the Parish and Diocesan Services office (Appendix B). We look forward to hearing from you.

"God writes the Gospel, not in the Bible alone but on trees, flowers, clouds and stars."

Martin Luther King

"God is everywhere; in all things and in nothing. God is in trees and seas; in birds and in beasts, in the soil under my feet and in my soul"

Kabir

"The earth dries up and withers, the world languishes and withers; the heavens languish together with the earth. The earth lies polluted under its inhabitants; for they have transgressed laws, violated the statutes, broken the everlasting covenant. Therefore a curse devours the earth, and its inhabitants suffer for their guilt; therefore the inhabitants of the earth dwindled and a few people are left."

Psalm 96: 11-13

Environmental Education and Awareness

Environmental Education and Awareness

Reconnecting with Creation – Enjoying the Natural Environment

Many of us have such busy lives that it takes a conscious effort for us to reconnect with God's Creation and to enjoy the natural environment. For people living in towns and cities, it can be more difficult to remember to stop and take in the beauty of the Earth once in a while. When was the last time that you took a few minutes to smell a flower, watch a bird or an insect, or walk on the grass with your bare feet?

Just noticing the abundance of life around us heightens our awareness of the natural world and increases the desire to take action to protect God's Creation.

Here are a few suggestions for things that you can do to reconnect with Creation and to enjoy the natural environment:

- Set aside a few minutes every day to go for a walk in your neighbourhood and notice the wildlife.
- Go birdwatching or explore the nearest wild place.
- Enjoy non-motorized outdoor activities all year round. In the summer, go canoeing, sailing, or windsurfing. In the winter, go skiing or skating.
- Collect a few things that remind you of God's Creation and bring them into your home. A rock or stone, a feather, or a leaf, for example. If you pick wild-flowers, choose common ones only.

- Meditate with your eyes closed, and imagine that you are in a wild place. What does it look like, how does it feel? What animals, birds and plants are there?

How Well Do You Know Your Environment?

Try this short quiz to see how well you know your local environment:

1. Which watershed do you live in? What are the major geological events that shaped the area where you live?
2. When you turn on the tap, where does the water come from – a lake, a river, groundwater?
3. When you flush the toilet, where does the water ultimately go - the river, sea or a lake?
4. Where does your garbage go?
5. Name as many species of birds, mammals, reptiles, amphibians, trees and plants in your local environment as you can. Which ones are native to your area? Which ones are endangered or threatened? Which ones are thriving?
6. Do you know where the food on your dinner plate came from? Which countries or regions in Canada? How far is this from where you live?
7. What type of soil is in your garden or neighbourhood? How long is the growing season in your area? Which horticultural zone are you in?

How Much Do We Affect the Natural Environment?

We all affect the natural environment, but we are often unaware of how much we affect it. Try these activities to get an idea of how you affect the Earth and how dependent you are on it:

- Think about how you affect the natural environment positively and negatively. Make lists. Which list is longer? What can you do to lessen your negative effects and increase the positive ones?
- Think about how dependent you are on the natural environment. Write down all the ways that you depend on it. How many of these things are threatened, polluted or somehow in danger?
- Calculate your ecological footprint. Your ecological footprint measures how much we consume of nature. It shows how much productive land and water we occupy to produce all the resources we consume and to take in all the waste we make. Quizzes that will help you to calculate your ecological footprint are available at:

http://www.lead.org/leadnet/footprint/intro.htm
(US imperial)

http://www.mec.ca/coop/communit/meccomm/ecofoot.htm
(metric)

What You Can Do at Church to Educate and Raise Awareness

Churches are great places to talk about ecology and to raise people's awareness about what can be done to protect it. Talking to people about their experience of God's Creation is a wonderful way to link our caring for the Earth and our religious experience. Here are some ideas:

- Talk to your clergy and Parish Council about ecology and theology and about this Guide.
- In the Diocese of Ottawa, invite the Ecology and Theology Working Group to make a presentation at your Church (see Appendix B for contact information). The Parish Council, the ACW, the men's group, or another parish group may like to take this on.
- Set up a study group on ecology at your Church. You could study biblical references to Creation, study a book on ecology and theology, consider how your Church could become more environmentally-friendly, or discuss local or global environmental issues.
- Write an article on ecology for the parish newsletter or bulletin.
- Work with the Sunday School to look at how the need to care for creation could be introduced into the curriculum.
- Ask the wardens and the clergy if you could put a symbol of the natural environment in the Church. This could be a living plant, a picture of the Earth from space, a small artificial waterfall, or something else to remind people that we are all part of God's Creation.

Did You Know That…

In the U.S., the National Religious Partnership for the Environment represents about 100 million people from religious organizations including the Catholic Conference, the National Council of Churches of Christ, the Coalition on Environment and Jewish Life, and the Evangelical Environmental Network. Its mission is: *"We seek to weave the mission of care for God's creation across all areas of organized religion, and to do so in such a way as to contribute scope of vision, moral perspective, breadth of constituency, and endurance of struggle for all efforts to protect the natural world and human well-being within it."* For more information go to their website at: http://www.nrpe.org

- Talk to the clergy about including ecology in Church services. There are many beautiful hymns about Creation. You could ask to pray for the Earth, or perhaps a sermon on ecology might help people to reflect on the need to protect the Earth.

What You Can Do in Your Community

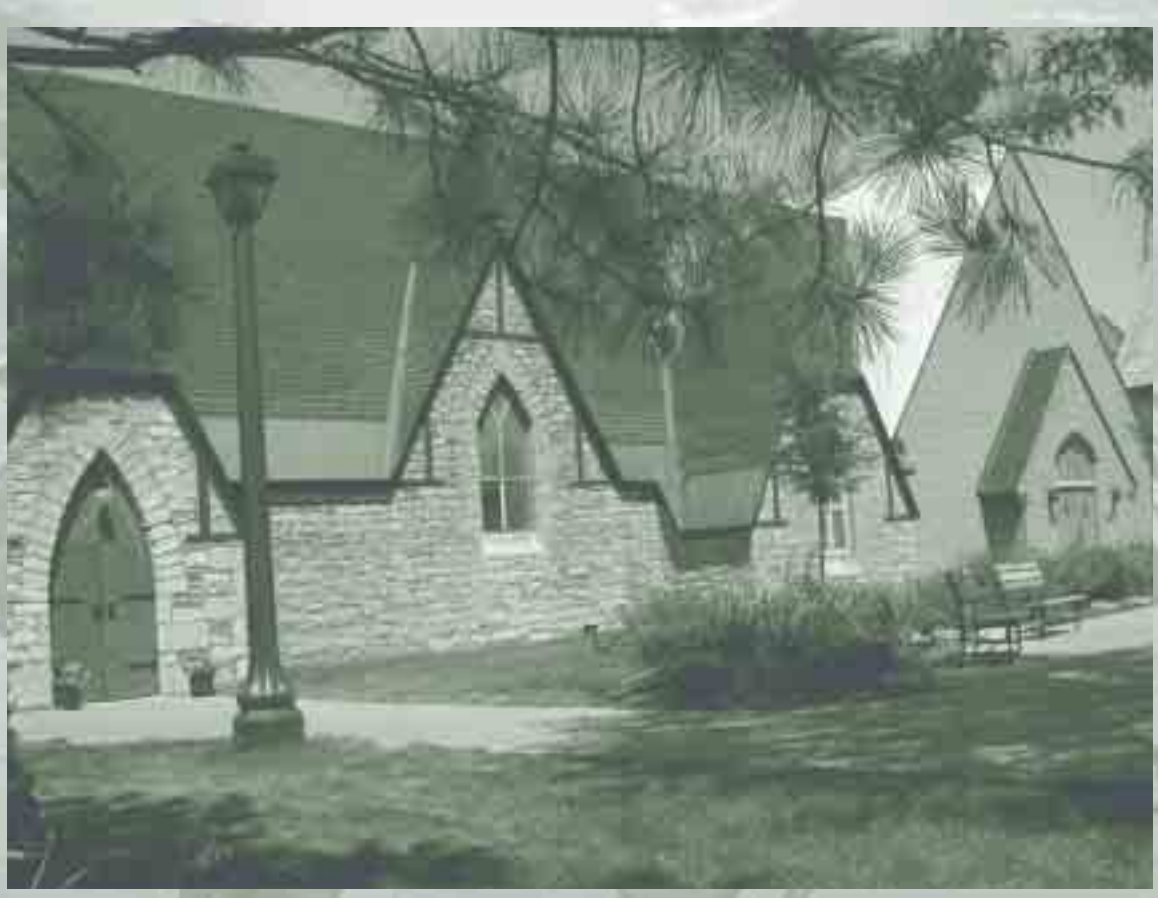
Your community is another great place to raise awareness about ecology. Start by finding out about the environmental issues in your neighbourhood. Read your local newspaper and look for articles on local environmental problems. Then you could:

- Call your municipality and ask if it has an environmental committee. If there is a committee, get copies of its agenda and minutes. If it is a volunteer committee, consider becoming a member.
- Talk to your neighbours and organize a clean-up of your local park or street.
- Hold a garage sale, or even better, hold a street sale, to sell unwanted household items.
- Contact local schools, residents' associations and community organizations, and ask if they have any environmental activities. If they do, consider helping out as a volunteer.
- Find out if there are any local environmental, naturalist, wildlife, or birdwatchers' groups in your area. What issues are they working on? Consider volunteering your time and energy.
- Consider developing a proposal for funding by Environment Canada's EcoAction Community Funding Program.

The EcoAction Community Funding Program

The Program provides financial support to community groups for projects that have beneficial impacts on the environment. EcoAction encourages projects that protect, rehabilitate or enhance the natural environment, and build the capacity of communities to sustain these activities into the future. For more information go to Environment Canada's website at: **http://www.ec.gc.ca/ecoaction/index_e.htm**

What You Can Do at Church



What You Can Do at Church

There is a lot that can be done in your Church. The best way of getting started is to talk to the clergy and your parish council about your concern. Show them this Guide and suggest that your Church could try some of the ideas shown below.

General Suggestions

Practise the 5Rs – Reverence, reduce, repair, reuse and recycle as much as possible in your Church:

- REVERENCE for all Creation.
- REDUCE the amount of waste that is produced by your Church by purchasing carefully, including buying only what you really need, buying durable long-lasting products and buying products with no (or only minimal) packaging.
- REPAIR items that no longer work, rather than throwing them away and buying new ones.
- REUSE as much as possible including paper, jars and cans, cardboard boxes, paper and plastic bags, paper clips, string, etc. Some items can be given to the Sunday School for craft and art projects.
- RECYCLE unwanted items that cannot be repaired or reused. Clothing, appliances, books, magazines and many other items can be passed on to others who can use them.

Consider establishing an environmental group or committee in your Church to implement some (or all!) of the ideas in this Guide. You could prepare an environmental plan for key areas, such as energy and water conservation, purchasing goods and services, waste management, etc., based on the ideas in this Guide.

Episcopal Power and Light

The mission of Episcopal Power and Light is to help individuals and institutions of the Episcopal Church in the U.S. further the stewardship of Creation, and its highest priority is to establish an energy conservation program in the Episcopal Church and to share it with the interfaith community. It promotes energy efficiency, energy conservation and the use of solar panels on rooftops. Already in California, twenty-seven churches have solar panels on their roofs as part of a program within the Sacramento Municipal Utility. For more information go to their website at: **http://www.theregenerationproject.org**

Maintenance – Heating and Cooling Church Buildings

- How well is your Church insulated? Make sure that all external walls, the basement, the roof and any crawl spaces are well insulated.
- External doors and windows should fit well and be sealed against draughts using weather stripping and caulking. Check the draught-proofing caulking at least every three or four years.
- In the winter, a lot of heat is lost through the windows. Make sure that there are no cracked or broken windows. Can the windows be double glazed to minimize heat loss? Do any stained glass windows have or need a protective outer covering, such as wire mesh screens or heavy glass? (Consult a heritage window specialist before making changes to stained glass windows.)
- Install an electronic thermostat for the furnace. In the winter, set it at 20°C (68°F) or less when Church buildings are in use. Set the thermostat 2-3 degrees lower when the Church is empty. Close off the heating vents in rooms that are not being used. (Check first that there are no water pipes running in the walls of these rooms.)
- Consider buying and installing a programmable thermostat.
- Maintain your furnace. Normally, cleaning and maintenance are recommended once a year.
- When it comes time for a new furnace, buy and install a high efficiency one. It may be a bit more expensive, but over time it will save energy and money.
- Consider installing solar panels for heating and/or hot water.
- Set the thermostat on the hot water tank at 130°F or less. Consider installing a timer, so that water is heated only when hot water is needed.
- Make sure that your water heater and hot water pipes are well insulated.
- Post signs asking everyone to turn off the lights when they leave a room, and/or install light timers.
- Install fluorescent light bulbs. They are more expensive to buy, but they last much longer than regular bulbs and use less energy.
- In the summer, leave the windows open during cool times of the day and close them and the draperies when the heat rises.

- Install fans to circulate the air in summer and winter.
- Consider installing a reflective film on the windows to block out the sun's heat in the summer.
- Plant shade trees around the Church buildings. They provide great natural air conditioning!
- If your Church has air conditioning, set the thermostat at 24°C (75°F) or higher in the summer.
- Hire a consultant to conduct an energy use audit of your Church, and implement the recommendations.

Maintenance – Using Indoor Pesticides in Church Buildings

Do not use indoor pesticides in Church buildings, unless there is no alternative:

- Use a fly swatter for flies and mosquitoes, instead of an insect spray.
- Use diatomaceous earth and/or boric acid for ants, earwigs, cockroaches and other crawling insects.
- Use traps for mice, or get a church cat.

If you have cockroaches, follow the directions on p. 29.

If you must use chemical pesticides, always read the labels and follow the directions for application and disposal.

Maintenance – Cleaning Church Buildings

Use cleaning products that will not harm the natural environment. A list of homemade alternatives is shown below:

- Wash the windows with a mixture of 10ml (2tsp.) of vinegar and 1 litre (5 cups) of water.
- Clean the walls with a mixture of 60ml (1/4 cup) of baking soda, 125ml (1/2 cup) of white ammonia, and 60ml (1/4 cup) of vinegar.
- Clean sink drains with boiling water containing 60ml (1/4 cup) of baking soda and 60ml (1/4 cup) of vinegar.

- Clean the toilets with baking soda and mild detergent, using a toilet brush.
- Clean varnished furniture, including the pews, with Murphy's Oil, taking care to follow directions using only a damp cloth and drying and polishing the wood quickly.
- Clean the sinks and counters with a mixture of baking soda and water. Always read the labels on hazardous products and follow the directions for application and disposal.

Maintenance – In the Church Washrooms

- Post a sign asking people to turn off taps tightly. Check to make sure that taps do not drip or leak. If they are leaking, repair them promptly.
- Consider installing low flow toilets.
- Use toilet paper made from recycled, unbleached paper.
- Use cloth towels for hand drying. Hire a towel cleaning service to wash and replace the towels frequently, or arrange for the janitor (or someone else) to do so.

In the Church Kitchen – Saving Water and Energy

- Always turn off taps tightly and be sure they do not drip or leak. Never leave kitchen taps running! Leaks should be repaired promptly. A leak of one drop of water per second wastes about 10,000 litres a year.
- Wash and clean fruits and vegetables in a partially filled sink. Rinse them quickly under cold, running water.
- When cooking fruits and vegetables, use just enough water to cover them. Steaming vegetables uses even less water and enhances their flavour.
- Keep a large jug of chilled drinking water in the fridge, instead of running the tap until the water gets cool. However, if your Church is more than 20 years old and may have lead water pipes or service connections, remember to run the water for at least one minute first thing in the morning before it is used.

- Are the fridges and freezers needed all the time, or can they be switched off when not in use? When not in use, the doors must be propped open to discourage the growth of mould. **Ensure children cannot get inside.** (Only switch off if the fridge will be unused for an EXTENDED period of time. Turn the fridge back on several hours before food will be placed in it to allow it to return to a safe, food-storage temperature.)

- If you are buying a new automatic dishwasher, fridge, or freezer for the church, make sure that it is an energy efficient, low water use model.

- When possible, wash the dishes by hand and avoid using an automatic dishwasher. For large Church functions, hand washing may not be practical.

- If you have an automatic dishwasher in your Church, only use it when you have a full load and use the energy saver cycle or the shortest cycle possible.

- If an automatic dishwasher is used, leave the dishes to air dry naturally.

- Sink garbage disposal units waste water, add unwanted solids and grease to septic systems, and increase the strain on sewage treatment systems. It is better not to use them.

- Replace electric can openers, coffee grinders, and other small electrical appliances with manual models.

In the Church Kitchen – Reducing, Reusing, Recycling Wastes

- Make sure that there are adequate recycling facilities available in the kitchen. This should include separate boxes for paper, cans, glass, plastics and compostable wastes. All containers should be rinsed clean before being recycled.

- Compost food scraps. Leftovers, fruit and vegetable peelings, coffee grounds, egg shells, grass clipping, and organic yard waste can all be composted to produce a rich organic fertilizer that can be used in the Church garden or given away to parishioners for use in private gardens. Do **not** compost meat, fats and oils, or dairy products as they will attract animals. See p. 30 for directions on how to build a compost pile.

- Avoid using disposable dishes, cups, serviettes, and cutlery, whenever possible. Use 'real' ones instead. If you must use disposable ones, make sure that they are recycled.

- Avoid using single serving sugars, milk or creamers. They generate plastic and paper waste. Offer a bowl of sugar and a jug of milk and/or cream instead.

- Buy reuseable tablecloths instead of single-use paper ones. Plastic tablecloths can be wiped and reused; alternatively cotton/poly sheets (twin bed size) are an alternative to linen cloths.

- Check that the coffee percolator uses a mesh or fabric filter, rather than a paper one. If you must use paper filters, buy unbleached ones.

- Try to purchase standard food items in bulk (e.g., tea, coffee, sugar) to avoid packaging. Buy coffee and tea from a 'Fair Trade' company or the equivalent.

- Use cloth dishwashing and drying towels in the kitchen, rather than paper ones. Change them frequently, especially in the summer. If you need to use paper towels, make sure that they are made from recycled paper and from unbleached paper.

In Church Offices – Reduce, Reuse, Recycle

- Use the phone or e-mail whenever possible, rather than writing a letter. This saves paper and postage.

- Whenever possible, use both sides of a sheet of paper. This can significantly reduce your Church's demand for paper. If only one side is covered, use it to take notes in the office or give the scrap paper to the Sunday School for reuse.

- Print the Church bulletin on both sides of a sheet of paper. After services, make sure that recycling facilities are easily available at the back of the Church when people leave.

- Add a message to all Church handouts and documents, asking for them to be recycled.

- Re-use computer disks by deleting and re-formatting them.

- Buy recycled and unbleached paper, whenever possible. Reuse envelopes.
- Check that recycling facilities are available in the office for paper, glass, cans, and that food waste can be composted.
- Consider implementing a Zero Waste Program so that all waste is recycled, reused or composted. Zero Waste Programs have been very effective in many federal buildings.
- Recycle printer, photocopier and fax toner cartridges. Many of the larger office supply stores will accept used toner and photocopier cartridges for recycling.
- Purchase office furniture from used office supply stores. This is often cheaper than purchasing new items and contributes to recycling.

Did You Know That…

In 2000, Ottawa residents recycled over 34,000 tonnes of newspaper, 7,500 tonnes of glass, 6,500 tonnes of cardboard, 3,500 tonnes of boxboard (cereal, tissue and shoe boxes), 2,000 tonnes of steel, 574 tonnes of aluminum, and almost 2,000 tonnes of plastic[13].

- Recycle the air in the offices, by having windows that open and by having some green and/or flowering plants. They absorb carbon dioxide and replace it with oxygen.
- Replace the electric pencil sharpener and other small electrical office appliances with manual models.

Maintaining Church Grounds

- Organize a Church gardening party, and make garden maintenance a social event!
- Water any grass only when necessary and only every three to five days. Avoid over-watering. Water in the coolest part of the day, either before 10 a.m. or after 4 p.m., and on calm days with little wind to reduce water loss by evaporation.
- Avoid cutting the grass too low. Keep it around 6.5 cm (2.5 ins.) high. Taller grass holds water better and is more resistant to burning from the sun. Cut the lawn with a push mower, if possible.

[13] Information provided by the City of Ottawa in its Collection Calendar for garbage, recycling, and leaf and yard waste.

- Collect rainwater from downspouts in a rain barrel and use it for watering the garden. Make sure the rain barrel is child-proofed.
- Fill 2 L pop bottles with water and, keeping your finger over the top, insert them neck down into your garden, close to plants. Water goes straight to the roots and will seep out gradually over several days.
- Landscape the garden to minimize rain and water runoff. Select drought-resistant plants that do not need a lot of water.
- Consider replacing or reducing the size of the grass lawn by planting ground cover or clover.
- Grow plants that attract birds and butterflies. Plant trees in the garden. They provide shade in the summer and contribute to reducing levels of carbon dioxide in the atmosphere, thereby slowing down climate change and the 'greenhouse effect'.
- Avoid using chemical pesticides, but if you must use them, follow the manufacturer's directions and spot treat the affected areas rather than blanket spraying everywhere. Make sure children do not play in the area.
- Insecticidal soap can be used to dislodge insects from plants or suffocate them.
- Use diatomaceous earth to kill ants, earwigs and other unwanted insects. Remember that diatomaceous earth is only effective when it is dry and must be re-applied after rain or watering. You can buy diatomaceous earth in hardware or garden stores, and it is not toxic to children or pets.
- Use a dilute solution of boric acid (5-10%) with sugar to kill unwanted insects. You can buy boric acid traps in hardware or garden stores.
- Put out bird feeders, birdbaths and birdhouses in the garden. Birds are a natural form of insect control. In the winter, feeders can help birds to find scarce food. Plant shrubs and trees that provide birds with food and shelter in the winter.
- Remove weeds by hand. The best time is early in the year, before they have seeded. Weed regularly and often!
- Use boiling water to kill weeds in interlock brick or between paving stones.

- Use natural fertilizers in the garden. Composted organic waste from the kitchen is an excellent garden fertilizer. Bone meal can also be used. Try not to use chemical fertilizers.

- Minimize the use of salt on the driveway, sidewalks and paths in the winter. It can 'burn' grass or plants. Sand is a much better alternative.

There are more environmental tips on gardens and lawns in the section on "In Your Garden" starting on p. 33.

Church Flowers

Most Churches have wonderful displays of cut flowers for services and at other times. Flowers in Church remind us of the importance of life and living things in our Christian faith. They are also beautiful and warm our hearts with their bright colours and sweet fragrances. But many cut flowers are imported from Central America (especially Colombia and Ecuador) and can contain high levels of pesticides. Moreover, the workers that grow them can be exposed.

- Buy locally grown flowers for your Church, whenever possible. Better yet, find out if there are any organic flower growers in your area. As an alternative, buy flowers grown in Canada or the US, rather than imported from elsewhere.

- Buy living plants whenever you can. Living plants in pots can be re-planted in the garden after they are no longer needed in the Church.

- Use dried flower arrangements. They can be just as attractive and colourful as fresh flowers.

- Avoid the use of plastic and other artificial flowers.

- Use arrangements of common grasses and wildflowers.

What You Can Do at Home

What You Can Do at Home

Your home is a great place to take action for the Earth because it's where you can control what happens and how things are done. What's more, on average, Canadians spend about 90% of the time indoors[14]. Talk to your family about the need to take action to protect the natural environment, then try a few of these ideas:

Heating and Cooling

- How well is your home insulated? Make sure that all external walls, the basement, the attic and any crawl spaces are well insulated. The attic space should be well insulated to prevent condensation in the winter.

- External doors and windows should fit well and be sealed against draughts using weather stripping and caulking. Check your caulking at least every 3-4 years.

Did You Know That…

The Intergovernmental Panel on Climate Change has predicted that the average global temperature will increase by 1.4 to 5.8°C by 2100. This is much larger than the changes over the last century[15]. Climate change will have significant effects on the health of Canadians, including heat-related illness and death and the spread of vector-borne diseases[16].

- In the winter, a lot of heat is lost through the windows. Make sure that your windows are double glazed to minimize heat loss. Consider installing heavy drapes to further reduce heat loss.

- Consider installing a reflective film on the windows to block out the sun's heat in the summer.

- Install an electronic thermostat for the furnace. In the winter, set it at 20°C (68°F) or less for times when you are at home. Set it 2-3° lower when you are out and at night when you are in bed.

- When it comes time for a new furnace, install a high efficiency one. It may be a bit more expensive, but it will save energy and money over time.

[14] Health Canada. 1997. Health and Environment: Partners for Life. Ottawa, Ontario

[15] Intergovernmental Panel on Climate Change. 2001. IPCC Third Assessment Report - Climate Change 2001: Working Group 1 – The Scientific Basis. Summary for Policy Makers. Available at: http://www.ipcc.ch/

[16] Hancock, T. and Davies, K. 1997. An Overview of the Health Implications of Global Environmental Change: A Canadian Perspective. Prepared for Environment Canada, on behalf of the Royal Society of Canada Global Change Program

- Consider installing solar panels for heating and/or hot water.
- Set the thermostat on your hot water tank at 54°C (130°F) or less.
- Make sure that your water heater and hot water pipes are well insulated.
- If you have a wood stove, ask the supplier if it is certified by the Canadian Standards Association for both fabrication and emissions standards. Natural gas fireplaces produce fewer pollutants than wood stoves.
- In summer, if it is very hot, leave your windows open at night and in the early morning, then close them up and draw the curtains during the hottest part of the day.
- Sleep in the basement if the rest of the house is too hot.
- If you have air conditioning at home, set the thermostat at 24°C (75°F) or higher.
- Install fans to circulate the air in summer and winter. In many two or more storey houses the air circulation between floors is poor, resulting in cooler lower levels and hotter upper levels. Fans at the top of the stairs can help to equalize the temperature between floors.
- Plant shade trees around your house. They provide great natural air conditioning!
- If you are buying a new dishwasher, automatic clothes washer or dryer, fridge, or freezer, make sure that it is an energy efficient model.
- Wash your clothes in cold water whenever possible.
- Minimize use of your automatic clothes dryer and hang up your clothes to dry whenever possible.
- Turn off the lights, TV, radio and stereo system when you leave the room.
- Install fluorescent light bulbs. They last much longer than regular bulbs and produce more light.
- When boiling water for a hot drink, heat only the amount of water that you need. This saves energy and water!

- Use a slow cooker for cooking stews and soups. Using a pressure cooker saves even more energy!
- Replace your electric can opener, coffee grinder, pencil sharpener and other small appliances with manual models.
- Hire a consultant to conduct an energy use audit on your home.

Using Water

- Always turn off taps tightly and be sure that they do not drip or leak. Never leave taps running! A leak of one drop of water per second wastes about 10,000 litres a year.
- Install low flow showerheads and toilets.
- Wash your dishes by hand and avoid using an automatic dishwasher.
- If you are buying a new dishwasher or clothes washer, make sure that it is a low water use model.

Did You Know That…

About 75% of indoor water use in our homes occurs in our bathrooms, and toilets are the single greatest water user[17]?

- If you have an automatic dishwasher, only use it when you have a full load and use the energy saver cycle or the shortest cycle possible.
- Use the shortest cycle possible on your clothes washer and only use it when you have a full load of clothes to wash. If your washing machine has an adjustable water level indicator, set it to use the minimum amount of water that you need.
- Wash and clean fruits and vegetables in a partially filled sink. Rinse them quickly under running water.
- When cooking fruits and vegetables, use just enough water to cover them. Steaming vegetables uses even less water and enhances their flavour.

[17] Environment Canada. 1990. What We Can Do For Our Environment: Hundreds of Things to do Now. Hull, Quebec.

- Keep a bottle of chilled drinking water in the fridge, instead of running the tap until the water gets cool. However, if you live in an older home that may have lead water pipes or service connections, remember to run the water for at least one minute first thing in the morning before you use it.

- When washing, brushing your teeth or shaving, turn off the water when you are actually washing, shaving or brushing.

- Short showers use less water than baths.

Cleaning Products and Indoor Pesticides

- Use cleaning products that will not harm the natural environment. A list of home-made environmentally-friendly products is shown below:

    - Wash your windows with a mixture of 10ml (2 tsp.) of vinegar and 1 litre (5 cups) of water.
    - Clean the walls with a mixture of 60ml (1/4 cup) of baking soda, 125ml (1/2 cup) of white ammonia, and 60ml (1/4 cup) of vinegar.
    - Clean sink drains with boiling water containing 60ml (1/4 cup) of baking soda and 60ml (1/4 cup) of vinegar. Alternatively, use a metal snake (cost $10-15).
    - Clean your toilet with baking soda and mild detergent, using a toilet brush.
    - Clean wooden furniture with Murphy's Oil taking care to follow directions, using only a damp cloth and drying and polishing immediately.
    - Clean the sinks, bathtub, shower stall and counters with a mixture of baking soda and water.

- Do not use indoor pesticides, unless there is no alternative:

    - Use a fly swatter for flies and mosquitoes, instead of an insect spray.
    - Use diatomaceous earth and/or boric acid for ants, earwigs, cockroaches and other crawling insects.
    - Use traps for mice, or get a cat.

Getting rid of cockroaches:

- CUT OFF their food, water and hiding places by having high standards of hygiene in your kitchen and bathroom, cleaning your home (especially hard to reach areas like behind the fridge and stove), and not leaving out any food or water overnight.
- SEAL UP cockroach 'highways' by sealing holes in walls around plumbing and electrical lines, caulking all cracks and crevices in cupboards and walls, and fixing leaking taps and toilets.
- USE natural pest control methods such as baits and dusts containing boric acid or diatomaceous earth.

Household Waste

"There is enough for everybody's need. But not for anyone's greed."

Mahatma Gandhi

Practise the 4Rs – Reduce, repair, reuse and recycle as much as possible:

- REDUCE the amount of waste that is produced by your household by shopping carefully (see the section on Shopping) and following the suggestions in this Guide.
- REPAIR items that no longer work, rather than throwing them away and buying new ones.
- REUSE as much as possible including jars and cans, cardboard boxes, paper and plastic bags, wrapping paper, paper clips, string, etc.
- RECYCLE unwanted items that cannot be repaired or reused. Clothing, appliances, books and magazines and many other items can be passed on to others who can use them.

Compost food scraps. Leftovers, fruit and vegetable peelings, coffee grounds, egg shells, grass clipping, and organic yard waste can all be composted to produce a rich organic fertilizer that you can use in your garden. Do not compost meat, fats and oils, or dairy products, as they will attract animals.

Sink garbage disposal units waste water, add unwanted solids and grease to septic systems and increase the strain on sewage treatment systems. It is better not to use them.

- Never flush household garbage down the toilet. Household cleaners, paints, prescription drugs, pesticides and other chemicals can cause problems at the sewage treatment plant and in the natural environment. So can cigarette butts, paper diapers, and other products.

- Always read the labels on hazardous products and follow the directions for application and disposal.

- If you have leftover paints, pesticides, or solvents, oven cleaners, rust remover, or bleaches ask a neighbour, friend or relative if they could use them. Alternatively, donate them to a local community or theatre group.

- Take advantage of special household hazardous waste days to dispose of unwanted paints, pesticides, solvents and other hazardous wastes at approved sites.

How to Start Composting

Start a compost heap in your garden or on your balcony. Use a large garbage can, a barrel, or a wooden box with the bottom knocked out. You can also obtain composters from stores or your municipality. Add layers of kitchen waste, garden waste and soil. Keep the material as moist as a squeezed out sponge. Turn it occasionally during the summer with a shovel or a garden fork. The compost will be crumbly like soil when it is ready for use as a fertilizer.

- Donate old clothes or household products to your church "New To You" Shop or a local charity for sale or re-use. Children's clothes can be passed on to relatives, friends or neighbours with young children. Local theatres may be grateful for old clothes and other unwanted items.

- Return wire coat hangers to your dry cleaners, so they can be reused.

- Use writing paper on both sides and reuse any scrap paper. Reuse envelopes.

- Donate books and magazines to hospitals, senior citizens' residences, and social service organizations.

- Many items can be donated to day care centres, schools or the Sunday School at your Church for art or handicraft classes.

Household Special Waste Days

In Ottawa, household special waste days are held at various locations throughout the year. The Trail Road Waste Facility will receive special wastes every Saturday from 9 a.m. to 4 p.m. from mid-April to mid-December. It is located off Moodie Drive, 11 km south of Bells Corners. Call (613) 580-2400 for further details.

Septic Tank Systems

If you have a septic tank system, know the location of all the components and keep heavy vehicles away from the ground above them.

Never plant shrubs or trees near the tile bed because their roots can clog drain lines.

Maintain your septic system and have a reputable contractor remove sludge and scum every three to five years.

Watch for signs that the system isn't working properly such as:

- puddles of sewage near or above the tile bed,
- soft, spongy sections of ground,
- bright green areas of grass near or above the tile bed, or
- sewage odour in the house or basement.

Never pour antibiotics or household chemical products down the toilet or drains. They destroy the bacteria in septic tank systems.

What You Can Do in the Garden

What You Can Do in the Garden

Most people love their gardens. Just being outside in a garden, on a balcony or in a park can be a wonderful tonic to our hearts, bodies and souls, and there is something profoundly satisfying about planting a seed, looking after it, and watching it grow into a mature plant. It reminds us of God's glory and of the eternal nature of life. The garden – indoors or out – is therefore a 'natural' place to show your love and caring for this beautiful planet. Here are a few suggestions:

Water Use in the Garden

- Water your lawn only when necessary and only every three to five days. Avoid over-watering. Water in the coolest part of the day, either before 10 a.m. or after 4 p.m., and on calm days with little wind to reduce water loss by evaporation.
- To minimize evaporation, use sprinklers that deliver large drops of water close to the ground, rather than those that throw water high into the air.
- Position your sprinkler carefully, so that water does not land on driveways, sidewalks or streets.
- Potted plants for balcony gardens dry out quickly and need frequent watering.
- Avoid cutting your grass too low. Keep it around 6.5 cm (2.5 ins.) high. Taller grass holds water better and is more resistant to burning from the sun. Cut your lawn with a push mower – it doesn't use fossil fuels and gives you some exercise!
- Collect rainwater from downspouts in a rain barrel and use it for watering the garden. Make sure the barrel is child-proofed.
- Water your shrubs and trees once a week, and use grass clippings or wood chips around the base of trees, shrubs and plants to retain and hold water. Remember that newly transplanted and young plants need to be watered more often until root systems are well established.
- Landscape your garden to minimize rain and water runoff. Select drought-resistant plants that do not need a lot of water.
- Shut off all outdoor taps tightly and inspect them for leaks at least once a year.

Plants and Landscaping

- Consider replacing or reducing the size of your grass lawn by planting ground cover plants or clover.
- Grow vegetables and fruits for your family to enjoy. Tomatoes, lettuce, carrots, potatoes, apples, strawberries and raspberries are just a few of the species that do well in many parts of Ontario. Grow them organically, without chemical pesticides or fertilizers!
- Grow plants that attract birds and butterflies. Buddleia attracts butterflies and has a pretty blue-purple flower. Grow native species whenever possible, rather than exotic, imported ones.
- Plant trees in your garden. They provide shade in the summer and contribute to reducing levels of carbon dioxide in the atmosphere, thereby slowing down climate change and the 'greenhouse effect'.

Using Outdoor Pesticides, Fertilizers and Other Chemicals

- Avoid using chemical pesticides on your lawn or plants. If you must use chemical pesticides, follow the manufacturer's directions and spot treat the affected areas rather than blanket spraying everywhere. Ensure children and pets are kept away from the sprayed area.
- Insecticidal soap can be used to dislodge insects from plants or suffocate them.
- Use diatomaceous earth to kill ants, earwigs and other unwanted insects. Remember that diatomaceous earth is only effective when it is dry and must be re-applied after rain or watering. You can buy diatomaceous earth in hardware or garden stores. It is not toxic to children or pets.

Did You Know That…

There are more than 7,000 pesticides registered in Canada and industry sales for 1997 totalled almost $1.5 billion[18]. Agriculture and forestry use the majority of this amount, but household use is increasing. In the U.S., about 82% of households use pesticides[19]. Many pesticides are associated with adverse health effects, including cancer, neurobehavioural effects, developmental problems, and reproductive effects.

[18] Pesticides: Making the Right Choice for the Protection of Health and the Environment. Report of the Standing Committee on Environment and Sustainable Development. May 2000.

[19] Whitmore, R.W., Kelly, J.E., Reading, P.L., Brandt, E. and Harris, T. 1992. The National Home and Garden Pesticide Survey. Volume 1 Executive Summary – Results and Recommendations. US Environmental Protection Agency.

- Use a dilute solution of boric acid (5-10%) with sugar to kill unwanted insects. You can buy boric acid traps in hardware or garden stores.

- Use citronella candles and natural mosquito repellants that do not contain 'deet' or other chemical pesticides.

- Put out bird feeders, birdbaths and birdhouses in your garden. Birds are a natural form of insect control. In the winter, feeders can help birds to find scarce food. Plant shrubs and trees that provide birds with food and shelter in the winter.

- Other tips to control unwanted insects:

    - Remove insects such as spider mites, aphids and mealy bugs by hosing them off with a strong jet of water.
    - Plant marigolds, chrysanthemums, chives, onions, garlic, basil, savoury, horseradish, mint or thyme among your garden plants. Their natural odours and root secretions repel some insects.
    - Rotate the species of vegetables and flowers in your garden from year to year, or rotate the same species in different locations. This practice discourages soil diseases and insects from settling in.
    - Grow onions throughout your garden, rather than planting them in rows. This prevents root maggots from travelling from plant to plant.
    - Remove slugs from your plants or put out sugar and water slug traps.

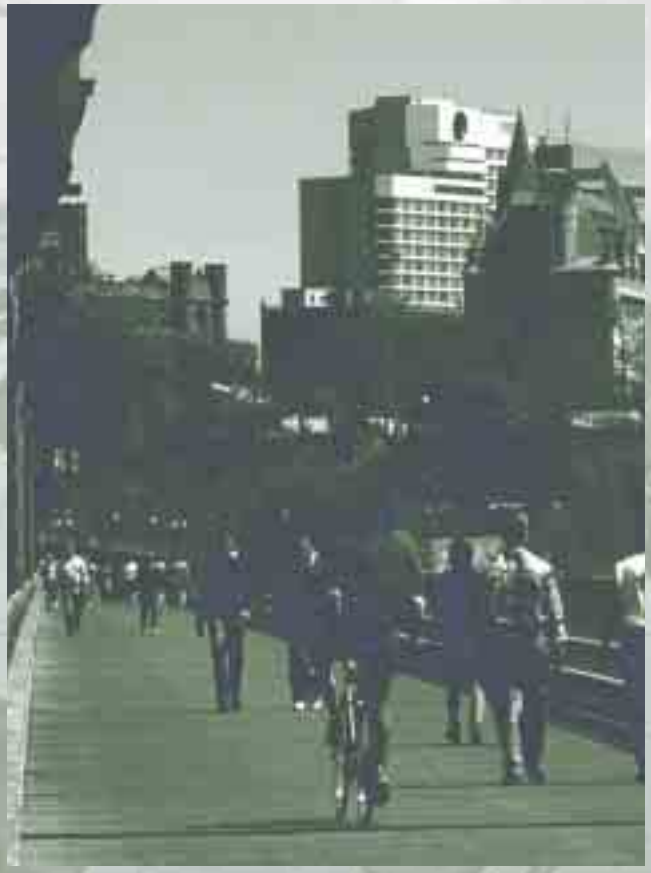
- Remove weeds by hand. The best time is early in the year, before they have seeded. Weed regularly and often!

- Use boiling water to kill weeds in interlock brick or between paving stones.

- Use natural fertilizers in your garden. Composted organic household waste is an excellent garden fertilizer. Bone meal can also be used. Try not to use chemical fertilizers.

- In winter, minimize the use of salt on the driveway, sidewalks and paths as it can 'burn' grass or plants. Sand is a better alternative.

Transportation



Transportation

Cars are a major source of pollutants to the environment. They release carbon dioxide, carbon monoxide, nitrogen oxides and other pollutants that cause smog and give rise to the 'greenhouse effect' and climate change. For many of us, owning a car is almost a necessity, but it is also important to think about how you use it. Here are some ideas:

Alternatives to Your Car

- Use the bus or public transit instead of your car as often as possible. It saves fossil fuels and is often less stressful.
- Use car or van pools instead of driving to and from work on your own. Some towns and cities have car pool parking lots close to public transit routes, or specially designated lanes on the highway during rush hour.
- Walk, bike or skate more often to and from work, and to do errands.
- Join VRTUCAR. VRTUCAR is a car-share service that gives members 24-hour access to a fleet of cars stationed around Ottawa, mostly in the older downtown neighbourhoods. To find out more, check their website at **http://www.vrtucar.com**

Choosing a Car

- Buy the smallest car that will meet your needs. Usually a 4-cylinder model should be sufficient, unless you have a lot of people or luggage to transport on a regular basis. Choose a model that is fuel-efficient and has good gas mileage.
- Before you buy a car, think whether you really need an air conditioning unit in it, as it uses a lot of fuel.
- Consider buying a hybrid (gas/electric engine) car.

Did You Know That…

Transportation is the single largest source of greenhouse gas emissions in Canada, accounting for about 25% of total emissions. Environment Canada has estimated that for every 2,000 litres of gasoline consumed, the average car produces 4,720 kg of carbon dioxide, 186.6 kg of carbon monoxide, 28 kg of volatile organic compounds and 25.6 kg of nitrogen oxides[20].

[20] Transport Canada. Sustainable Transportation: Frequently Asked Questions. Available at: http://www.tc.gc.ca/envaffairs/most/faqs.shtml

Driving

- Turn off the engine when sitting and waiting. Avoid idling your car for long periods of time.
- Block heaters can reduce air pollution (by reducing engine idling) when used for 2-4 hours before morning start-ups in the winter.
- Avoid "jackrabbit" starts where the car 'jumps'. Smooth acceleration and deceleration pollute less and save fuel.
- Driving at moderate speeds saves energy and reduces pollution. Driving at 90 km/h instead of 115 km/h uses 20% less fuel.
- Avoid carrying a lot of heavy things in your car, unless necessary. The added weight causes the car to burn more fuel.
- Drive as little as possible. Combine several errands into a single trip.
- Whenever possible, share rides with friends and neighbours. The goal is to make a car with a single occupant a thing of the past.

Car Care

- Make sure that your car is regularly serviced, according to the manufacturer's recommended schedule. If you change the oil yourself, take the used oil to a garage for recycling, otherwise have the oil changed by a garage that recycles used engine oil.
- Keep your tires properly inflated at the pressures recommended by the manufacturer to reduce fuel consumption.
- Check and maintain the vehicle's wheel alignment.
- Ensure that the catalytic converter is working properly.
- Wash your car only when necessary. Automatic car washes use more water than hand washing. Hand wash your car or pay a youngster to do it for you!

Shopping

Shopping

As consumers, we can influence manufacturers to produce and sell products that are less harmful to the natural environment. There are lots of things that you can do when you are shopping to minimize the effects on the environment, including:

General

- Only buy things that you really need. 'Impulse shopping' can lead to buying things that you don't need and don't want. Make a shopping list before you leave home and stick to it!
- Buy products with the least amount of packaging. Many items are available with minimal or no packaging such as fruits and vegetables, soap, bulk food items, pens and pencils, etc.
- Look for products with the EcoLogo that designates products that have been certified as being less harmful to the natural environment.
- Avoid buying disposable products such as plastic razors, knives and forks, and cups.
- Whenever you can, buy locally produced goods. This helps to keep money in the local economy and reduces transportation fuel use.
- Buy fabric shopping bags that can be reused, instead of single use plastic or paper bags provided by supermarkets and stores. If you use plastic shopping bags, take them back to the supermarket for reuse, or reuse at home as garbage bags or for storing things.

Did You Know That…

The Environmental Choice Program, the federal government's environmental labelling program, helps consumers to identify products and services that are less harmful to the natural environment, and provides a market incentive to manufacturers and suppliers of environmentally preferable products and services[21]. Established in 1988, the Environmental Choice Program was the second national environmental labelling initiative undertaken. There are now more than 25 such programs worldwide.

[21] See http://www.environmentalchoice.com

Food and Drink

- Buy beverages in returnable bottles, where possible. If this is not possible, buy beverages in recyclable bottles or cans.

- Buy loose fruits and vegetables. Avoid buying fruits, vegetables and other products in blister or plastic packaging. If you must buy them, recycle the packaging in your blue box.

- Buy locally produced products whenever you can, especially food. Buy in-season fruits and vegetables and preserve or freeze them for later. Products and food are often transported many thousands of kilometres, using large amounts of fossil fuels for energy. Consider buying organic food. Many supermarkets now offer a good selection of organic fruits, vegetables and other types of food.

- Buy eggs in cardboard cartons, rather than in plastic ones.

- Buy products that can be stored for long periods of time (e.g., rice, sugar) in bulk rather than over-packaged small sizes.

Did You Know That…

Food that is certified as *Organically Grown* has not been treated with chemicals and has been grown on land free of synthetic chemicals for at least three years. The National Standard of Canada for Organic Food was approved in 1999[22].

Paper Products

- Minimize purchases of single-use paper products and substitute less environmentally harmful alternatives. For example use:

  - cotton handkerchiefs instead of paper tissues,
  - cotton serviettes instead of paper ones,
  - real plates, bowls and cups instead of paper ones,
  - reuseable fabric coffee filters instead of paper ones,
  - cloth diapers or a diaper service instead of paper diapers,
  - cloth towels instead of paper towels and dishcloths, and
  - cloth or reuseable menstrual products instead of paper pads or cotton tampons.

- If you do buy paper products, make sure that they are made from recycled paper or non-bleached paper.

[22] See http://www.coab.ca/nscoa.htm

Other

- Buy re-chargeable batteries and a battery charger unit.
- Buy cosmetics and toiletries that have not been tested on animals, and that contain natural ingredients.
- Buy dishwashing and clothes washing soap, rather than detergent. If you do buy detergent, make sure it is phosphate free. Avoid buying bleaches and commercial fabric softeners.

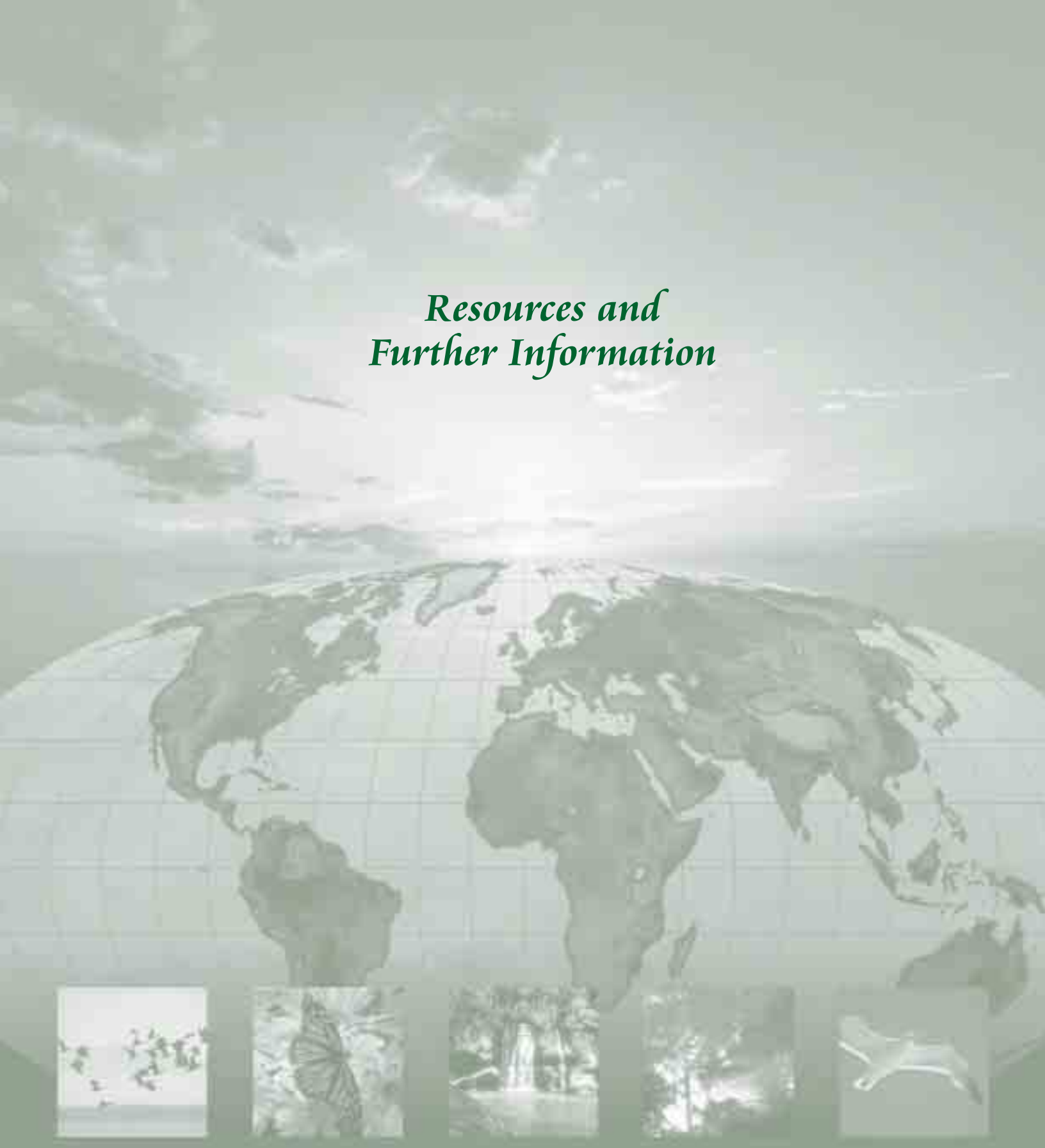
'Take it Back'

The City of Ottawa has a ***Take it Back*** program. Over 300 retailers will take back different products for recycling, reuse or proper disposal. These products include:

- expired medication, used needles and syringes,
- car batteries and used motor oil,
- flower pots,
- clothes hangers, and
- computer parts.

Copies of the ***Take it Back!*** Directory, which lists the products and the participating retailers, are available on the City's website at: **http://www.city.ottawa.on.ca**, or by calling the City at (613) 580-2400.

Resources and Further Information



Resources and Further Information

Books, Magazines and Publications

Berthold-Bond, Anne. 1994. *Clean and Green: The Complete Guide to Non-Toxic & Environmentally Safe Housekeeping.* Ceres Press: Woodstock NY

Canada Mortgage and Housing Corporation (CMHC) have a booklet on *Farewell to Cockroaches: Getting Rid of Cockroaches the Least Toxic Way* (1998). Contact CMHC at 1-800-668-2642 or at http://www.cmhc-schl.gc.ca

Dadd, Debra. 1997. *Home Safe Home*. Jeremy P. Tarcher Inc.

Earthlight magazine on spiritual ecology is available from 111 Fairmount Ave., Oakland, CA 94611, U.S.

Earth Letter available from Earth Ministry, 1305 NE 47th Street, Seattle, WA 98105, U.S. Tel: (206) 632-2426

Katz, Patricia. 1996. *Home Tips: Organising Strategies for a Streamlined Life*. Centax Books: Regina SK. Available at (306) 525-2304

Leader-Post Carrier Foundation. 2001. *Household Hints. Volume 1.* Ninth Printing, Centrax Books: Regina SK. Available at (306) 525-2304

Leader-Post Carrier Foundation. 1991. *Environment and Energy: Money and Timesaving Household Hints. Volume 2*. First Printing. Centrax Books: Regina SK. Available at (306) 525-2304

Roberts, E. and Amidon, E. (eds.). 1991. *Earth Prayers From Around the World*. San Francisco: Harper Collins.

Web Sites

Arbour Environmental Shoppe at: **http://www.arbourshop.com** tel (613) 567-3168

The Earth Charter (a global statement of environmental values and ethics): **http://www.earthcharter.org**

Earthlight magazine on spiritual ecology: **http://www.earthlight.org**

Earth Ministry (a Christian network on environmental concerns, based in the U.S.) **http://www.earthministry.org**

Environment Canada's website at: **http://www.ec.gc.ca**

Health Canada's website at: **http://www.hc-sc.gc.ca**

The National Religious Partnership for the Environment (a U.S. organization): **http://www.nrpe.org**

Appendix A: Environmental Checklist

The Twenty Most Important Things to Do

- Set aside a few minutes every day to go for a walk in your neighbourhood and notice the wildlife.
- Set up a study group on ecology at your Church.
- Make sure your home and Church are well insulated and that external doors and windows fit well.
- Install an electronic thermostat in your home and Church and set it at 20°C for heating and 24°C for cooling.
- Turn off your taps tightly at home and at Church, and be sure that they do not drip or leak.
- Install low-flow showerheads and low-flush toilets.
- Use cleaning products that will not harm the natural environment at home and at Church.
- Do not use synthetic chemical pesticides indoors or outdoors, unless there is no alternative.
- Practise the 4 Rs at home and at Church – Reduce, repair, reuse, and recycle as much as possible.
- Compost food waste at home and at Church. Do not compost meat, fats or oils, or dairy products as they will attract animals.
- Water the lawn only when necessary and only every three to five days. Water either before 10 a.m. or after 4 p.m., and on calm days.
- Grow vegetables and fruits for your family to enjoy (without pestcides).
- As often as possible, use the bus or public transit instead of your car. Car- or van-pool to work. Share rides.
- Walk, bike or skate to and from work and to do errands.

- Buy the smallest car that will meet your needs. Consider buying a car with a hybrid (gas/electric) engine.
- Drive at moderate speeds to reduce fuel consumption.
- Only buy things you really need. Buy products with the least amount of packaging.
- Avoid buying disposable products, especially single-use paper products (e.g., tissues, serviettes, paper plates, bowls and cups, diapers and menstrual products).
- If you do buy paper products, make sure that they are made from recycled, unbleached paper.
- Buy cosmetics and toiletries that have not been tested on animals.

"Never doubt that a small group of thoughtful committed citizens can change the world, indeed it's the only thing that ever has."
Margaret Mead

Appendix B: The Ecology and Theology Working Group of the Anglican Diocese of Ottawa

Background

The Ecology and Theology Working Group was established in 1999 following a diocesan workshop on Celtic Christianity. The Group is now part of the Outreach Coordinating Cluster of the Parish and Diocesan Services Committee of the Anglican Diocese of Ottawa. It meets approximately once a month. Membership is open to all Anglicans in the Diocese of Ottawa, as well as to people of other faiths.

Mission Statement

The Group's Mission Statement is:

"We believe the Earth, our home, is threatened by ecological degradation.
We want to bring this issue into a religious perspective.
We believe that there should be Church leadership on this issue"

The mission is to be fulfilled through:

- Educational activities such as workshops, development and promotion of educational materials and related print articles;
- Theological exploration, reflection and sharing;
- Providing worship opportunities and resources that will promote and encourage reverence and the cherishing of creation;
- Communication activities that will enable our Church to focus and engage in the broader dialogue on this issue;
- Identifying and sharing resources and information that already exist within the wider Church community;
- Promoting responsible environmental practices within the Church.

For Further Information

If you would like further information on the Ecology and Theology Working Group's activities or would like the Group to make a presentation in your parish, please contact the Parish & Diocesan Services Office at (613) 233-6271 x 222

"The age of nations is past; the task before us if we would not all perish is to build the earth."

Teilhard de Chardin

The Churh Gardens at South March