

## Go Green in Your Household and Your Life

You want to go green, but what are the best steps ahead? With countless environmental tips, facts, and figures presented to us in the media, it can be overwhelming to know where to start. *Green Faith* ([www.greenfaith.org](http://www.greenfaith.org)) has researched the most effective environmental actions, and offer them to us. Their advice is to take it one step at a time, and you'll be surprised by the resources and money you'll save. So here are *Green Faith's* Three Easy Action Steps:

### Quick Step #1 Adjust Your Thermostat 1 Degree

Through energy use alone, the average US home creates over 13 tons of greenhouse gas emissions annually--the same amount as driving a car over 12,000 miles.

Right now--turn your thermostat 1 degree lower (if it's winter) or 1 degree higher (if it's summer). It's a first step to reducing your energy use.

### Quick Step #2 Make Your Lunch or Dinner Today a Vegetarian One

Meat production worldwide is a leading source of greenhouse gas emissions, and creates huge amounts of toxic waste. Animals are treated with terrible cruelty on factory farms.

Today, make your lunch or dinner meat-free. Visit Vegetarian Times or other online sources for great meat-free recipes.

### Quick Step #3 Take One Hour Away from Electronics, and Toward Creation

The average US citizen spends over 90% of his or her life indoors, most of it in front of electronic screens. This weakens our bond with the earth. Today, disconnect from all electronics for 1 hour, and go outdoors. Or--if you can't get outside today--make yourself comfortable in front of a window, a potted plant, or something that reminds you of the natural world, and meditate for ten minutes.

Want to help with St. Timothy's green efforts? Contact Lela Seay or Kelly McClendon.