



Unity EarthCare Team Additional EarthCare Activities



The following are some additional possible EarthCare activities, categorized according to the appropriate step of the Path to EarthCare, as described in more detail in the Unity EarthCare Program.

PRAY

Our consciousness of God opens the way for ideas, inspiration, and guidance. To begin EarthCare in a ministry, first create a consciousness for the work through prayer. Prayer guides the ministry to its own unique expressions of caring for creation. Many people are living in fear when it comes to the environment. The role of Unity is to change the consciousness from one of fear to one of hope and possibility.

- Create a consciousness for the work through prayer by affirming and promoting the interdependent web of existence and by acknowledging our deep connections with the natural world and with our living planet.
- Dedicate Sunday services, more than once a year, to the vision of EarthCare that, ***All humanity lives in a spiritual consciousness that manifests as loving co-existence with all creation and care for our Earth home.***
- Periodically include reference to our commitment to the reverence for life and respect for the interdependent web of all existence in the weekly meditation.
- Periodically have special ceremonies that honor our connectedness with the natural world, such as:
 - ▶ Celebrate the turning of the seasons. A sacred table can be adorned to reflect the season and its spiritual gift.
 - ▶ "Blessing of the Waters" ceremony.
 - ▶ Outdoor services.
 - ▶ Labyrinth walks.
 - ▶ Tree blessings.
 - ▶ Medicine wheel ceremonies.
 - ▶ "Animal Blessing Sunday". Pets are brought to church to be blessed.
- Conduct Advent through Epiphany services that honor the mineral, plant, animal, and human kingdoms.
- Dedicate the month of April to the elements.
- Fly prayer flags from the church building.
- Develop a seven-week series on an inspirational book on caring for the earth.
- Hold a ceremony on a new church property for "coming to the land."
- Visit a sacred site near your church.
- Develop a church meditation garden.
- Include an earth prayer in monthly or quarterly newsletters.

- Mention care for the earth, air, water, and all living things in the weekly meditation.
- Conduct Advent through Epiphany services that honor the mineral, plant, animal, and human kingdoms.
- Dedicate the month of April to the elements.

VISION

Once a ministry discerns, through prayer, a call to adopt EarthCare, they should create a vision for the work with the ministry leadership. This may take the form of a vision statement, a mission statement or covenant to care for creation.

- A **covenant** is a sacred trust. It expresses the ministry's vision for care of creation and an intention to take actions that express the vision. It should be considered a pact between the congregation and Spirit.

Sample:

Our consciousness reveals that all of creation is connected as one. The story of creation reveals that we are to be good caregivers of the creation. As a people of faith, we commit to a renewed reverence for life and respect for the interdependent web of all existence. We honor our spiritual commitment to the care, support and defense of the balance between our individual needs and those of nature. We envision a world in which everything has intrinsic value and where all beings are assured a secure and meaningful life that is ecologically responsible and sustainable. We agree to transform our individual and congregational lives into acts of moral witness, discarding harmful habits for new behaviors that demonstrate our respect for this harmony and interconnectedness.

- A **vision statement** is an affirmation that concentrates on the future, is a source of inspiration and provides clear decision making criteria. A vision statement sets the direction for future planning.
- A **mission statement** defines the purpose, critical processes and goals of the EarthCare program.
Sample: *To promote stewardship of the environment and an awareness of our oneness with the earth.*
- Build consensus. Make decisions in a way that helps make everyone feel complete by ensuring that everyone in attendance can at least live with the group decision. Do your best to agree but don't go forward if a proposal is a deal breaker for anyone.

INSPIRE

With inspiration, our prayers and vision begin to move into outer expression.

- Include an earth focus in their activities, such as:
 - ▶ Sunday services,
 - ▶ Prayers,
 - ▶ Songs, and
 - ▶ Special ceremonies.
- Hold Earth Day Sunday service. Annual worship packets on different themes are available for free download from the National Council of Churches' Eco-justice program: www.nccecojustice.org.
- Celebrate the turning of the seasons. A sacred table can be adorned to reflect the season and its spiritual gift.
- Conduct Advent through Epiphany services that honor the mineral, plant, animal, and human kingdoms.

- Dedicate the month of April to the four elements.
- Sponsor special ceremonies such as “Gathering of the Waters” or fly prayer ribbons from the church building. [See the “Special Services” activity sheets on the Northwest Region’s website: www.unitynwregion.org; go to Programs/EarthCare.]
- Sponsor the symposium, *Awakening the Dreamer, Changing the Dream* (by the Pachamama Alliance). It will both educate and inspire attendees.
- Encourage the Men’s and Women’s groups to create earth-oriented altars for display.
- Hold a ceremony on a new church property for “coming to the land.”
- Visit a sacred site near your church.
- Create a banner for EarthCare, World Water Day, etc. Invite congregants to sign it, and display it during special services.
- Put the words of your EarthCare covenant on a refrigerator magnet and distribute to congregants.
- Make it a policy to purchase environmentally friendly products (custodial/maintenance, social, business operations, use recyclable/biodegradable cups and dinnerware).
- Promote sustainable values. (i.e., serve foods low on the food, locally grown or organic at church functions).
- Periodically give awards and recognition to congregants who have demonstrated outstanding care and concern for the environment. (i.e., “Green Star” award.)
- Encourage the Men and Women’s Group may create earth oriented alters for display.
- During Sunday worship services, show pictures of the universe and Unity landscaping as overhead backdrops to inspire and appreciate the beauty and complexity of nature.

LEARN

It is important to gather information and resources to educate ourselves in preparation for future action. Further, sponsoring educational activities in our ministries opens a space for individuals--and the community—to explore, pray and discern greater understanding about complex environmental topics. Such experiences may bring into ministries the challenging issues of life on earth and create spiritual connection with them. Educating people to pray first and act upon guidance fosters unity and God-centered action. Obvious avenues for communication include the ministry newsletter, Sunday bulletin, and displays.

- Integrate with other ministry teams in the church in order to generate more interest, participation, and harmony. Invite their representatives to Green Team meetings to give a presentation of what they do. In return, send a representative of the Green team to one of their meetings to explain the purpose of the Green Team.
- Prepare brochures or handouts that enhance environmental education such as fair trade coffee, comprehensive recycling guides, composting, etc.
- Create a permanent information display with educational, topical and timely environmental literature.
- Regularly publish a regular green team article in the church newsletter and/or on the church website.
- Invite speakers regarding various environmental topics such as: alternate transportation, purchasing hybrid vehicles, conducting home energy audits,

building rain gardens or rain barrels, how/where to recycle, healthy eating, what you can do to lessen your carbon footprint, climate change, composting, and landscaping with native plants.

- Have a green film series and provide popcorn and discussion afterwards.
- Sponsor a book study on an environmental issue. The Northwest Earth Institute has several study guides on local food, climate change, sustainable living and other topics: www.nwei.org.
- Develop a seven-week series on a book on caring for the earth.
- Host a meal to discuss green topics.
- Sponsor an alternative energy fair with information on public utilities, green buildings & energy efficiencies.
- “Have a Sustainable Christmas”: Display and demonstrate creative ways to reduce, reuse, and recycle products during the holidays.
- Between services, show “Green Videos” on different topics such as green gardening, shopping, cleaning, etc.
- Have an “eating your values” lunch program at which the benefits of buying locally grown and organic are discussed.
- Periodically show videos with a focus upon universal brotherhood, social justice, and what we can do as a human species to preserve the Earth,
- Learn about energy rebate opportunities in your state.
- Learn about local or regional issues.
- Educate the Congregation on the topic of healthy eating and sustainability.
 - Encourage congregants to submit “Green Recipes”, then publish them in a “Green” cook book.
 - Sell fair trade coffee or chocolate. Good fundraiser.
 - Post a “Buy Local” map in the church lobby.
 - Promote sustainable foods (e.g., locally grown, organic, less packaging) at church functions. For example:
 - ▶ Host a “100 mile” potluck picnic to encourage buying food locally.
 - ▶ Host an “eating your values” lunch program at which the benefits of buying locally grown and organic are discussed.
 - Have social gatherings at area farmer’s markets or at places that serve only locally grown food.
 - Encourage food cooperatives to buy locally or organically grown food products.

Youth and Family Ministries.

Connect with Youth & Family Ministry whenever possible. Develop and implement a Youth Ministry curriculum that promotes environmental stewardship/Earth Care. Some possibilities include:

- Develop and implement a Youth Ministry curriculum that promotes environmental stewardship/Earth Care.
- For Earth Day:
 - ▶ Have each class develop a display that honors the mineral, plant, animal and human kingdoms, and discuss one kingdom each week in April.
 - ▶ Give packages of flower seeds to YFM. Present in a large (green ribbon) package for added effect.
- Honor animals by making posters with pictures of animals and that highlight animal care organizations. Put on a display board.
- Sponsor “Bubbles and Blessings” Saturday, in which pets are brought to church where they are washed & blessed in the parking lot (use biodegradable soap).

- Give packages of flower seeds to the youth. Present in a large (green ribbon) package for added effect.
- Include gardening in youth programs (plant native plants, wildflowers, water resistant). Hold periodic educational lectures and gatherings to YOU and others at the garden.
- Develop a “family hikes” program to visit natural places. The Children and Nature Network (www.cnaturenet.org) has suggestions and resources.
- Invite a guest speaker for a class or Sunday service on EarthCare topics.
- Show videos regarding environmental issues.
- Have children make conservation posters illustrating how conservation is important to them.
- Have YFM planting parties to celebrate Easter and the Spring Equinox;
- Conduct youth Education Sunday School classes, including purchasing and installing a Peace Pole and offered prayers and blessings before planting spring flowers at the base of the Pole;

Promote a Healthful Human Environment

Environmental sustainability, spiritual fulfillment, and social action are all connected and whatever is done in one area affects the other two. Emphasize this point in your events. For ideas on social action, look at other programs co-sponsored by the Spiritual Social Action Ministry Team: www.unity.org/bethechange/.

- Advocate for a healthful human environment. Keep members on the green team mailing list aware of current issues regarding the environment.
- Get the church to adopt the policy to purchase environmentally friendly products (custodial/maintenance, business operations, kitchen).
- Be aware of chemical sensitivity: minimize use of pesticides and herbicides, use hypoallergenic alternatives and carpeting.
- Raise awareness of issues, such as climate change, by participating in national and international campaigns.
- Create a community Garden. Donate extra produce to a local food bank, community kitchens, buying clubs, farm stands and other projects harnessing faith community resources. (see http://www.emoregon.org/food_farms.php, or (Food Sovereignty for All: Overhauling the Food, http://www.emoregon.org/food_farms.php).
- Support: *Healthy Kids, Healthy Nation: Reversing the Childhood Obesity Epidemic by 2015*.
- Start a “*Congregational Wellness Project*.” Conduct a physical activity assessment using the Congregational Health Index or “CHI.” Examples of visions of health to life include:
 - Committing to serve only healthy (low or no-sugar) beverages, especially plain water;
 - Cutting donuts in half and serving them to people, instead of leaving them unattended;
 - Gathering and posting nutritional information about foods served on-site, like showing how much fat and sugar is in pastries by putting the amount of Crisco and sugar in buckets for all to see;
 - Promoting healthy food and beverage choices and active living through signage, newsletter articles, literature and displays, pulpit announcements and sermons, and health fairs;
 - Offering healthy cooking classes (including modifying traditional foods from various cultures) and lessons on canning fruits and vegetables;

- Helping congregants develop small gardens at their homes or other members' homes;

TAKE ACTION

To express loving care for the earth requires a commitment of time, energy, and money. The specific actions taken will depend on the needs and vision of the community. The activities may be simple or complex, contained solely within the ministry or reach out into the broader community.

We encourage EarthCare Congregations to express their vision and creativity by adopting sustainable lifestyle practices. The actions of the ministry can be a model and encourage individuals to make changes in their personal lives as well.

Energy Conservation

- Make energy conservation a part of the church's long term plan as major building, structural and mechanical components are replaced.
- Turn down the water heater, install a timer for the hot water heater.
- Make thermostat adjustments.
- Use energy efficient light bulbs.
- Participate in U.S. EPA's *Change a Light, Change the World* campaign.
- Replace energy efficient appliances and business equipment with ones that have the "Energy Star" U.S. EPA label for using less energy.
- Add automatic timers to restroom lights.
- Install an energy efficient HVAC in your church.
- Install a central management system to control electrical usage.
- Install a reflective or "green" roof on the church building.
- Stagger the times when lights are turned on, especially on Sundays. Doing so can significantly reduce the church's electric bill because of the way load usage is calculated. Contact your local electrical supplier for more information.
- Sponsor "Tire Check Sunday", where cars are checked to see if they have the proper tire pressure. (Visit GreenTire.com for more information.)
- Install a bike rack on church grounds.
- Encourage congregants to walk, ride bikes or car pool every third Sunday.
- Learn about energy rebate opportunities in your state.
- Install automatic power-down on computers
- Install an energy efficient HVAC in your church.
- Install a central management system to control electrical usage.
- Set up a car pool board for ride exchanges
- Sponsor an eco fair.

Recycling

- Institute a recycling program or connect with existing programs to take meaningful environmental action on a limited budget.
- Have a glass collection month. Most cities won't pick up glass in the recycling bins, so it requires gas and effort to drive to the recycling centers that accept glass.

- Recycle cans, bottles, newspaper, cardboard, magazines, ink cartridges, cell phones and junk mail. Make sure the church has recycling bins.
- Sponsor events surrounding *America Recycles Day*, such as:
 - ▶ Participate in programs like “Souls4Soles,” in which used shoes are collected and are either sent to third world countries for reuse or recycled as part of material to resurface asphalt parking lots.
 - ▶ Collect used magnetic VHS tapes, DVDs, and CDs.
 - ▶ Give an award to members of the congregation, or groups, who have done or are doing good things for the environment.
 - ▶ Sponsor a *Green Ribbon Certificate* campaign, whereby people pledge to reduce, reuse or conserve material for the next 12 months.
- Participate in community-wide paper recycling contests
- Purchase recyclable bins for sale to congregants who live in areas that don't have curbside recycling.
- Collect aluminum cans for resale & plastic bottles for recycling in a community room or on church grounds.
- Maintain a collection box, where cell phones & electronic equipment are dropped off and then sold to factory.org. This could be run by the youth and would be a good way to raise money.
- Contact Big Sisters/Big Brothers and ask them if they will place a collection bin on church grounds for clothing and household items.
- Hold a yearly rummage sale or collection day.
- Each Sunday for a month have congregants bring a stuffed animal to church and leave it in the pew. On the final Sunday, all the stuffed animals are put in the pews, blessed and then donated to hospitals, police, or shelter organizations.
- Volunteer periodically to work at community recycling centers.
- Volunteer to work on Electronics recycling days held in the community.
- Have a “Green Christmas”: Buy a live Christmas tree and plant it; recycle a cut tree, or use an artificial tree; recycle wrapping paper; give a class instead of “stuff,” etc.
- Make the church a community recycling center.

Waste Minimization

- Conduct a “waste audit” of the church. Check wastebaskets, staff and kitchen areas for throwaway items that could be recycled or replaced with renewable alternatives.
- Make it church policy to go paperless in church correspondence, wherever possible.
- Use recycled paper in church bulletins.
- Sponsor events such as *Have a Sustainable Christmas* and a *Christmas Card Swap Shop*.
- Sell reusable shopping bags. Could put the church logo on the bags.
- Use yard waste or recycled materials (such as burlap) for mulch and erosion control.
- Challenge members of the congregation not to purchase any new, non-consumable goods for 120 days.
- Replace Styrofoam cups with ceramic ones.
- Replace paper toweling with cloth towels
- Invest in cloth napkins to replace paper disposable ones.

- Hold workshops on how to make rain barrels or rain gardens.
- Challenge congregation members not purchase any new, non-consumable goods for 45 days.
- Hold a yearly rummage sale or collection day.
- Subsidize reusable plastic and stainless steel water bottles with a Unity logo to promote their use in place of disposable water bottles.

Water Conservation and Landscaping

- Replace old toilets with “low flow” toilets.
- Hold workshops on how to make rain barrels or rain gardens.
- If you have extra acreage, leave it natural & certify it as a “backyard wildlife habitat” with the National Wildlife Federation.
- Install Energy Star appliances that use water.
- Install low flow water faucets

Stewardship of Natural Resources

One of the greatest satisfactions of life is to explore, enjoy, and care for natural spaces, both in our backyards and globally. Through these activities we promote the responsible use of the earth's ecosystems and resources.

- Become involved and participate in activities sponsored by local environmental organizations. This is an easy way to start a new green team with minimal effort.
- Sponsor Earth Day/National Arbor Day activities, such as:
 - ▶ Plant a tree on church grounds accompanied by a special ceremony.
 - ▶ Give away tree saplings or bushes to youth and/or the congregation.
 - ▶ Have your minister deliver an earth-oriented sermon,
 - ▶ Participate in activities with other environmental organizations,
 - ▶ Through Youth and Family Ministries (YFM) have children make conservation posters illustrating how conservation was important to them.
- Participate in local natural resource campaigns such as stream cleanup days, removal of non-indigenous plants, and planting of wildflowers.
- Tour local environmental discovery centers, sponsor hikes or visits to local natural areas, tour a solar or “Zero Energy” home.
- Develop a community garden and/or native plantings area. Host educational lectures and gatherings at the garden. Garden products can be donated to the local food bank, or sold.
- Celebrate the summer by buying local flowers. Why buy flowers from 1,500 miles or more away (and a big carbon footprint) when you can get beautiful flowers from close by and support your local farmer? Encourage congregations to buy local flowers.
- Encourage a “sense of place” by sharing information about local and regional
- Have a “Green Christmas”—buy a live Christmas tree and plant it, recycle a cut tree, or use an artificial tree; recycle wrapping paper; give a class instead of “stuff,” etc
 - Organizing social time and fundraisers that are also active time, like family bike rides or dances or jog-a-thons; and
 - Installing a bike rack.
- Save on \$ on Food and Support Local Producers-Buying Clubs. Buying clubs are create access to locally produced food and reduce overall food costs for

households. For more information on buying clubs, see IFFP's "Food Sovereignty For All" Handbook (link below) or read "The Wisdom of Crowds: How to buy and share your groceries in bulk" by Kathleen Holt

<http://www.culinate.com/search/q,vt=top,q=the+wisdom+of+crowds/225665>

- Sell fair trade coffee or chocolate.
- Put a "Buy Local" map in the lobby.
- Have a 100 mile potluck picnic to encourage buying food locally
- Have periodic social gatherings at various farmer's markets in the area or at places that serves only locally grown food.

Promote Awareness of the Interdependence of Creation

We are called to a renewed reverence for life and respect for the interdependent web of creation. Through an expansion and re-centering of our awareness to include the whole planetary ecosystem, we will come into deeper alignment with the oneness of the universe and guide the use of our collective culture for the common good.

- Realize that environmental sustainability, spiritual fulfillment and social action are all part of the same issue and that whatever is done in one area affects the other two. Emphasize this point in your objectives, goals, activities and events.
- Put the words of the EarthCare covenant on a refrigerator magnet and distribute to congregants.
- Hold an Interdenominational Earth Care Summit – A celebration and gathering of congregations going green, including presentations from congregations about their greening efforts, a silent auction featuring green products, resource people were on hand from the community to discuss a variety of greening topics applicable to congregations including community gardens, food and faith, wildlife habitat, sustainable purchasing for congregations, starting a green team, watershed stewardship, zero waste gatherings, energy efficiency and more. (For more information contact Alison Warren at 503-221-1054 x210 or email awarren@emoregon.org.)
- Raise awareness of climate change by participating in local, national and international campaigns.
- Each Sunday for a month have congregant bring a stuffed animal to church and leave it in the pew. On the final Sunday, all the stuffed animals are put in the pews, blessed and then donated to police or shelter organizations, who give them to abused children.
- Observe the Season of Peace and Nonviolence and the 11 Days of Global Unity.
- Develop a peace pole to foster worldwide peace consciousness Go to www.onepeacemanypaths.org.
- Sponsor a food appreciation from farmer to table." Pairing small scale and immigrant farmers to congregations to provide producers and consumers an opportunity to understand one another. Include farmer tables as well as community-supported agriculture (CSA) for congregations. Small immigrant farmers who face language and cultural barriers find the supportive atmosphere of the congregations very encouraging. In addition, congregation members learn about different cultures. Farm families producing on a scale too small for other marketing opportunities get a new opportunity through the partnerships. For more information, go to <http://articles.portlandupside.com/2009/10/food-appreciation-from-farmer-to-table.html>.

- Fight hunger. For more information, see “Food Sovereignty for All: Overhauling the Food System with Faith-Based Initiatives” handbook.

SHARE

Sharing our ideas and successes, through word-of-mouth, presentations, and news media, is important for fostering the work within our congregations and the larger community. Networking with other groups and programs reminds us that we are not alone in the task of caring for creation.

- Participate in local “green” or earth fairs.
- Participate in events sponsored by local environmental organizations or coalitions.
- Host an event, such as an alternative energy fair, and open it to the community.
- If your ministry creates a banner for EarthCare, circulate it among other churches and organizations in your community.
- Environmental Display rack. Establish a permanent environmental information display rack containing educational, topical and timely environmental literature.
- Newsletter/Website. Regularly publish a regular green team article in the church newsletter and/or on the church website.
- Integrate with other groups in the church in order to generate more interest, participation, and harmony. Invite representatives from the Women's Group, the Men's Group, the Facilities Team, etc. to Green Team meetings to give a presentation of what they do. In return, send a representative of the Green team to one of their meetings to explain the purpose of the Green Tea.

RENEW

Every work has its seasons. There are ebbs and flows in EarthCare work. However, even during a “winter” season of low energy for projects, prayer and visioning anew, perhaps annually, allows the ministry to re-assess where to focus its efforts.

- If your ministry adopts a Covenant for EarthCare, post it in a prominent place in the church.
- Periodically give awards and recognition to congregants who have demonstrated outstanding care and concern for the environment (e.g., Unity of Overland Park, KS, gives a “Green Star” award).
- If your ministry becomes certified in a Unity EarthCare Track, commemorate it with a sign and post it in front of the church.
- Continue with prayers and special services for EarthCare.
- Sponsor a “listening table” to solicit feedback from the congregation regarding the EarthCare’s vision, mission and activities.

Individual Daily Practices Honoring the Principles of EarthCare

The invitation: Design a global citizen practice for yourself that is consistent with creating a sustainable, fulfilling and just human presence on the earth as an idea whose time has come. The name of the game is: engage. Small steps are good. Big steps are good. Have it be a practice that would delight, satisfy and inspire you. You might like to include some of the aspects listed below.

Relationship with Others/Community

- Regularly initiate conversations about a sustainable & just human presence on the planet with friends, family, or the world at large.
- Go online & investigate 10 “civil society” groups/initiatives that intrigue me & join at least one.
- Investigate the current topics in my local community with regard to politics & environmental/social issues.

Relationship with Self

- Designate a daily spiritual practice for this time period –meditation/yoga/prayer/other.
- Pray for the Earth in my daily prayer times.
*“In infinite love and wisdom,
we honor and respect
the sacred in all creation,
by actively caring for creation.”
Earth Care Prayer*
- Investigate & be a “register” for examples of interconnectedness everywhere.
- Consider & pay attention to dreams, daydreams & visions as possible messages from another dimension of reality. Let the wisdom of the earth speak through me.
- Actively trust my own creative capacity to create solutions and workability.
- For this time frame, manage my conversation (internal and external) to be one of possibility and inspiration to myself and others (e.g. no “bad guys,” or “it’s hopeless, I give up”).
- Be compassionate & forgiving with myself, even when I don’t do everything I think I should. Be compassionate & forgiving of others even if they don’t either.
- Read one page of something that inspires me each morning or evening.

Relationship with the independence of the universe

- explore: what is “enough” for me.
- Buy only what I need during this time period.
- Purchase only items whose packaging, ingredients, method of production are sustainable and support life.
- Eat less/more: _____
- Carpool, bicycle, take public transportation or walk ___ times each week in lieu of driving my own internal combustion vehicle.
- Begin to investigate “one-earth” methods of transportation, heating, & refrigeration at home & work.
- Keep track of the numbers of time society/the culture relates to me primarily as a Consumer.

- As a radical act: want less.
- consciously read, listen to, watch, & engage with things & individuals that empower, uplift and/or have me be a more effective agent for Changing the Dream.

Relationship with the Earth

- Spend some aware moments outdoors/in nature every single day,
- Plant a tree, a garden.
- Clean up a beach, trail, field, path, roadway
- Pay attention to and track the natural cycles of the moon, sun (light), stars, plants and Animals.
- Identify habits in the way I live that are unsustainable for me or the earth that I intend to do something about:

Want More?

Mind these practices are meant to create an opening in our habitual way of going through life. When you notice you have gone to sleep, let go of the self-judgment, awaken, and renew your practice. these are guidelines, beacon lights, not sledgehammers. Compassion begins at home

Relationship with Self

- Breathe deeply.
- Read one page of something that inspires you.
- Attend a religious or spiritual group that is new to you.
- Play with crayons.
- Stretch your body.
- Write down your dreams.
- Take a nap.
- Listen to someone older than you.
- Hug a tree.
- Write down three things you are grateful for.
- Do nothing for one minute.
- Build a fort with blankets.
- Remember to play.
- don't answer the phone
- Study shamanic journeying techniques.
- Display photos that represent the Dream that you want to inspire your life.
- Write an answer to the statement, .What is the purpose of my life?
- Go to sleep asking the question: .What is the purpose of my life?
- Watch films, programs, and read books that inspire you.
- Create spaces for authentic rituals in your life, such as giving thanks before meals.
- Several times during the day stop, relax for a moment, and breathe. Don't read your email for one day.
- Enjoy what you have.
- Keep a dream journal.
- Smile at yourself in the mirror.
- Take care about what you put in your mind and heart Relationship with Others/
Community Investigate several organizations that are doing something consistent with the Dream you want to have in your community, and get involved with one of them.

- Contact your local elementary school and investigate opportunities to volunteer there (e.g., story reading programs).
- Mentor a child.
- Form a support group with other participants in your Awakening the Dreamer Symposium that will meet monthly and talk about your daily practices, or take action together.
- Investigate local churches that might share your spiritual and ecological visions and become involved there.
- Turn off your television unless it is being actively watched, or give it up altogether for a period.
- Create authentic rituals in your family-blessings at beginnings of meals, family reflection time, appropriate coming of age rituals or birthday rituals.
- Establish a game night for your family and/or friends on some regular basis.
- Have a family meeting where your family talks about whether the day-to-day life you create together does or does not support the Dream that each of you want to have and what you can do about it.
- Join or create a shamanic group to support all aspects of awakening the dreamer and changing the Dream.
- Invite your neighbors to have a potluck together 3-4 times a year, with rotating hosts
- Investigate a neighborhood project that might bring your neighbors together in a common goal, for example: planting trees on the street, improving a local playground, preparing a list of basic contact information and map of utility cut-offs for all homes as part of earthquake neighborhood preparedness.
- Smile as you walk down the street.
- Dream with friends Relationship with the Dream Reduce, Reuse, Recycle. Investigate ecological organizations and support or volunteer for at least one of them.
- Investigate organizations that help preserve and protect indigenous cultures and support them or volunteer for them.
- Vote.
- Engage in environmentally conscious policies.
- During a time period that you choose, buy only things that you truly need.
- Choose a number of times that each week you will choose to carpool, bicycle, take public transportation or walk instead of driving your own car.
- Investigate one earth methods of transportation, heating, and refrigeration, at home and work.
- Take a test about your contribution to global carbon dioxide emissions based on your lifestyle and educate yourself about possible changes to your lifestyle.
- Examine the roles of information technologies in your life.
- Experiment with establishing a new or different baseline in your relationship with food-for instance, fast one day a month, skip lunch one day a week, eat only when you are strongly hungry one day a week, eat no meat one day a week.
- Read a book about the day-to-day life of a different indigenous culture and consider what it reveals about your culture and its life.
- Read alternative news sources regularly.
- Develop a relationship with the Earth Spend five minutes outside each day.
- Plant an organic garden.
- Find a houseplant you like and learn how to nurture it carefully and with awareness.
- Volunteer with local organizations that clean up the environment.

- Design, plant, or landscape your yard so that it reflects your appreciation for and awareness of nature.
- Display pictures or objects from nature that inspire you.
- Pay attention to the natural measures of time and the movement of the earth and moon.
- Enroll your neighbors in planting trees in front of the homes on your street. Plan a hike outdoors with your friends, family or some support group.
- Buy a reusable water bottle.
- Tell your favorite magazine to use recycled paper.
- Take public transportation instead of driving.
- Stop junk mail.
- Promote local farmers.
- Make consumption choices that encourage and support good behavior from private industries so they improve their environmental practices.
- Investigate and get involved in the Fair Trade movement.
- Investigate local farmer's markets, or other means of using locally-grown food wherever available, and/or using organically-grown food when possible.
- Remove and safely dispose of toxic cleaning products, paints, carpets, etc.
- Read labels on food and household products before purchasing them and purchase biodegradable, toxin-free products.
- Support your local healthy food store.
- Reduce your consumption of processed foods.
- Eliminate spraying of pesticides on lawns, plants and gardens
- Learn about energy efficient appliances.
- Learn about renewable building materials and energy sources (solar, wind, geothermal).
- When purchasing furniture find out if it was produced sustainably.
- Test drive a hybrid car and consider it for your next purchase.
- Want less.