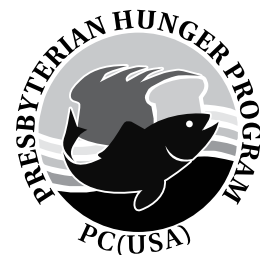


Green Living

Living green means practicing our faith through caring for the creation. Scripture and our Reformed faith tradition call humans to be stewards of the earth and to participate in God's call to justice. Living into God's call is a responsibility that requires effort on our part as global disciples. Navigating through the world and living with a keen environmental awareness heeds Christ's call to live with integrity as we dwell within God's good creation. Each of us has the power to make choices that reflect our faith commitments, preserve life, and respond to the movement of the Spirit in our modern world. This guide is designed to prompt individual lifestyle changes and offer resources and ideas to assist in greening our lives and sharing God's love with the world.



pcusa.org/justliving

Green Consumption

A major contributor to the global environmental crisis is human consumption. We need water, food, clothing, and other items to fulfill basic needs. While consumption is necessary, overconsumption and wasteful consumption are not and can be minimized or avoided altogether. Each change we make carries global implications and honors God. Together we can live with intentionality by:

Questioning our consumption: So much of what we buy on a regular basis is suggested to us through advertising, which creates the illusion of need. Rather than supporting corporations that spend money on influencing your decisions, turn to God before making a purchase. Ask: Is this something I need? If so, do I need it now or can I wait until I find a more sustainable option? Is this something that can be used multiple times? Is the packaging biodegradable, recyclable, or will it pollute creation by remaining in a landfill? How long do I expect this item to last and what will I do with it once it can no longer be used? Is there a more sustainable option, a more ecologically friendly option, or an option that was produced locally?

Avoiding unnecessary consumption: Decreasing consumption decreases the strain on the planet as a whole by reducing waste, energy, and pollution associated with the production of goods. We can minimize or eliminate impulse buying by creating and maintaining a budget, getting rid of credit cards altogether and making purchases with cash. Where credit cards are necessary, enclose them in scripture verses, such as Matthew 6:19–21. That way, each time we make a purchase, we are reminded of our faith and our call to serve God first.

Minimizing packaging: Any time we must buy something, we can reduce our environmental impact by selecting an item with the least amount of packaging possible. When packaging cannot be avoided, seek items with recyclable, biodegradable or reusable packages.

Avoiding disposables: Reuse non-disposable items instead of plastic or biodegradable food-based disposable items. Bring your own utensils and dishware to potlucks. Take collapsible, reusable plastic containers to restaurants for leftovers. Further reduce waste by using reusable cloth shopping bags.

Scrutinizing our purchases: We can draw upon the wisdom of others and research items we intend to purchase by utilizing *Co-op America's Green Pages* or *National Geographic's Green Guide* (see our

Resources section for websites). If green guides don't prove helpful, aim for a product produced close to home.

Making it ourselves: Many items we purchase we can make ourselves, which avoids extra pollution from production, transportation, and packaging. Consider raising or growing your own food, making your own pottery, sewing your own clothes, or knitting or crocheting hats, scarves, and socks. You can create toys and games from simple household objects. Handmade objects are unique and come with the added benefit of knowing what went into creating the item.

Sharing with others: Some products such as landscaping tools, recreational equipment, kitchen appliances and other household items can be shared within groups of people. No matter where we live we can find others with whom to share possessions and minimize consumption. As such we practice Biblical models of sharing in community and reduce consumption in significant ways.

Going local, organic, and fair trade: By purchasing items produced locally, we minimize fossil fuel consumption, emissions, and pollution from transportation. Farmers' markets and Community Supported Agriculture groups offer opportunities to support local production chains. Organic production does not contaminate the environment with chemical fertilizers and pesticides. Fair Trade items are required to maintain some specific standards of environmental protection.

Food: There are a number of ways in which we can eat to honor God. Perhaps the most common way is by praying before each meal. Learning about where our food comes from and how our food is produced strengthens connections between us, God, and the earth. Together we can reduce our environmental impact by eating more vegetables and less meat. Enough for Everyone offers a separate resource on food and how we, as God's children, may practice our faith with responsible approaches to food.

Water: Bottled water is largely unnecessary and comes with a tremendous environmental toll both in terms of oil consumed to produce the plastic bottles (80% of which end up in landfills) and in terms of transporting the water to consumers. By using and reusing glass, metal, or plastic bottles and drinking tap water or filtered water we will save money and reduce waste. Enough for Everyone offers a separate resource on water and how Christians may live justly in using and caring for the waters of life which sustain creation.

Green Transportation

Transportation accounts for a significant portion of our greenhouse emissions. In the ways we transport ourselves and our goods we can be good stewards of resources and live out God's call by caring for the planet.

People Power: Utilizing transportation that does not require the use of fossil fuels or bio-fuels is a great way to reduce environmental impact. Walk, bike, rollerblade, skateboard, or find other creative ways to travel. Among the many benefits of person-powered transportation are exercise, time for reflection, cleaner air and less time spent waiting in traffic.

Mass Transit: Take advantage of mass transit systems in your area. Buses, trains, and other transit options reduce our collective consumption of fuel. Mass transit systems free up time for reading, devotions or other reflections during travel and allow you to become more familiar with people in your community.

Drive Responsibly: We can share our vehicles with others by coordinating trips and sharing the costs of travel. Carpooling should at least halve expenses and travel emissions as commutes are shared. Schedule similar trips on the same day to maximize efficiency by taking one longer trip rather than multiple short trips. Increase fuel efficiency by keeping vehicles maintained. Properly inflated tires are the easiest way to ensure fuel efficiency.

The Green House Effect

Where we live and how we live reflect how we care for the earth. By greening where we live, we can make a positive impact on the world by reducing our carbon footprint and emissions. In transforming our living spaces, we share the witness of stewardship and eco-justice with others.

Heating and Cooling: Set your thermostat to 75°F (or warmer) in the summer and 65°F (or cooler) in the winter to reduce energy expenses. Also prevent heat loss through proper insulation and weather-stripping. Water heaters set to 120°F or solar heaters also cut costs. Utilize window shades and plant shade trees to naturally cool a building.

Lighting: Lighting accounts for a significant portion of our energy consumption. Compact fluorescent bulbs last about 6 times as long as incandescent bulbs and consume 75% less energy. Recycling centers must be used to prevent mercury from leaching into the

environment. LED bulbs are a newer form of lighting technology that last longer than compact fluorescents and use even less energy. These bulbs work well in exit signs, nightlights, flashlights, and reading lights.

Electronics and Appliances: Our electronic devices and appliances are large consumers of energy and account for 70% of the hazardous materials in landfills. To save energy and reduce pollution, we can use Energy Star certified appliances; when old items must be replaced, recycle them to prevent heavy metals and other toxins from seeping from the landfill into the environment. Unplug electronics when they are not in use to reduce energy consumption by up to 40%. Use appliances efficiently by doing full loads of laundry in cold water and washing only full loads of dishes.

Energy Audits: Having a professional energy audit will help identify the energy drainers in our homes. Many utilities offer energy credits for audits or will send someone without charge to perform an audit. You may also choose to do a home audit yourself relying on guidelines from energy stewardship groups and organizations. Energy Star offers some helpful resources for home audits.

Cleaning Supplies: Many cleaning solutions on the market today contain unnecessary toxic ingredients. Most cleaning jobs can be done with simple household ingredients such as vinegar and baking soda. Where new cleaning supplies are needed look for concentrated formulas and products made with natural ingredients that when disposed break down into non-toxic components.

Waste: Composting organic materials and recycling paper, glass, plastic, metal, batteries, ink cartridges, and other recyclables are all great ways to reduce your waste. Aiming to take out only one garbage bag a week can be a good way of reducing your waste too. Think ahead before purchasing to select products that will result in the least amount of waste.

Water: Install water-reducing showerheads, low-flow toilets, and water-restricting faucets to reduce water usage. Minimize water waste by fixing leaks and dripping faucets as well as shutting off faucets while brushing teeth, shaving, and lathering up in the shower. Water gardens and lawns during morning or evening hours to minimize water lost to evaporation.

Gardening: Gardening is a great way to share the beauty of the earth with others and to teach about God's good earth. Many parables and scriptural metaphors are based on gardening. Getting our hands dirty may give us a greater appreciation and understanding of God. If a home garden is not possible, visit a community garden, create a window garden or care for houseplants.

Resources for Further Study

We hope the information in this guide will provide a faith basis for you and your family as you seek to live justly in God's world. However, there are many other resources that can assist each of us as we strive to live responsibly in the world. As our world is ever changing, it is important to utilize a variety of resources to inform our understanding of God's world. We have compiled a brief list of resources that provide excellent information for further study and reflection.

Online:

- Just Living: Access companion materials to Green Living. Join the Enough for Everyone network and explore how individuals, couples and families can practice faith in daily life.
www.pcusa.org/justliving
- Explorations in Just Living: The Enough for Everyone blog is dedicated to exploring lifestyle integrity. We invite you to share in this lifelong journey with us.
www.pcusa.org/blogs/just-living
- PC(USA) Policy: Denominational policies that guide and shape the ministry of Enough for Everyone can be found online at www.pcusa.org/enough
- PC(USA) Environmental Justice Ministries: Offering resources for churches and congregants as well as links to PC(USA) resolutions and resources dealing with environmental justice.
www.pcusa.org/environment/
- Creation Justice Ministries: Providing a wealth of resources for Christians addressing a wide range of topics related to environmental justice. www.creationjustice.org
- Earth 911: A great resource for general information about environmental stewardship. Includes a search engine to find local recycling options for any product that may be reused or recycled.
www.earth911.org

- Energy Star: A nice home energy guide can be found here as well as a number of energy saving tips. Be sure to check out the interactive guide to energy saving. www.energystar.gov/
- Green Guides: National Geographic: <http://www.thegreen.guide.com/>, treehugger: www.treehugger.com, and Co-op America: www.coopamerica.org offer excellent and comprehensive guides to greening your purchases. These guides are searchable and organized by category for convenience.
- Carbon Footprint: Calculate your carbon footprint at www.nativeenergy.com

Enough for Everyone

Our scripture and tradition call us to care for the natural world so that all may live abundantly. God cares deeply for all of creation and seeks to preserve the diversity of life. The Presbyterian Church (U.S.A.) seeks to live in accord with the call to economic and environmental justice, and the Presbyterian Hunger Program aims to assist individuals in living a just life that honors God.

At the heart of the Presbyterian Hunger Program is a deep concern for global economic justice and a commitment to live out our faith in Jesus Christ with integrity. We are called by God in Christ to bring good news and to proclaim release to those held captive by human structures and injustices. Living as global disciples means evaluating our lifestyle choices. Adopting changes for individual and congregational lifestyle integrity witnesses to our faith and God's creation.

Join us for a Fair Trade Delegation to visit the producers behind our fair trade gifts and products. Visit www.pcusa.org/delegations for more information on upcoming opportunities.

Just Living is produced by the Presbyterian Hunger Program. Your financial support enables PHP to witness to the healing love of Christ and to bring hope to communities and individuals struggling with hunger. Give online at www.pcusa.org/give/hunger. Or mail your check, made out to PC(USA) with "H999999 Hunger" on the memo line, to PC(USA), Box 643700, Pittsburgh PA 15264- 3700. Thank you!

Download this resource at www.pcusa.org/justliving. Or order by calling Presbyterian Distribution Service at (800) 524-2612 and request PDS #25432-08-370.



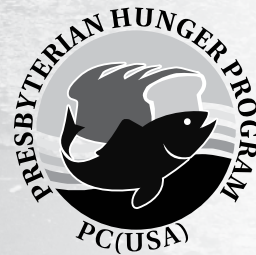
Presbyterian Hunger Program
100 Witherspoon Street
Louisville KY 40202-1396
800-728-7228 x5626 and x5553
enough@pcusa.org
www.pcusa.org/enough



Sustainable Autumn Living

“For everything there is a season, and a time for every matter under heaven” (Ecclesiastes 3:1 NRSV). Autumn is the season of harvest. The harvest is a time of plenty for those who have been blessed with a bountiful growing season. It is also a time for final preparation before the chill of winter. For those who have plenty, this can be a season of celebration, but for those who are struggling autumn can be a difficult time.

As people of God we are called to be Christ’s faithful evangelists in the world. Christ’s earthly ministry was one of service with the poor and outcast. Autumn is a season full of service opportunities for individuals and their congregations. Together we can work to bring about a more sustainable world and provide for people’s immediate needs during this season of harvest by: Working Diligently, Celebrating Responsibly, Sharing the Bounty, and Preparing for Winter.



pcusa.org/justliving

Working Diligently

Autumn is filled with work: leaves pile up, a new school year starts, and preparations for winter begin. There are a variety of tasks that each of us perform in order to accomplish what needs to be done before the onset of winter. Each of us is called to work diligently, using our time wisely, to glorify God.

Back to School: Teachers and students of all ages are called back to the halls of academia. Myriad sales mark increased opportunities for consumption by creating the illusion of need. Simplify this season by committing to buy nothing new for school. Select used textbooks, continue using last year's school supplies, and, if new clothes are required, shop secondhand.

Benefits and Open Enrollment: For employees with benefits, fall is often a time for open enrollment. As needs change, re-evaluate benefit options available. Enroll in the program that provides the best fit. Work for benefits for all people by writing local, state and national officials, or getting involved in benefit campaigns.

Volunteer: While there is generally an abundance of work to be done during the harvest season, consider volunteering free time. Soup kitchens, missions, churches, and service organizations are likely to need volunteers. Contact organizations of interest and share Christ's love through service. Get new ideas and find organizations that may be new to you at www.volunteermatch.org.

Yard Waste and Cleanup: Dispose of yard waste sustainably by finding local composters or municipal facilities accepting organic matter. Add yard waste to home compost bins as space and pH levels allow. Some leaves can be used as mulch or insulating material for plants such as roses and shrubs during winter months.

Hunt and Fish Responsibly: As vegetable and fruit harvests draw to a close, hunting season begins in many areas. License fees support local conservation and wildlife protection efforts. Bring along a Bible or prayer book to enjoy during times of stillness while on the hunt. Find ways to use as much of the hunted animal as possible and donate extra meat to others in need. Let hunting and fishing be spiritual practices by giving thanks to God and taking only what is necessary.

Fall and Winter Farming and Gardening: As daylight hours shorten, the growing season comes to an end, and farmers and gardeners alike wind down their efforts. Some plants require fall planting and care. Root vegetables make excellent seasonal

additions to fall and winter cooking. Canning fruits and vegetables preserves them without the energy expense of freezing. Contact your local extension service for classes and information on canning and preserving.

Celebrating Responsibly

Fall marks the beginning of the holiday season in the United States. Labor Day, Halloween, All Saints Day, and Thanksgiving all provide ample opportunity for celebration. The way each of us lives and celebrates reflects the deeply held beliefs guiding our actions. By celebrating with intention, we share God's love for us with the world.

Fair Wages: There are many who work diligently every day who are not compensated with a living wage. Within each of our communities are laborers who suffer from human rights abuses and unfair wages. Make a difference this Labor Day by getting involved with efforts to support human rights and fair wages for all people.

Harvest Locally: Pumpkins, apples, corn, and other produce can usually be harvested locally. Visit a nearby farm and participate in a harvest. Pick out a pumpkin, enjoy fresh pressed cider, and talk to the growers. Learning more about your food and where it comes from creates a connection with growers and the earth that is missing from grocery shopping. Search for farms nearby at www.localharvest.org.

Scale Back for Halloween/Harvest Celebrations: Halloween is becoming an increasingly consumer-driven holiday. Consumer groups estimate the average U.S. citizen will spend between \$40 and \$60 this Halloween. Reduce spending by constructing a costume from old clothes or shopping at a thrift store. If hosting a party, decorate naturally with gourds, squash, cornstalks, and hay bales. Cut costs by reusing and borrowing decorations from others.

Sweet Treats: Sugar, cocoa and vanilla, main ingredients in Halloween candy and fall baking, are often harvested by children and workers under ghastly conditions. Support just harvesting and educate others about worker rights by distributing fairly traded candy and chocolate. Fair trade and organic options for sugar, cocoa, and vanilla are also available.

Trick-or-Treat with Purpose: Share Christ's love with the world with an intentional approach to trick-or-treating. Organize a trick-or-treat food drive in your community where neighbors donate canned goods to local food pantries. "Reverse Trick-or-Treating" increases awareness about fair trade by thanking neighbors for their generosity with fair trade chocolate and information on the difference fair trade makes. www.globalexchange.org/campaigns/fairtrade/cocoa/reversetrickortreating/

100-Mile Thanksgiving: Celebrate Thanksgiving in a sustainable way by cooking and serving food that has been grown locally. Challenge friends and family to eat food that comes from farms less than 100 miles away from home. Eating locally supports local economies and sustainable, small-scale farming operations. Check out our Alternative Thanksgiving Ideas: www.pcusa.org/enough/thanksgiving.

Sharing the Bounty

Harvests are times of plenty for many people, yet the biblical call is not for some, but for all, to live abundantly. The call to abundant life is found throughout scripture and is extended to rich and poor, powerful and oppressed, human and non-human alike. Where we find abundance we are called to share with our neighbors; where scarcity exists we rely on our neighbors. We are all called to live in community.

Prayer: In every prayer contemplate "give us this day our daily bread" and what it means for yourself and others. Prayer helps structure thoughts and actions as we make daily decisions about consumption, sharing and community.

Glean a Field: Most crop fields are not fully harvested by the conclusion of the harvest. Ruth and Naomi survived by gleaning from Boaz's fields. Talk to local farmers to glean crops left behind on their fields. After gleaning, donate the produce to local shelters and missions.

Eat Cents-ably: Remember others with each meal by participating in the Cents-ability program. Place a Cents-ability cup from the Presbyterian Hunger Program on your table. Before each meal, contribute a few coins to feed hungry people around the world. Over time coins add up and make a substantial donation that can be used to alleviate hunger and eliminate its causes. Allow this practice, along with table prayers, to keep you mindful of your own food choices. Eating cents-ably is a great way to teach responsibility and stewardship. www.pcusa.org/hunger/centsability.htm

Community Meals: Community meals are a great way to share the bounty of the earth. Ensure room for all people at the table by providing food for people with plenty and for people in need. Create a common space where people can come together and share in fellowship around a table well spread.

Non-Disposable Potluck: Churches and neighborhoods can share in meal preparation by creating weekly potluck meals. Avoid all disposables; paper plates and plastic utensils consume resources unnecessarily and release environmental toxins as they degrade in landfills. Biodegradable disposables are often made from food (such as corn or potatoes) that could have otherwise been used to feed people. Instead of disposable items, use dishes and silverware that can be washed and reused; clean-up time is ideal for fellowship.

Preparing for Winter

The shortening days of autumn foreshadow winter's arrival. Embody God's call to justice by planning ahead and preparing for winter. God's call looks different to different people, so challenge yourself by exploring new lifestyle practices during this preparatory time.

Clothing Drive

Organize a clothing drive at your school or church to provide an opportunity for people to share new and gently used clothes with others. Fall's cooler temperatures increase the need for warm clothing and blankets. As a rule of thumb if you didn't wear it last season, donate it this season.

Prevent Heat Loss

Insulate attics, weatherstrip windows, and cover windows after sundown to minimize heat loss. Preheat ovens no more than ten minutes prior to cooking. Be an energy steward by maximizing energy retention and minimizing energy loss. Maintain a cooler home temperature and commit to wearing sweaters to further prevent heat lost to the environment.

Plan a Sustainable Christmas Celebration

Begin discussions with friends and family about a sustainable Christmas in the fall. Plan out a low-stress Christmas celebration that is Christ-centered rather than consumption-driven. Simplify your holiday season with preemptive planning to prevent holiday tension and return to the true significance of the season. Now is the time to agree to spending limits, create pacts to buy nothing new for Christmas, dedicate greater time for family or friends, and otherwise shape future holiday celebrations. Check out Ideas for Reclaiming Advent and Christmas from Enough for Everyone: www.pcusa.org/enough/christmas.

Resources for Further Study

We hope the information in this guide will assist you and yours this autumn. However, there are many other resources that can assist each of us as we strive to live responsibly in the world. As our world is ever changing, it is important to utilize a variety of resources to inform our understanding of God's world. We have compiled a brief list of some resources that provide excellent information for further study and reflection.

Online:

- Just Living: Access companion materials to Autumn Living. Join the Enough for Everyone network and explore how individuals, couples and families can practice faith in daily life.
www.pcusa.org/justliving
- Explorations in Just Living: The Enough for Everyone blog is dedicated to exploring lifestyle integrity. We invite you to share in this lifelong journey with us.
www.pcusa.org/blogs/just-living
- PC(USA) Policy: Denominational policies that guide and shape the ministry of Enough for Everyone can be found online at
www.pcusa.org/enough
- PC(USA) Environmental Justice Ministries: Offering resources for churches and congregants as well as links to PC(USA) resolutions and resources dealing with environmental justice.
www.pcusa.org/environment/
- Creation Justice Ministries: Providing a wealth of resources for Christians addressing a wide range of topics related to environmental justice. www.creationjustice.org
- Earth 911: A great resource for general information about environmental stewardship. Includes a search engine to find local recycling options for any product that may be reused or recycled.
www.earth911.org

- Energy Star: A nice home energy guide can be found here as well as a number of energy saving tips. Be sure to check out the interactive guide to energy saving. www.energystar.gov/
- Green Guides: National Geographic: <http://www.thegreenguide.com/>, treehugger: www.treehugger.com/gogreen.php, and Co-op America: www.coopamerica.org/pubs/greenpages/ offer excellent and comprehensive guides to greening your purchases. These guides are searchable and organized by category for convenience.
- Carbon Footprint: Calculate your carbon footprint at www.nativeenergy.com.

Enough for Everyone

Our scripture and tradition call us to care for the natural world so that all may live abundantly. God cares deeply for all of creation and seeks to preserve the diversity of life. The Presbyterian Church (U.S.A.) seeks to live in accord with the call to economic and environmental justice, and the Presbyterian Hunger Program aims to assist individuals in living a just life that honors God.

At the heart of the Presbyterian Hunger Program is a deep concern for global economic justice and a commitment to live out our faith in Jesus Christ with integrity. We are called by God in Christ to bring good news and to proclaim release to those held captive by human structures and injustices. Living as global disciples means evaluating our lifestyle choices. Adopting changes for individual and congregational lifestyle integrity witnesses to our faith and God's creation.

Join us for a Fair Trade Delegation to visit the producers behind our fair trade gifts and products. Visit www.pcusa.org/delegations for more information on upcoming opportunities.

Just Living is produced by the Presbyterian Hunger Program. Your financial support enables PHP to witness to the healing love of Christ and to bring hope to communities and individuals struggling with hunger. Give online at www.pcusa.org/give/hunger. Or mail your check, made out to PC(USA) with "H999999 Hunger" on the memo line, to PC(USA), Box 643700, Pittsburgh PA 15264- 3700. Thank you!

Download this resource at www.pcusa.org/justliving. Or order by calling Presbyterian Distribution Service at (800) 524-2612 and request PDS #25432-08-371.



Presbyterian Hunger Program
100 Witherspoon Street
Louisville KY 40202-1396
800-728-7228 x5626 and x5553
enough@pcusa.org
www.pcusa.org/enough



Alternative Thanksgiving Ideas

More than any other time of the year, Thanksgiving is when we celebrate the bounty of harvest. While not a Christian holiday, the way we celebrate Thanksgiving reflects our faith commitments. Our celebrations can extend the love and fellowship of Christ beyond our dining room tables. We can enact our faith at the table by choosing foods and ingredients that honor the people that produce them as well as God's creation. We can engage in Christian hospitality by welcoming strangers and providing for those in need. We can simplify and be mindful of the spirit of thanksgiving by relaxing, praying, playing and spending time with those we love. With a spirit of celebration for the breadth of God's goodness, we have compiled this guide to living faithfully throughout the Thanksgiving season.



pcusa.org/justliving

Preparing Sustainably

Throughout creation native foods vary from region to region. We are reminded by the story of the tower of Babel (Genesis 11:1–9) that God’s intent for our world is diversity. Cherish the beauty and blessings of foods grown locally by incorporating them into Thanksgiving meals. Local foods require less energy to transport, minimize environmental impacts, are fresher, reflect seasonal flavors and ensure food sovereignty—the ability of communities to produce food for themselves.

Main Course Selections: If possible, hunt rather than purchase your main course. If purchasing, select locally raised turkey or game. Heritage breeds are not genetically modified, organic meats are free from pesticides, and free-range animals have lived outside. Select the option that best fits your needs.

Regional Fare: Encourage visitors from out of town to bring a regional item to share. Challenge guests to create side dishes containing ingredients that come from within a 100-mile radius of their homes. This will help diversify your Thanksgiving table and reflect regional foods. Find local vegetables, fruits, and herbs by perusing farmers’ markets. As an added benefit your foods will be fresher and likely more flavorful.

Vegetarian Options: Eating lower on the food chain and decreasing the amount of meat you eat have significant environmental benefits. Raising livestock requires significantly more resources (in grain, water and fuel) than growing the grain, fruit, and vegetable staples of a vegetarian diet.

Select Organic Foods: Organic foods are made without pesticides, hormones and other potentially harmful chemicals. Buying organic helps prevent such chemicals from polluting water systems, soil and air. Organic farming reduces farmworkers’ and consumers’ exposure to potentially harmful chemicals.

Buy Fair Trade: God calls us to do justice. Fair trade products ensure tangible income for farmers and producers around the world; they also meet certain environmental standards. As you prepare for Thanksgiving, consider increasing the number of Fair Trade Certified products you use. The Presbyterian Coffee Project offers fair trade coffees, teas, cocoas, chocolates and snacks to complement your Thanksgiving spread: www.pcusa.org/coffee. Find other fair trade items, including sugar, vanilla, spices, produce and flowers, by searching www.wfto.org for products and locations. Encourage your local grocery store to stock Fair Trade Certified items if it does not already do so.

Fair Trade Table Spread: Many Fair Trade organizations offer pottery, decorations, and linens that can be used in decorating a table and in serving a meal. PC(USA) Global Marketplace partners offer both practical and decorative items from cooperatives around the world, www.pcusa.org/globalmarketplace. If your church has a mission partnership with a country, celebrate it by decorating with fair trade products from that country.

Share the Work and Savor the Day

Celebrate with the gift of service by encouraging everyone to help with preparation. Embrace the gifts and talents of people around the table and share the work associated with the meal. Create times of fellowship around meal preparation and service.

Simplify: Decide as a family how you want to celebrate Thanksgiving. What traditions are important to everyone? Which are essential? Consider letting go of unessential things to make room for more family time. Make simple dishes. Cook from scratch as much as possible (avoiding highly processed foods) and make preparing the meal a fun activity for the whole family.

Establish a Family Kitchen: If one person tends to do most of the cooking, cleaning or preparation, consider giving that person a break this year. Offer to help or share tasks. Invite guests to share stories and memories during meal preparation. Sharing the work builds community and diminishes the pressure on any one individual, creating a sustainable and enjoyable experience for all.

Enjoy Slow Food: Enjoy each bite and encourage others to eat slowly. Let your palette discern the flavors of the ingredients. Take time to share Thanksgiving memories and allow each person to explain what he or she is thankful for. Savoring the meal is not only enjoyable; it also honors all of the work that was put into preparing the meal and lessens the tendency to overeat.

Serve Someone and Share the Wealth

Thanksgiving is a celebration feast, but not everyone is able to partake in such a meal. Some do not have the money or resources, family or friends, or a place to call home. We can work together to eliminate the causes of hunger. If we love our neighbor as ourselves, we will share our food and resources so those who hunger will be fed.

Volunteer and Donate: Take up a collection at your meal to support local efforts to alleviate hunger, or have your guests bring nonperishable items to donate to a local food pantry. Serve someone outside of your family by volunteering for a

Thanksgiving meal at a local shelter. Invite new guests to your home and engage in the ministry of hospitality.

Advocate for Others: Advocate for fair labor laws, adequate compensation, food sovereignty, and trade justice as one way to live God's call to justice. Consider a letter-writing campaign or initiative for your guests to support. Systems of power can be used to benefit the most vulnerable and ensure equal care and opportunity for all. Let your voting and public voice reflect your commitment to Christ by advocating for the needs of others: www.pcusa.org/washington.

Retell the Stories: You may also serve others by teaching about the legacy of oppression associated with Thanksgiving; for many, it symbolizes great loss rather than great sharing. The PC(USA) Native American Congregational Enhancement office provides "A Historical Survey of the Last Three Centuries" at www.pcusa.org/nativeamerican.

Pray and Renew

In prayer we connect with God. We share our concerns, offer thanks, seek grace, and listen for God's call. Analyze your traditions surrounding prayers and blessings. Talk about prayer with your friends and family. Invite others to write prayers for the Thanksgiving meal. There are a number of ways to pray, so find the prayers that fit best with your celebration.

Celebrate Diversity: God's world is wonderfully diverse. If your guests speak multiple languages, pray in each language. Often Thanksgiving is a time when people of different denominations and faith traditions share a table together. If this is the case, invite people to offer prayers from their traditions.

Give Thanks: We receive the food we eat by the grace of God. Give thanks for the miracles of life and food production that make Thanksgiving feasts possible. Incorporate prayers for farmers and the earth into all your family's celebrations and remember the work of all who helped make your meals possible. If one person traditionally offers the prayer, perhaps others can join in for communal prayer, or you can rotate the tradition around from person to person, year to year.

Think Ahead: One way of ensuring future bounty is discussing ways of renewing the earth and supporting sustainable farming practices. Now is the time to begin discussions with loved ones regarding how you want to celebrate Christmas. Discuss priorities for each individual and agree on appropriate limits for spending and consumption.

Looking to Advent and Christmas

As Christmas approaches we face many choices regarding shopping, schedules and more. In addition to consumer dilemmas we are faced with spiritual dilemmas. On one hand we want to observe Advent and wait for the Christ child; on the other we want to shop and wrap and bake and run ourselves ragged with all the trimmings. The day after Thanksgiving is the biggest day of the shopping season. This year, consider a different approach.

Stay Home: God calls us to abundant life, but this does not mean a wasteful and exuberant life. Rather, the call to abundance is one for all people. God's vision is one in which every person has enough in order to live and thrive and creation is cared for. Our consumptive lifestyles have created an unsustainable world. This year, enjoy the extended holiday weekend relaxing at home.

Buy Nothing: Door-buster deals may seem cheap, but they come at a high cost. Taking advantage of these sales means enduring traffic, long lines and otherwise avoidable stress. Store employees bear these costs as well. Factory workers producing these items often work under sweatshop conditions. Learn more by watching "The Story of Stuff" at www.storyofstuff.com and how to change your Christmas celebration www.buynothingchristmas.org.

Create a Gift Registry: Use your wish list to encourage responsible shopping this holiday season. Ask friends and family for donations to non-profits, Fair Trade products and other gifts that promote sustainability and reduce consumerism with the Alternative Gift Registry at www.alternativegiftregistry.org.



Resources for Further Study

We hope the information in this guide will assist you this Thanksgiving. There are many more resources that can assist as we strive to live responsibly in the world. As our world is ever changing, it is important to utilize a variety of resources to inform our understanding of God's world. Below is a list of resources that provide excellent information for further study and reflection.

- **Just Living:** Access companion materials to *Alternative Thanksgiving Ideas*. Join the Enough for Everyone network and explore how individuals, couples and families can practice faith in daily life. www.pcusa.org/justliving
- **Explorations in Just Living:** The Enough for Everyone blog is dedicated to exploring lifestyle integrity. We invite you to share in this lifelong journey with us. www.pcusa.org/blogs/just-living
- **PC(USA) Policy:** Denominational policies that guide and shape the ministry of Enough for Everyone can be found online at www.pcusa.org/enough.
- **Sustainable Table:** Information on how to select a locally raised turkey. Other local foods may also be found at www.sustainabletable.org.
- **Local Harvest:** Search by zip code to find markets and farms in your area: www.localharvest.org. And check out 100-mile Thanksgiving for some local and organic recommendations: <http://100milediet.org/thanksgiving>.
- **The Presbyterian Washington Office:** This office offers a number of means to engage in campaigns to change national policies. Let your voting and public voice reflect your commitment to Christ by advocating for the needs of others. www.pcusa.org/washington

- **Global Marketplace:** Enough for Everyone partners with several fair trade organizations including SERRV and Ten Thousand Villages to bring fair trade goods to PC(USA) gatherings and into your home. For more information and to order visit www.pcusa.org/globalmarketplace.

Enough for Everyone

Our scripture and tradition call us to care for the natural world so that all may live abundantly. God cares deeply for all of creation and seeks to preserve the diversity of life. The Presbyterian Church (U.S.A.) seeks to live in accord with the call to economic and environmental justice, and the Presbyterian Hunger Program aims to assist individuals in living a just life that honors God.

At the heart of the Presbyterian Hunger Program is a deep concern for global economic justice and a commitment to live out our faith in Jesus Christ with integrity. We are called by God in Christ to bring good news and to proclaim release to those held captive by structures of injustice. Living as global disciples means evaluating our lifestyle choices. Adopting changes for individual and congregational lifestyle integrity witnesses to our faith and God's creation.

Join us for a Fair Trade Delegation to visit the producers behind our fair trade gifts and products. Visit www.pcusa.org/delegations for more information on upcoming opportunities.

Just Living is produced by the Presbyterian Hunger Program. Your financial support enables PHP to witness to the healing love of Christ and to bring hope to communities and individuals struggling with hunger. Give online at www.pcusa.org/give/hunger. Or mail your check, made out to PC(USA) with "H999999 Hunger" on the memo line, to PC(USA), Box 643700, Pittsburgh PA 15264- 3700. Thank you!

Download this resource at www.pcusa.org/justliving. Or order by calling Presbyterian Distribution Service at (800) 524-2612 and request PDS #25432-08-372.



Presbyterian Hunger Program
100 Witherspoon Street
Louisville KY 40202-1396
800-728-7228 x5626 and x5553
enough@pcusa.org
www.pcusa.org/enough

Revised January 2015

Ideas for Reclaiming Advent and Christmas

During Advent we anticipate and celebrate the birth of Jesus Christ. In modern-day culture, Christmas has become a season of consumption. As Christmas approaches we face many choices regarding shopping, schedules and more. In addition to consumer dilemmas we are faced with spiritual dilemmas. On one hand we want to observe Advent and wait for the Christ child; on the other we want to shop and wrap and bake and run ourselves ragged with all the trimmings.

Ideas for Reclaiming Advent and Christmas is designed to help Presbyterians celebrate the birth of Christ in more meaningful ways than mainstream culture provides. Regardless of how you choose to celebrate Christmas this year, we hope you will have a life-giving, simple, and Christ-centered holiday season.



presbyterianmission.org/justliving

Living in the Season

Society places many expectations on us (and we place expectations on ourselves) to create “the best Christmas” by outdoing each other and what we did last year. Avoid becoming exhausted by deciding early in the season what will be meaningful for you. Then be intentional about choices throughout the season.

Be Intentional: If you feel called to celebrate differently this year, talk with loved ones and explain why you have made the switch. Be gentle in your explanations and invite others to journey with you through the process. We need God and the people around us to assist on the journey.

Pray and Renew: Holidays can be a great time to teach, learn and write new prayers. Encourage visitors to pray and give thanks. Consider your family’s everyday prayer life, too. Rotate who prays before each meal from person to person, year to year, so everyone has an opportunity to pray. Consider these prayers from the PC(USA) Advent site: www.presbyterianmission.org/resource/prayers-advent/.

Advent Daily Calendar: Using the hymn “People, Look East,” this simple daily calendar from PC(USA) Environmental Ministries encourages daily caring for God’s creation as a way to prepare ourselves for the coming of the Savior of the world: www.presbyterianmission.org/environment/.

Share the Work: The holidays are times of sharing, so encourage everyone to help with preparation. Decide as a family how you want to celebrate; let go of nonessentials to make room for more quality time. Invite others to contribute a dish, table decoration, prayer or other contribution, creating a table filled with the gifts of friends and family.

Slow Down, Make It Memorable: When we get caught up in shopping and preparations, it is easy to forget about Christ. Relax. Savor both the season and Christmas Day. Christmas is a holy day and the focus should be on God, not on materialism.

Share Traditional Stories: Share your heritage through stories. Encourage questions and dialogue about holiday traditions past and present. Discuss the origin of traditions as you engage in them. Retell the story of the birth of Christ as you set a Nativity scene.

Remember: Take time to remember loved ones who have passed on. Recall stories to honor each one. If you have experienced a recent loss, allow time to grieve and care for yourself. The holidays are particularly difficult for those who are mourning. Cherish the joys of life amidst the bustle of the season. Reach out to those you know are mourning or missing someone special this season.

Serve Someone: Volunteer at a local shelter, food bank, community center or church. Other forms of service and outreach

you can embrace this Christmas include food donations, meal delivery, and opening your home to newcomers. Contact the Presbyterian church near you or search opportunities by zip code at www.serve.gov or www.volunteermatch.org.

Share the Wealth: Take up a collection at your meal to support local efforts to alleviate hunger, or have your guests bring nonperishable items to donate. Support the ministry of the Presbyterian Hunger Program by getting involved in campaigns, practicing lifestyle integrity, and providing financial support: www.presbyterianmission.org/hunger.

Retreat and Rest: Plan to go on retreat for an overnight or weekend in December. Treat yourself to quiet time and a change of pace. Incorporate prayer, views of nature, art – whatever feeds your soul and engenders holy rest in this holy season. At minimum make sure you honor your body as God’s holy temple by getting plenty of rest this season.

Greenery as Life, Creation, and Renewal

We celebrate the birth of our Savior during Christmas. With the onset of winter, there are fewer signs of life, which can make it difficult to celebrate birth and renewal. The church has traditionally remembered Christ’s birth through the introduction of signs of life during the season of Advent:

Advent Wreaths: Rather than purchasing a fresh or artificial Advent wreath, you can make one. The lower branches of a Christmas tree that were cut to fit it into a stand make excellent wreath material. Find local and organic options for greenery by visiting a local farm or farmers’ market. Use beeswax candles in your wreath. They are organic and biodegradable.

“O Christmas Tree”: While there may not be a Biblical basis for having a Christmas tree, bringing greens and signs of life into our homes has become a standard part of Christmas tradition. If you have an artificial tree, it is best to use it as long as you can. If you purchase a live tree, go local. Visit a tree farm for a memorable outing with family or friends. After the holidays, treecycle!

Plant Indoors: Plant winter bulbs such as amaryllis and paper whites for dramatic, fragrant blooms. These plants are exciting for kids to watch because they grow quickly. Decorate a living tree or large houseplant inside your home instead of cutting down a tree.

Edible Decorations: Attract wildlife outside with edible decorations. Coat pinecones with organic nut butter and roll them in seeds. Make garlands out of air-popped corn or chunks of stale bread. If a tree is close to a window in your home, keep watch for visiting animals. Make it educational and try to identify as many species as you can.

Holiday Gifts

The Magi traveled a long distance to bring gifts to Jesus. Their gifts honored the child and provided for the family. Today, gift giving can be a tricky topic. Like the Magi, we should find simple gifts that honor our loved ones while honoring Christ and remembering why we celebrate Christmas in the first place.

Hundred Dollar Holiday: Read the book *Hundred Dollar Holiday: The Case for a More Joyful Christmas*, by Bill McKibben, and talk with loved ones about how together you can reign in spending and tap your creativity to honor each other in faith-filled ways.

Skills: If you are gifted with crafts, music, dance, or other talents, give the gift of knowledge. Gifting a series of lessons empowers the people you love with new skills and abilities while passing on traditions and heritage.

Games: You can give board games or a deck of cards along with a promise to play with those who receive them. Teaching a new card game to a child or adult is a lasting gift they can share with others.

Meals: Give the promise of food and meals to people on your list. Promising to eat lunch with loved ones at their workplace or school once a month is a great way to spend more time together.

Homemade Gifts: Knitted items, framed photos, handcrafted toys, works of art, and other personally made gifts show care and concern for the recipients because they require time and thought to create.

Commitment: Make a commitment to someone this season. Find ways to serve the people on your list by committing to care for them. You might shovel snow, prepare meals, plan events, or schedule a vacation.

Gifts of Giving: Donating to a cause that is dear to a loved one honors God by supporting local, national or international ministries. Consider supporting the Presbyterian Hunger Program by donating online: www.presbyterianmission.org/givelhunger.

Fair Trade Items: Selecting fair trade answers God's call to liberate the oppressed and set the captives free. Coffee, tea, cocoa, chocolate, and snacks from the Presbyterian Coffee Project make great gift baskets or stocking stuffers, and fair trade handicrafts support the self-development of people worldwide: www.presbyterianmission.org/fairtrade.

Just Gifts: Find listings for green and/or justly made gifts at www.greenamerica.org/green-business-index.

Trees, Plants, and Landscaping: Providing seeds or cuttings from your own garden, teaching someone to garden, helping someone plan a garden, or planting a tree together are all great gifts.

CFLs or LEDs: It can be expensive to fit a whole house with Compact Fluorescent Light bulbs (CFLs) or Light Emitting Diodes (LEDs), but the electricity savings quickly offset the initial cost. Give them CFLs or LEDs, and each month your loved ones will thank you as they pay lower electric bills.

Reusable Gift Wrapping: Minimize the impact your gifts have on local landfills by packaging them in reusable or biodegradable materials. Use a gift bag or basket. Wrapping gifts in blankets or table linens creates practical and reusable packaging options. Search online for tutorials on using fabric as gift wrap.

Gift Exemption: Consider giving loved ones a "One Less Gift" holiday gift exemption voucher. Contact php@pcusa.org to request a printable postcard.

Holiday Foods

Food plays an important role in holiday gatherings. Many Bible stories tell of God providing food for the weary. As Christians we can be conscientious about where our food comes from and how it is produced, so that our food choices sustain life rather than injustice. Here are some ways to embody the life of Christ through your eating and food preparation this season.

Cook and Bake Responsibly: Many baking items such as sugar, cocoa, vanilla, and spices are harvested under grueling conditions. The people who bear the brunt of hard work and low pay are the most vulnerable: women and children. Purchasing fair trade baking goods, as well as snacks, chocolate and beverages helps prevent child labor and oppressive working conditions and ensures workers a fair wage. Natural food stores in your area should sell products with the Fair Trade seal; if you don't find what you need ask the store manager to stock it.

Select Organic Foods: Organic foods are made without pesticides, hormones and other potentially harmful chemicals. Buying organic helps prevent such chemicals from polluting water systems, soil and air. Organic farming reduces farm workers' and consumers' exposure to potentially harmful chemicals.

Keep It Local: Local foods require less energy to transport to your table and help minimize your environmental impact. Visit www.localharvest.org for markets and farms in your area. Purchase locally sourced meats from free-range, organic producers. Consider creating a vegetarian or vegan feast from local farm goods.

Minimize Waste and Packaging: While recycling is far better than adding waste to landfills, buying items with no packaging or reusable packaging is the best option. Compost raw food scraps as a way to enhance your or a neighbor's garden soil.

Resources for Further Study

We hope the information in this guide will assist you as you consider ideas for reclaiming Advent and Christmas. However, there are many other resources that can assist us as we strive to live responsibly in the world. We have compiled a brief list of some resources that provide excellent information for further study and reflection.

- ★ **Just Living Web site:** Access other seasonal and holiday materials. Explore how individuals, couples and families can practice faith in daily life at www.presbyterianmission.org/justliving.
- ★ **Hundred Dollar Holiday: The Case for a More Joyful Christmas:** by Bill McKibben. A delightful road map to spending less and celebrating more. Learn more at www.billmckibben.com/hundred-dollar-holiday.html
- ★ **Local Harvest:** Search by zip code to find markets and farms in your area: www.localharvest.org.
- ★ **Simplify the Holidays:** A program of the Center for a New American Dream at <https://newdream.org/simplify-the-holidays>.

Enough for Everyone

Our scripture and tradition call us to care for the natural world so that all may live abundantly. God cares deeply for all of creation and seeks to preserve the diversity of life. The Presbyterian Church (U.S.A.) seeks to live in accord with the call to economic and environmental justice, and the Presbyterian Hunger Program aims to assist individuals in living a just life that honors God.

At the heart of the Presbyterian Hunger Program is a deep concern for global economic justice and a commitment to live out our faith in Jesus Christ with integrity. We are called by God in Christ to bring good news and to proclaim release to those held captive by human structures and injustices. Living as global disciples means evaluating our lifestyle choices. Adopting changes for individual and congregational lifestyle integrity witnesses to our faith and God's creation.

Join us for a Fair Trade Delegation to visit the producers behind our fair trade gifts and products. Visit www.presbyterianmission.org/delegations for more information on upcoming opportunities.

Just Living is produced by the Presbyterian Hunger Program. Your financial support enables PHP to witness to the healing love of Christ and to bring hope to communities and individuals struggling with hunger. Give online at www.presbyterianmission.org/givelhunger. Or mail your check, made out to PC(USA) with "H999999 Hunger" on the memo line, to PC(USA), Box 643700, Pittsburgh, PA 15264-3700. Thank you!

Download this resource at <https://www.presbyterianmission.org/resource/ideas-reclaiming-advent-and-christmas/>.

Or order by calling Presbyterian Distribution Service at (800) 524-2612 and requesting PDS #25432-08-373.



Presbyterian Hunger Program
100 Witherspoon Street
Louisville KY 40202-1396
800-728-7228 x5626
enough@pcusa.org
www.presbyterianmission.org/enough

Revised November 2019



Sustaining Waters

Water is a symbol for life and renewal. The scriptures speak of those who thirst for righteousness and Christ as a living fount from which people may drink and thirst no more. God worked through Moses to part the Red Sea and lead the Hebrews to safety. We come to the baptismal font recognizing God's abounding grace and proclaiming our faith. Water abounds as a source of life.

Water is essential for life, yet too much or too little water can act as a force of destruction. The global community has been impacted by floods, tsunamis, hurricanes, and cyclones in which too much water has swamped and devastated communities. Drought and water privatization have also left many without the water they need for daily living. Together as Presbyterians seeking to live as global disciples, we can responsibly use our water resources and help protect water supplies around the world. This resource is aimed at assisting Christians to be good stewards of water.



pcusa.org/justliving

Clean Waters

After creating the heavens and the earth, God created waters and dry land. Water abounds in the world, covering more than 70 percent of the earth's surface, and yet only 2.5 percent exists as fresh water. Polluted waters poison environments and people, terminating rather than sustaining life. Embodying God's call to care for all life, especially those who are the least among us, requires protecting fresh water supplies around the world. We are Christ's hands and feet in this world and can glorify God through water preservation.

Quick Fixes: Saving water is as easy as turning off the tap. Turn off faucets while not in use, including while you shave, brush your teeth, or lather up in the shower. If you have a lawn or garden, water during the early morning or late evening, when less water will be lost to evaporation. Fix leaky faucets and install low-flow nozzles and shower heads to reduce your water consumption, lower your water bill and save unnecessary gallons from being drawn and processed from local water supplies. Other water-saving tips can be found at www.wateruseitwisely.com.

Gray Water: Gray water is water that goes straight down the drain and is not used, like the water that comes from the tap before it is hot enough for a shower. Collect gray water in a bucket and reuse it for other needs. Use gray water to rinse dishes, mop floors, wash a car or water plants. Add it to toilet reservoirs after flushing to save gallons every week.

Rainwater: Collecting rainwater from roof runoff to water your garden or houseplants is an excellent way to save on water use. Rainwater collection barrels may be obtained from some municipal governments or from home and garden centers.

Cleaning Water: By running only full loads of laundry or dishes in a washing machine or dishwasher, you will save many gallons each year. When washing dishes by hand, fill one side with rinse water rather than keeping the water running for rinsing dishes. Buckets are great for minimizing water usage while washing produce, mopping, and washing a car.

Grass and Landscaping: If you live in a house with grass or landscaped areas, plant species that will most efficiently handle water in your area. Native species, wildflowers, and certain plants consume less water than others. Planting in areas where water is efficiently absorbed will help reduce consumption. Using a drip irrigation system or a sprinkler system with a rain shutoff will save many gallons each year. Avoid the use of chemical pesticides and fertilizers to prevent water supply contamination and unintended side effects.

Storm Drains: Storm drains are found on the side of roads and exist to guide excess rainwater off the road and into local rivers, lakes, and oceans. Occasionally these drains route water to treatment facilities before the water reaches other destinations. Keep water clean by unclogging storm drains in your area. Report drains that are not marked with signage indicating direct connection to water supplies to help prevent chemical dumping. Never pour oil, car fluids, or other chemicals into a storm drain because they can interfere with local water quality.

Chemical Disposal: All chemicals, including prescription drugs, need to be properly disposed of to prevent leaching into groundwater supplies. TVs, cell phones, computers, and all other electronic equipment contain heavy metal components that require recycling. Batteries, especially rechargeable and large batteries, should be recycled or taken to a disposal facility. All fluorescent bulbs, including Compact Fluorescent Bulbs (CFLs), contain small amounts of mercury that need special disposal. Household chemicals should be handled with care and disposed in the safest manner possible. Earth911.com offers some great guidelines and tips for disposing of many chemicals.

Septic Tanks: Many communities are not connected to a municipal sewer system. In these locations septic tanks are used to collect human waste and gray water. It is important to maintain proper septic health in your tank through proper maintenance. Disposing of chemicals in a septic system is discouraged because they can disrupt biological balances and ruin the tank's efficiency. Poorly maintained tanks can create unpleasant backup, the overflow from which can contaminate local environments.

Abundant Waters

All life requires water. God sustained the Hebrews on their long journey through the wilderness with morning dew and artesian wells. Jesus encountered a Samaritan woman and asks her for water from a well. If she had not shared water as she did, Jesus would have remained thirsty, but with the water Jesus teaches about the Kingdom of God. Today water is abundant for some and scarce for others. Multinational corporations are privatizing water supplies, removing public control of water, and threatening to turn water into a privately traded and managed commodity. Public water systems help ensure public access to water for all people while private water supplies may be sold to whoever can pay for water access at the current price. In caring for all people we are called to serve by maintaining access to basic commodities such as water.

Tap Water: For most people in the United States, locating potable water is as easy as turning on the tap. Tap water offers a safe, clean, and inexpensive option for drinking water. Verify your water quality and safety by reading your annual water report. Most of these reports are available online at <http://www.epa.gov/safewater/dwinfo/index.html>. Tap water is regulated by the EPA and stringent guidelines, so it is generally safe to drink without further filtration. If you have any concerns about your water quality or safety, contact local officials and consult your annual Consumer Confidence Report on water quality.

Bottled Water: Bottled water is an unnecessary expense for Americans who have access to safe tap water. If you live in an area with an EPA-regulated water supply (which includes almost every municipal water supply), there is no reason to drink bottled water.

Privatization: Bottling water privatizes water supplies and removes this precious commodity from one area of the planet to ship it to another. Large multinational corporations are purchasing water supplies to mark up and sell to consumers. Corporations control privatized water, and people have little to no say about the costs and regulation. However, municipal water is governed and controlled by the people. Learn more at www.stopcorporateabuse.org

Fossil Fuels: Bottled water requires a tremendous input of fossil fuels. Oil is used to create plastic for the bottles. Gas and diesel fuel are consumed transporting the water from the bottling plant to consumers around the world.

Plastics: Plastic bottles generally are not recycled. Eight out of every ten bottles wind up in a landfill rather than a recycle bin. Recycle bottles to minimize the use of additional oil in creating bottles. Plastic bottles take up a tremendous amount of landfill space and require centuries to break down.

Take a Pledge: Take a stand against all the negative impacts of bottled water and sign a pledge to avoid bottled water. Organize families, churches, and municipalities to avoid bottled water. Encourage workplaces to remove bottled water from vending machines. Together we can help preserve creation by eliminating the wasteful and unnecessary consumption of bottled water. www.pcusa.org/resources/bottled-water-pledge

Recovery Waters

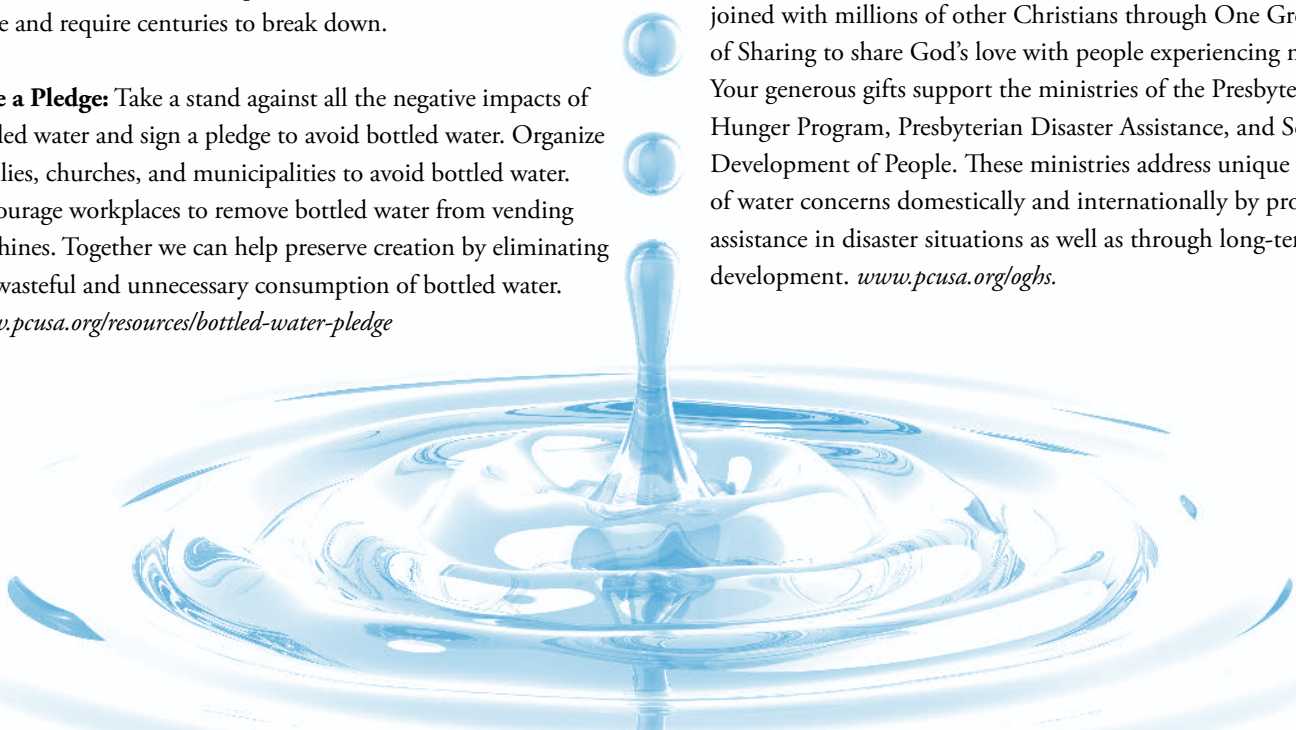
In Genesis 6–8 we read that God destroyed the world and nearly all life with catastrophic flooding. However, in this story God also preserved life by instructing Noah to save two of every creature. After the disaster God sought to renew the earth and restore life. God is present in the restoration of the world after disasters, and we too are called to share in restoration efforts. In Christ's earthly ministry the call to aid those in need is often repeated. Christians are called to care for those impacted by catastrophic events and to care for the world in a way that helps prevent further disasters.

Immediate Needs: Often fresh water supplies can be tainted after a disaster strikes. In these instances bottled water may be the only source of potable water available. It can be wise to keep a supply of bottled water in case emergencies require its use to meet immediate needs. Before attempting to purify your own water, heed the instructions of local authorities regarding the appropriate techniques, if any, for your particular situation.

Food: People who have been displaced by natural disasters often need food and water. Where possible, provide hot meals, nutrient-rich foods, and fruits with a high moisture content, such as melons, citrus, and grapes.

Shelter: Flooding and other disasters often displace individuals and sometimes entire communities. Create shelter for others by converting unused rooms and open areas into temporary living spaces. Before a hurricane or flood season arrives, work with local churches and middle governing bodies to develop disaster assistance plans.

One Great Hour of Sharing: Since 1949, Presbyterians have joined with millions of other Christians through One Great Hour of Sharing to share God's love with people experiencing need. Your generous gifts support the ministries of the Presbyterian Hunger Program, Presbyterian Disaster Assistance, and Self-Development of People. These ministries address unique aspects of water concerns domestically and internationally by providing assistance in disaster situations as well as through long-term development. www.pcusa.org/oghs.



Resources for Further Study

We hope the information in this guide will assist you as you seek to practice water stewardship and help ensure that the abundant waters of life that God intends for all are available. However, there are many other resources that can assist us as we strive to live responsibly in the world. As our world is ever changing, it is important to utilize a variety of resources to inform our understanding of God's world. Below is a brief list of some resources that provide excellent information for further study and reflection.

- **Just Living:** Access companion materials to Sustaining Waters. Join the Enough for Everyone network and explore how individuals, couples and families can practice faith in daily life. www.pcusa.org/justliving
- **Explorations in Just Living:** The Enough for Everyone blog is dedicated to exploring lifestyle integrity. We invite you to share in this lifelong journey with us. www.pcusa.org/blogs/just-living
- **PC(USA) policy:** Denominational policies that guide and shape the ministry of Enough for Everyone can be found online at www.pcusa.org/enough.
- **Presbyterian Hunger Program:** One of the three ministries supported by the One Great Hour of Sharing Offering, PHP works to alleviate hunger and eliminate its causes, engaging in ministries across the United States and throughout the world. www.pcusa.org/hunger
- **Self-Development of People:** One of the three ministries supported by the One Great Hour of Sharing Offering, SDOP participates in the empowerment of economically poor, oppressed, and disadvantaged people who are seeking to change the structures that perpetuate poverty, oppression and injustice. www.pcusa.org/sdop

- **Presbyterian Disaster Assistance:** One of the three ministries supported by the One Great Hour of Sharing Offering, PDA enables congregations and mission partners to witness to the healing love of Christ through caring for communities adversely affected by crisis and catastrophic events. www.pcusa.org/pda
- **Creation Justice Ministries:** A wealth of resources for Christians addressing a wide range of topics related to environmental justice. www.creationjustice.org

Enough for Everyone

Our scripture and tradition call us to care for the natural world so that all may live abundantly. God cares deeply for all of creation and seeks to preserve the diversity of life. The Presbyterian Church (U.S.A.) seeks to live in accord with the call to economic and environmental justice, and the Presbyterian Hunger Program aims to assist individuals in living a just life that honors God.

At the heart of the Presbyterian Hunger Program is a deep concern for global economic justice and a commitment to live out our faith in Jesus Christ with integrity. We are called by God in Christ to bring good news and to proclaim release to those held captive by human structures and injustices. Living as global disciples means evaluating our lifestyle choices. Adopting changes for individual and congregational lifestyle integrity witnesses to our faith and God's creation.

Join us for a Fair Trade Delegation to visit the producers behind our fair trade gifts and products. Visit www.pcusa.org/delegations for more information on upcoming opportunities.

Just Living is produced by the Presbyterian Hunger Program. Your financial support enables PHP to witness to the healing love of Christ and to bring hope to communities and individuals struggling with hunger. Give online at www.pcusa.org/give/hunger. Or mail your check, made out to PC(USA) with "H999999 Hunger" on the memo line, to PC(USA), Box 643700, Pittsburgh PA 15264- 3700. Thank you!

Download this resource at www.pcusa.org/justliving. Or order by calling Presbyterian Distribution Service at (800) 524-2612 and request PDS #25432-08-374.



Presbyterian Hunger Program
100 Witherspoon Street
Louisville KY 40202-1396
800-728-7228 x5626 and x5553
enough@pcusa.org
www.pcusa.org/enough

Revised January 2015

