

## Section 3 - Energy

### Reflection

*Protect and restore the integrity of Earth's ecological systems, with special concern for biological diversity and the natural processes that sustain life.* Earth Charter

*"Let them have an artless simplicity in all things and everywhere, banishing from their community any kind of duplicity. This simplicity should include great prudence and maturity which they will learn through prayer and union with God rather than from the maxims of the world which are full of fraud and deceit."* (Primitive Constitutions p.33)

On the line next to each statement describe your current practice using this scale:

Never	Sometimes	Always
1	5	10

Score: 20 – 69 points

Use: *Tips for Living More Lightly*

Score: ☺ 70+

Use: *The Resources for Ongoing Learning*

1. I unplug appliances when not in use. \_\_\_\_\_
2. I air dry clothes as much as possible. \_\_\_\_\_
3. I turn off the lights when I leave the room, even if it is for a short time. \_\_\_\_\_
4. In the summer I close the blinds and drapes in the house while I am away. \_\_\_\_\_
5. Whenever possible, I cook with a lid on the pot. \_\_\_\_\_
6. I use Energy Star appliances. \_\_\_\_\_
7. I air dry dishes instead of using the dishwasher drying cycle. \_\_\_\_\_
8. I have invested in compact fluorescent bulbs (CFL). \_\_\_\_\_
9. I set the refrigerator thermostat in the middle range. \_\_\_\_\_
10. I keep the freezer as full as possible without cramming. \_\_\_\_\_

### Reflection/Action

Analyze your everyday choices and how they impact the environment.

***What choices do I feel good about?***

***Where do I feel the need to make some changes?***

***How do our communal choices in this area contribute to fullness of life and unioning love in the world?***

## *Tips for Living More Lightly*

1. Turn off the water while brushing your teeth and save approximately two gallons of water for each minute you brush.
2. A shower of less than 5 minutes will save up to 1,000 gallons of water each month.
3. Close blinds and drapes in summer to keep the house cooler. Air conditioners don't have to run as high to bring the house to comfort level.
4. Cook with lids on pots to conserve energy. Water will boil more quickly.
5. The "small load" saves water but uses just as much electricity as a full load. Another good strategy is to make sure you have a full load before washing – clothes or dishes.
6. Avoid drinking bottled water. Learn about your municipal water source and filter only if there is a local problem.
7. The average life of a new fluorescent (CFL) bulb is 10,000 hours. A 40 watt CFL uses only 10 watts electricity; a 60 watt CFL uses only 15 watts; a 100 watt CFL uses only 25 watts.
8. The middle setting on refrigerator thermostat will keep all food at the right temperature when the door seal is tight.
9. A full freezer will stay colder longer because there is no large amount of empty space to cool.

### *Websites:*

[www.aceee.org](http://www.aceee.org)

[www.metaefficient.com](http://www.metaefficient.com)

[www.eere.energy.gov](http://www.eere.energy.gov)