

Did you know...

- ♥ That the whole community of Earth has been laboring for eons of time to bring you into being and keep you alive?
- ♥ That when you breathe or eat or drink you are receiving – and that your life depends upon – an unimaginable number of “free services”: micro-organisms working the soil to make it fertile; winds and birds and bees pollinating plants, water that recycles itself?
- ♥ That we humans are not separate from nature: we are nature expressing itself in the form we call human?

What steps can you take to deepen your appreciation for your own life as the gift of the Creator through the cooperation of planet Earth?

(Elaine Prevallet SL, *In the Service of Life: Widening and Deepening Religious Commitment*)

In the Community Room ...



**YES! Magazine** is available.

The mission of YES! is to support people worldwide in building a just, sustainable, and compassionate world.

**Change for Global Change** is a 501(c)(3) founded by the Sisters of Saint Joseph to provide grants for sustainability projects in places where Sisters of Saint Joseph minister.

*Please leave this brochure in the room for the next guest.*

# Welcome



## Saint Mary by-the-Sea

A sponsored work of the  
Sisters of Saint Joseph of Chestnut Hill,  
Philadelphia

## Visitor's Guide for a Sustainable Planet

## *The Strategic Plan of the Sisters of Saint Joseph of Philadelphia 2008*

*"We treasure our covenant relationship with the Community of Earth.  
We continue to search out and develop ways to educate ourselves and others  
about our covenant relationship with the Community of Earth  
and make choices informed by our learning."  
(SSJ Strategic Plan)*

The Sisters of Saint Joseph welcome you to Cape May Point and invite you to join us in treasuring this sacred part of Earth during your stay at Saint Mary by-the-Sea.

In light of our Congregational commitment to live more sustainably on our finite planet, we are implementing some actions at Saint Mary that will assist us in moving toward these four goals:

- ♥ "almost" zero waste
- ♥ greater energy efficiency
- ♥ conservation of water and soil
- ♥ practices that support good health for ourselves and our planet.

In addition to the practices described on the following page, we invite you to offer suggestions as to how we can more effectively care for Earth. You can offer these suggestions on the evaluation form you complete at the close of your stay.

### **"Almost" Zero Waste**

**Did you know that "There is no 'away' to throw anything?"**

To keep our planet healthy...

- ◆ We recycle cans, glass, plastic, paper and cardboard. Look for the containers with the recycle logo.
- ◆ We are decreasing the use of paper products in the dining room and the snack station and invite you to choose non-disposable items rather than paper cups and plates.
- ◆ We encourage you to use a cloth napkin.
- ◆ We use recycled content toilet paper and paper towels.
- ◆ We provide cloth hand towels in the bathrooms.
- ◆ Our rooms are simple...by design.

### **Greater Energy Efficiency**

To lighten our carbon footprint...

- ◆ We use CFL bulbs in the bedrooms.
- ◆ When air-conditioning is needed, we set the thermostat at 75°.
- ◆ We turn off the computer at night. We request that, if you use the computer at any time, you turn off the monitor when you are finished.

### **Conservation of Water and Soil**

- ◆ We are transitioning to earth-friendly cleaning products.
- ◆ We tend to the garden and if you have a green thumb, we invite you to tend this garden as part of your retreat.
- ◆ We avoid the use of pesticides.
- ◆ We use native plants.
- ◆ We do not purchase bottled water.

### **Good Health**

- ◆ We provide a salad bar and fresh fruit daily.
- ◆ We are decreasing the use of processed foods.
- ◆ We offer an atmosphere of peace, quiet and stillness.
- ◆ We offer massage on designated retreats.
- ◆ Cape May Point affords abundant opportunities for walking, swimming, bike riding and other forms of relaxation.