



Form Instructions



- 1) Check at least one item in each category,**
- 2) Provide your contact information,**
- 3) Keep a copy of the form for yourself, and**
- 4) Fulfill your resolution! (This year by Oct 1st, 2007)**

Where to Submit

Paper forms

Submit these in Pierce Hall on April Sundays at lunch
(or in our Green Resolution slot at the Reception)

Electronic forms

Forms available at our website – see below.

Microsoft Word Users: you can complete the form directly in Word, save it, and email it as an attachment to Lina Parikh at lparikh@yahoo.com

Remember to print a copy for your records!

Deadline to Submit Form: May 1st

*Sponsored by the Seventh Principle Committee (Green Souls)
Website: www.all-souls.org/socialjustice/7thprinciple*

*Questions? Contact Lina Parikh at lparikh@yahoo.com
or Kari Rowe at 301.277.5638*



Spring Green Resolution – 2007



Reference Sheet

GREENER PERSONAL/FAMILY LIFE

Option Descriptions

1) Purchase at least 1 Fair Trade Item (available at church 1st and 3rd Sundays in Pierce Hall)

Environmental/Social benefit: Most U.S. Fair Trade Certified coffee, tea, and chocolate is certified organic and shade grown. This preserves biodiversity, shelters migratory birds and helps reduce global warming while providing livelihood for a local farmer. See <http://fairtrade.greenmountaincoffee.com>

2) Install at least 1 energy-saving light bulb (compact fluorescent)

Environmental Benefit: Each green light bulb prevents about 500 lbs of CO2 emissions per year.*

Additional Info: Environmental Defense can help you select an appropriate type of bulb:

http://www.environmentaldefense.org/page.cfm?tagID=632&campaign=mts&source=searchg_200701

'Lights of America' bulbs are made in the USA.

Note: Due to traces of mercury content (which are still lower than normal lightbulbs, some CFLs have special disposal recommendations. See: <http://www.nema.org/lamprecycle/epafactsheet-cfl.pdf>

3) Replace hot water with cold or warm water when doing laundry – at least 4 times

Environmental Benefit: At two weekly loads, this save 500 lbs of CO2 and \$60 annually.*

Additional Info: Specifically formulated cold-water detergents clean clothes without using hot water.

4) Replace one meat meal a week with vegetarian food – at least 4 times

Environmental/Social Benefit: Replacing one beef meal each week saves more than 40,000 gallons of water, some 70 tons of grain (more to feed a hungry world!), and prevents 300 lbs pounds of greenhouse gas emissions yearly (Conservation International)

Additional Info: Vegetarian recipes and other benefits of vegetarianism found at www.vrg.org/recipes/

5) Move thermostat down by 2 degrees in winter and up 2 degrees in summer (also see option #6)

Environmental Benefit: Prevents about 500 pounds of CO2 emissions per year. *

Additional Info: Check out the Chesapeake Climate Action Network - www.chesapeakeclimate.org

6) Buy a Programmable Thermostat

Environmental Benefit: Auto-adjust temperature, save energy, and lower heating/cooling costs by 10%

Additional Info: Installation instructions and buying tips at Power House:

www.powerhousetv.com/stellent2/groups/public/documents/pub/phtv_yh_di_000438.hcsp

7) Insulate water heater (also see option 12)

Note: Newer water heaters less than 7 yrs old typically do not need this as they are already insulated

Environmental Benefit: The energy savings will prevent the release of 1000 lbs of CO2 each year.*

Additional Info: These plastic coated fiberglass blankets are available at home stores for about \$20. Power House has installation instructions at:

www.powerhousetv.com/stellent2/groups/public/documents/pub/phtv_yh_di_000441.hcsp#TopOfPage

Source: Environmental Defense at www.environmentaldefense.org

Other Options:

8) Buy at least 1 container of environmentally-friendly dishwashing liquid (ie: *Seventh Generation* brand)

Environmental Benefit: Non-toxic, biodegradable, and has no chlorine or phosphates. If each U.S. household replaced 1 bottle of petroleum based dishwashing liquid with a vegetable based product we could save 118,700 barrels of oil – enough to head and cool 6,800 U.S. homes (Seventh Generation).

9) Green Transport to Work: Trade one day of driving per week with carpooling, using mass transit, biking or walking.

Environmental Benefit: Sharing a ride 1 day a week will reduce CO2 by about 800 lbs per year. Avoiding 10 miles of weekly driving eliminates about 500 lbs CO2 per year (www.climatecrisis.net).

Additional Info: Coordinate your carpool at www.commuterconnections.org

10) Plant a Native Perennial or Tree

Environmental Benefit: Plants that are adapted to grow in our area require less water and are less prone to attack by diseases or pests. Native plants preserve biodiversity and provide habitat for wildlife. And plants remove CO2 from the atmosphere!

Additional Info: Look for the Virginia Native Plant Society annual sale at www.vnps.org
Or to see a list of native plant growers, go to: www.vnps.org/nurslist.htm

11) Buy Green Energy from Washington Gas /PEPCO/ VA Power.

Environmental Benefit: Renewable energy sources are less polluting and contribute less to global climate change. Buying green power sends a message to power companies that consumers want and are willing to pay for renewable energy.

Additional Info: Find out how to purchase green power in your state at the US Department of Energy. www.eere.energy.gov/greenpower/buying/index.shtml or PEPCO Energy Services www.pepcoenergy.com/ProductsAndServices/residentialServices.aspx?MarketCode=Residential

12) Set Hot Water Heater at 120 Degrees

Environmental Benefit: Every 10-degree reduction saves about 500 lbs of CO2 annually.*

GREENER ALL SOULS

Option Descriptions

1) Green Transport: Trade one day of driving to ASC with carpooling, using mass transit, biking, or walking

Environmental/Social benefit: See Green Transport to work. Meet other ASC families!

Contact Person: Alex Hirtle, ASC carpooling database. Contact him at AJHirtle@co.pg.md.us or 301.927.2105

2) Help at least 1 time with Zero Trash lunch cleanup

Environmental/Social benefit: For each ZT lunch for 120 people, we prevent the waste of about 600 disposables. Source: 7th Principal Cte (Green Souls). Waste reduction of 25% annually prevents 1000 lbs of CO2 emissions.*

Contact Person: Matt Cohen mattandeliz@yahoo.com 301-495-0358

3) Help at least 1 time with a church gardening event

Environmental/Social benefit: Learn organic gardening methods while maintaining our grounds as sanctuary to fulfill our green spirit in the city. Help with 2nd Saturdays from 9-12 or other projects. Meg has all the details!

Contact Person: Meg Staines mstaines@starpower.net 202-238-0044

* Source: Environmental Defense at www.environmentaldefense.org



Personalized Resolution Options Are Also Welcome



What's your ecological footprint? Find out at <http://myfootprint.org>

Factoid from Wikipedia: According to Environmental Defense, if every American household replaced three 60-watt incandescent bulbs with compact fluorescent light bulbs, the pollution savings would be like taking 3.5 million cars off the road. http://en.wikipedia.org/wiki/Compact_fluorescent_lamp

Learn more about the 7th Principal Committee (Green Souls) at www.all-souls.org/socialjustice/7thprinciple