

INTERNATIONAL MOTHER EARTH DAY APRIL 22, 2014



Celebrates the interdependence that exists among human beings, other living species and the planet. It acknowledges that the Earth and its ecosystems provide its inhabitants with life and sustenance and recognizes a collective responsibility, as called for in the 1992 Rio Declaration, to promote harmony with nature and the Earth to achieve a just balance among the economic, social and environmental needs of present and future generations of humanity. www.earthday.org www.earthday.ca



20 MINUTE TORONTO MAKEOVER

April 25-27, 2014

Go outside and pick up litter for 20 minutes.

See the difference 20 minutes makes!

Info www.livegreentoronto.ca



Find the **10 R's of Sustainability**

calculate your **Carbon Foot**

Print and **Water Usage**

at www.earth-month.org

Get in touch with Mother Earth:

Plant a small garden and savour the flowers or vegetables that grow

Pick up papers and other litter on your daily walks

Appreciate the moon and stars at night. Share the experience with a friend.

Check your use of energy:

Walk or bike instead of driving

Use the stairs instead of the elevator

Lower (or raise) your thermostat by 2 degrees

Purchase products that use less packaging.

Conserve your use of water:

Collect "extra" water (from warming up shower, unconsumed drinking water) for your plants

Eat less meat. It takes 2500 gallons to produce 1 pound of beef.

Inner simplicity:

Abstain from over-scheduling your life

Plan ahead to eliminate unnecessary actions

Consciously connect with Nature at least once during the week.

Share your concern for Earth with family, friends and co-workers:

Encourage them to follow your favourite practices. Learn from theirs.



APRIL IS
**EARTH
MONTH**

PRAYER SERVICE/REFLECTION FOR EARTH DAY:

www.cbmidwest.org/documents/PrayerforEarthDay.pdf

www.kairosCanada.org/home-page-feature-2/a-reflection-for-earth-day-by-john-lawson/

ON APRIL 22, STAND UNITED FOR A SUSTAINABLE FUTURE AND DEMAND CHANGE.

The chief religious question is not, "What must I do to be saved?"
but rather, "what must we all do to save the Earth?"