



## St. John's Household Creation Covenant

As a member of the St. John's congregation, I dedicate myself to the care and redemption of all that God has made. I agree, within this building and community and on my own, in partnership with others in this congregation to the following acts of respect out of my kinship with all creation. (Please check all the specific ways you intend to fulfill this covenant.)

**We pledge  
to do this**

**We already  
do this**

### ENERGY EFFICIENCY

#### Gold Level

- |                          |   |                          |
|--------------------------|---|--------------------------|
| <input type="checkbox"/> | Install solar energy panels in some form  | <input type="checkbox"/> |
| <input type="checkbox"/> | Add insulation where appropriate  | <input type="checkbox"/> |
| <input type="checkbox"/> | Purchase and install new windows and/or add weatherstripping where appropriate                                | <input type="checkbox"/> |
| <input type="checkbox"/> | Replace old, inefficient appliances and make energy efficiency a top priority for any new appliance purchases | <input type="checkbox"/> |

#### Silver Level

- |                          |   |                          |
|--------------------------|---|--------------------------|
| <input type="checkbox"/> | Purchase wind power through your energy provider                                | <input type="checkbox"/> |
| <input type="checkbox"/> | Change at least half the bulbs in your house to compact fluorescent light bulbs | <input type="checkbox"/> |
| <input type="checkbox"/> | Put a timer on ventilation fans in your bathrooms                               | <input type="checkbox"/> |
| <input type="checkbox"/> | If you don't have one already, install a programmable thermostat                | <input type="checkbox"/> |

#### Bronze Level

- |                          |   |                          |
|--------------------------|---|--------------------------|
| <input type="checkbox"/> | Set your thermostat at least 2° cooler in the winter  | <input type="checkbox"/> |
| <input type="checkbox"/> | Set your thermostat at least 2° warmer in the summer  | <input type="checkbox"/> |
| <input type="checkbox"/> | Use power strips so that "vampire" devices (such as TV's and DVD players) which suck electricity even when they aren't turned on can be turned off completely when you are asleep or away | <input type="checkbox"/> |
| <input type="checkbox"/> | Use the energy efficiency setting on your dishwasher and/or turn off the drying cycle   | <input type="checkbox"/> |
| <input type="checkbox"/> | Clean the lint screen on the dryer after each use   | <input type="checkbox"/> |
| <input type="checkbox"/> | Wash most clothes in cold water   | <input type="checkbox"/> |
| <input type="checkbox"/> | Turn off lights and electrical appliances when not in use   | <input type="checkbox"/> |

### FOOD

#### Silver Level

- |                          |   |                          |
|--------------------------|---|--------------------------|
| <input type="checkbox"/> | Buy more local and/or organic food  | <input type="checkbox"/> |
| <input type="checkbox"/> | Eat "lower" on the food chain - i.e., more fruit and vegetables and less meat | <input type="checkbox"/> |
| <input type="checkbox"/> | Become part of a CSA (community supported agriculture) or co-op               | <input type="checkbox"/> |

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**TRANSPORTATION**

**Gold Level**

- Consider a hybrid for your next car purchase
- If a hybrid isn't in the cards, make fuel efficiency the top priority for your next car purchase

  

**Silver Level**

- Walk, bike or carpool whenever possible

**Bronze Level**

- Combine errands to minimize trips out in the car
- To improve fuel efficiency, keep your car tuned up and tires properly inflated

  

**RECYCLING**

**Silver Level**

- Recycle plastic items not currently picked up curbside (e.g., #3, #4, etc.)
- Recycle batteries, cell phones, fluorescent light bulbs, etc
- Recycle plastic grocery bags -- tie them in a knot first!

  
  

**Bronze Level**

- More diligently recycle items already picked up curbside, including paper, aluminum, glass and plastic

**LAWN AND GARDEN**

**Gold Level**

- Cease using all pesticides and herbicides on lawn and garden -> go organic!
- Install eco-landscaping, using native plants

  

**Silver Level**

- Start a compost pile for vegetable scraps, yard clippings, etc.
- Use a hand-powered lawn mower

  

**Bronze Level**

- Mow lawn less frequently

**SPENDING PRACTICES**

**Gold Level**

- Invest in environmentally-friendly mutual funds and companies

**Silver Level**

- Buy products (e.g., toilet paper, cards, etc.) made from recycled materials
- Buy from companies with positive environmental records and practices
- Check packaging on products before purchase to see if it is recyclable

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**REDUCE**

*Gold Level*

Email your Christmas card and/or picture

*Silver Level*

Bring your own cloth shopping bags to the grocery store

Place your name on lists in order to actively reduce the junk mail you receive

Use reusable bottles, mugs or canteens rather than disposable containers

Request paperless bills and statements via email

*Bronze Level*

Use rechargeable batteries

Write on both sides of paper

Reduce your use of plastic bags by packing food in washable plastic containers

When ordering food in, request no napkins, cutlery, condiments, etc.

**THE HOME AND CLEANING**

*Gold Level*

Purchase furniture made in an environmentally sustainable way

Use environmentally-friendly paint on your next home decorating project

*Silver Level*

Buy earth-friendly cleaning supplies or use simple ingredients like soap, water, baking soda and lemon juice

Reduce the amount of clothes you have dry cleaned

Replace your paper towels with reusable microfiber towels

**WATER USE**

*Silver Level*

Turn off the faucet when brushing your teeth, washing dishes, etc

Reduce the length of your typical shower by 10%

*Bronze Level*

Only run full dishwashers and full laundry loads

Reduce lawn watering and confine to dawn to dusk

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We, \_\_\_\_\_, are committed to the acts of respect we  
(Family/Household Name)  
have pledged to attempt on the St. John's Household Covenant.

*Please return this tear-off to the offering plate at a St. John's service.*