

## DAILY READING PLAN

Week of April 23, 2023

Sacred Earth: One gift, One call,  
One voice....Loving Sacred Earth



**Day One:** Read Genesis 1:26-31 | *Then God said, “Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground.” So God created human being in His own image. In the image of God He created them; male and female He created them. Then God blessed them and said, “Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground.” Then God said, “Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food. And I have given every green plant as food for all the wild animals, the birds in the sky, and the small animals that scurry along the ground—everything that has life.” And that is what happened. Then God looked over all he had made, and he saw that it was very good! And evening passed and morning came, marking the sixth day.*

How does this grow and/or solidify your understand of our capacity and calling to care for all creation?

**Day Two:** Reflect on a story from your family and/or our ancestors that influences and teaches you to better care for and protect our Sacred Earth?

**Day Three:** Read over the 25 Ways You Can Care For Creation on the back of this page. Spend time in prayer and reflection asking about one new thing you can do to care for creation and bring restoration for future generations.

**Day Four:** In the book *Braiding Sweetgrass*, Robin Wall Kimmerer writes, “the earth is a gift that we must pass on, just as it came to us...It’s our turn now to give back to this land and it’s long overdue...let us give gifts of mind, hands, heart, voice, and vision all offered up on behalf of the earth. Whatever our gift, we are called to give it as a dance for the renewal of the world.” Ask God to reveal the gifts of mind, hand, heart, voice that you are giving and can give in the future to care for our Sacred Earth.

**Day Five:** Robin Wall Kimmerer writes about the concept of one bowl, one spoon:

**She says, “The gifts of the earth are to be shared, but gifts are not limitless. The generosity of the earth is not an invitation to take it all. Every bowl has a bottom. When it’s empty, it’s empty. And there is one spoon, the same size for everyone... “**

How do we refill the bowl?... we give back...we disperse seeds to new places to grow...the gifts of earth multiply by our care for them, and dwindle from our neglect. Reflect and pray about the ways you are giving back and ask the Holy Spirit to lead you in new ways to care for creation and open your eyes of ways to refrain from neglect.

## **25 WAYS YOU CAN CARE FOR CREATION**

### **Energy Use**

- Alternative energy: solar/ geothermal/ purchase wind from your energy company.
- Purchase Energy Star appliances (refrigerator, dishwasher, washer/dryer, water heater, dehumidifier) and high efficiency furnace, air conditioner, and windows.
- Get programmable thermostat. Lower thermostat in winter; raise it in summer.
- Clean/ replace filters for all appliances especially furnace regularly.
- Replace all incandescent light bulbs with LED bulbs.
- When not in use, turn off lights, TV, computer, appliances. Prefer natural light.
- Turn off TV, computer, microwave, etc. at the strip/plug.
- Run full loads in dishwasher, washing machine, and dryer. Use short cycles/clothes line.
- Set refrigerator at 36F to 42F, freezer at -5F to +6F, and water heater at 120F.
- Use cold or warm water when washing clothes; rinse in cold water.

### **Water Use**

- Do not let water run while doing tasks.
- Install low-flow shower heads and faucet aerators.
- Repair faucet leaks and toilet runs immediately.
- Take a short shower rather than a bath, and shower less often.

### **Food**

- Buy local produce and products.
- Buy only what you will consume, and then use all you buy.
- Eat fewer (or no) meat meals each week.

### **Paper Use**

- Use recycled, post-consumer paper products for kitchen, bathroom, and cleaning.
- Use electronic media rather than paper.

### **Reduce / Recycle / Reuse**

- Avoid use of paper, plastic, and Styrofoam in plates, cups, and utensils.
- Recycle glass, tin, plastic, newsprint, mixed paper, cardboard, etc.
- Recycle batteries, printer cartridges, cell phones, plastic bags.
- Buy products with less packaging.
- Compost food scraps and lawn clippings.

### **Travel**

- Purchase high mileage car. Maintain engine/tire pressure. Do not idle if on gas.
- If flying is absolutely necessary buy carbon offsets.
- Where feasible walk, bicycle, carpool or use public transit.