

Go Green, Save Green

Chapter 1: *Home*

Quote: “The energy costs of two families living in *exactly* the same house can differ as much as 100 percent. This means you can *halve* your energy costs by changing a few simple behaviors.” (4)

Quote: “Stewardship is a journey, not a destination. When I compare my life to the meek and humble example that Jesus set, I know that I have only taken the first few steps. Yet having an eternal benchmark gives purpose to my journey. If we can reduce our impact by 10 percent a year, we are on the right road.” (15)

Note: The chapter talked about “The Energy Detective” (TED), which was a real-time energy monitor for your household. This real-time effect could help save electricity by showing how much energy we use superfluously. (12)

Note: If we follow the steps laid out before us in the first chapter, the author suggests we can save \$3,345 in a year beyond initial investment just if we change our consumption in the home. (54)

Chapter 2: *Lawn and Garden*

Quote: “Gas-powered lawn mowers lack catalytic converters, which are used in automobiles to treat exhaust before it escapes. As a result, a gas-powered mower emits as much pollution in one hour as a car does traveling 100 miles... gas mowers account for 5 percent of air pollution during the summer months” (70)

Quote: “It’s time to stop hiding out talents under a basket – with a little creativity, we can all find ways to serve” (85)

Note: This chapter tells of a female college student going into banking bought a tomato plant. Through watching the tomato plant transform as it bore fruit, she changed the trajectory of her life to go into sustainable agriculture. What are we missing out on by not taking time to watch, learn, and think about life? (77-78)

Note: In this “how to save money this year” section (86), \$700 worth of savings center around growing your fruits and vegetables. This isn’t practical for many people since they don’t have enough space to plant enough food to satisfy their whole family. (86)

Chapter 3: *The Triple Bottom Line*

Quote: "A disposable, fast food-style lunch creates between 4 and 8 ounces of waste. One office worker who eats out regularly could be responsible for creating as much as 100 pounds of trash per year." - (104)

Quote: "The average annual cost for driving a single-occupant car is between \$4,826 and \$9,685. A year's worth of public transportation can cost as little as \$200!" (109)

Note: Work is where you earn your money. By being smart about how you manage your daily tasks at work, you are not only going to save money, but you are putting less of a strain on the earth.

Note: It is important to always be thinking of ways to make things simpler, easier, cheaper, and more efficient. By doing this, you will become more responsible and a great leader in the workforce.

Chapter 4: *Transportation*

Quote: "Buses are often the least expensive and most energy-efficient form of transportation. A motor coach bus gets an average of 184.4 passenger miles per gallon - compared to 101.1 mpg for a vanpool, 85.8 for a commuter rail, and 27.7 for the average car. Pack a lunch, enjoy the scenery, and let someone else drive." (131)

Quote: "The average U.S. family car travels about 15,000 miles each year. This adds up to 5.8 tons of greenhouse gas pollution and \$2,222 in gasoline. If you have two family cars, that's \$4,444 in gasoline alone." (141)

Note: The various ways of transportation can often be overlooked by our own personal preferences, but by looking at all of the facts, we can make smarter decisions that will help save money, time, and lift our overall carbon footprint.

Chapter 5: *Food*

Quote: "If every American ate just one meal a week from locally and organically raised produce and meat, we would reduce our oil consumption by 2.5 billion gallons every year. Eating local might just become the new breakfast of (energy-independent) champions."

Quote: "The average American family dishes out \$350 each month to dine at the restaurants and fast food joints. Save dining out for special occasions like anniversaries; conserve energy and money."

Note: There are many ways to save money and live green (shop locally, shop seasonally, eat less meat, pay attention to packaging, and eat at home).

Note: By avoiding individually wrapped snack food you will 1) save money on packaging fees, 2) avoid spreading unnecessary waste into our environment and 3) reduce amount of oil used to produce the packaging.

Chapter 6: *Sabbath*

Quote: "Sabbath observance invites us to stop. It invites us to rest. It asks us to notice that while we rest the world continues without our help. It invites us to delight in the world's beauty and abundance." (Emphasis added) Wendell Berry

Quote: "Sabbath is about resting in love: love of God, love of his creation, love of his living Word. The Sabbath is a time for loving our families and loving our friends. It's about embracing church families, especially those who are struggling or feeling alone. It's about caring for strangers, inviting them into our homes and our lives. It's about loving his commandments, including the commandment to rest. And it's about going into the week ahead, overflowing with Christ's love."

Note: If America would give up driving and eating out for one day (the Sabbath) it could reduce pollution by 10 to 14 percent.

Note: Our society is so caught up in analyzing and critiquing. What would happen if we took a rest from judging and criticism for one day?

Chapter 7: *Holidays and Special Events*

Quote: “Most people would say they would love to simplify Christmas but don’t know where to start. With a few simple steps, you can save money and lessen your impact on the planet.” (222)

Quote: “When did thanksgiving become more about turkey, crescent rolls, and pumpkin pie than giving thanks to the Creator? This thanksgiving, make a grateful heart your priority.” (246)

Note: We are blessed with so much and try to spend equally as much in the American Culture and do not realize the small steps we can take to reduce our spending.

Note: Gifts and traditions while very important can and should be passed down through the eyes of faithful spending. We need not buy useless junk and food that will be wasted.

Chapter 8: *Schools*

Quote: “This year children in the United States will spend well over one thousand hours in front of the television and only nine hundred hours in school.” (265)

Quote: “At the end of the workshop we asked for volunteers to state one change they hoped to make in the coming weeks; nearly all wanted to cut back on their use of entertainment technology and focus more on relationships.” (262)

Note: Having movies and music isn’t bad, but when we let it control what we do we lose track of what is truly important, time with family.

Note: Small things done as a family together will have a far greater impact on one’s life than sitting in front of a TV.

Chapter 9: *Schools*

Quote: “Children instinctively understand that nature is precious- more valuable than anything humans can make. They live in the joy of the eternal present, neither ruminating on the past nor fretting themselves into paralysis about the future.” (303)

Quote: “In one year, the average school throws away 38 tons of paper. That’s more than eight million sheets! Your school could save 646 trees per year by recycling its paper.” (314)

Note: In chapter 9 Nancy encourages those involved in a green team on a school campus to get behind what people are already passionate about. This will help drive the projects to be more successful in making stewardship a part of the schools culture. (305)

Note: She also writes about being sure to make changes on a school campus that would not depend solely on one individual in order to stay alive. She encourages her readers to strive towards changes that would become standard operating procedure such as using more sustainable paper for printing. (306)

Chapter 10: *Church*

Quote: “Christ wears ‘two shoes’ in the world: Scripture and nature. Both are necessary to understand the Lord, and at no stage can creation be seen as a separation of things from God.” John Scotus Eriugena (336)

Quote: “Flushing the toilet one time in the Western world takes the same amount of water that the average person in the developing world uses in a day for washing, drinking, cleaning, and cooking- 10 liters.” (351)

Note: Sleeth writes that changing our stewardship of the environment starts with a heart change. She encourages her readers to do Bible study that helps make the connection of taking care of creation as loving out neighbors. (340)

Note: One practical tip that she gives is planting native plants around our churches these plants require less maintenance and water which will improve our environmental impact. (351)

Chapter 11: *Community*

Quote: “You can foster a sense of community by greeting people who move to your neighborhood. Set a goal to welcome new neighbors within one week of their arrival; the longer you wait to say hello, the less likely you’ll take action.” (378)

Quote: “If people don’t feel comfortable borrowing your ‘stuff’, you need to change. If you don’t feel comfortable borrowing from your neighbor, maybe you need new neighbors. How are we going to live together forever in heaven if we can’t even share a chain saw?” (368)

Note: Nancy talks about the reward that she received from community and said that as we reach out in community others reached in. She also wrote about how much she gained from loving her neighbor, it was far beyond anything that she gave in choosing to love them. (371)

Note: Nancy also encourages her readers to foster open communication with other community members both in public places and in the neighborhood. You never know what kind of wisdom and friendship can spark in the normal places we go. We must be open to receive the gift of those around us. (372, 378)