



## DOMINICAN SISTERS OF SPRINGFIELD, ILLINOIS

*Called by God into right relationship with all creation  
and graced by Dominican life and mission,  
we compassionately preach the Gospel of Jesus Christ.*

### RESPECT



**Earth is a living reality which like all living entities merits respect and reverence so that it may continue to nourish, support, and sustain life.**

- ❖ Use filtered or tap water rather than bottled water
- ❖ Carpool when possible
- ❖ Launder in cold water
- ❖ Never litter
- ❖ Use cloth/market bags when shopping
- ❖ Use non-toxic personal, cleaning, and laundry products
- ❖ Purchase items packaged in reusable or recyclable containers
- ❖ Choose not to use disposable plates, cups, utensils, paper products

### REUSE

**Earth continuously gifts us with precious commodities. It is vital to Earth that as much as possible we reuse, repurpose and pass on to others the benefits of what has enriched us.**



- ❖ Reuse paper when possible
- ❖ Repurpose books, videos, CDs, DVDs, tapes; donate to learning centers and shelters
- ❖ Reuse material that would otherwise be considered waste (grass in composting, plastic bags as trash can liners when needed, etc.)
- ❖ When eating out, bring your own containers for leftovers

- ❖ Take used clothes and furniture to Goodwill, etc.
- ❖ Use rechargeable batteries
- ❖ Donate old computers, cell phones and other electronic items
- ❖ Mail or trade in used ink cartridges

## RECYCLE

**We have a moral responsibility to help sustain Earth for future generations. By consciously seeking to manage recyclable materials, we have a positive impact on Earth.**



- ❖ Use curbside recycling
  - Paper & cardboard (all kinds – cartons, cereal boxes, etc.) newspaper, office paper, junk mail, magazines, old calendars, greeting cards
  - Glass: all kinds of glass containers
  - Plastic containers and cups marked with a number in the little triangle (check locally which plastics are recyclable)
- ❖ Do Not recycle slick receipt papers due to BPA coating

## REDUCE



**When we reduce waste in the first place, we do not need to worry about recycling it. Changing our habits is the key. There are lots of ways to reduce our waste, save ourselves time and money and be good to Earth at the same time.**

- ❖ Send e-cards
- ❖ Make homemade gifts
- ❖ Choose products with less packaging
- ❖ Use motion activated and/or timed lighting
- ❖ Turn off computer at night
- ❖ Replace light bulbs with low energy light bulbs
- ❖ Unplug electrical appliances when not in use

- ❖ Turn off ignition if you are waiting more than 10 seconds
- ❖ Lower thermostat in winter (dress in layers) and raise it in summer when using air conditioning (utilize fans)
- ❖ Use low-flow shower heads and toilets
- ❖ Sign up for paperless bills
- ❖ Minimize use of plastic, including straws

**Dispose of non-recyclables in ways provided by your local community or waste hauler. These include:**

- Old medications                      Decorative glass
- Old tires                                Cellophane juice containers
- Light bulbs                              Styrofoam cups and containers
- Figurines/Ceramics                Wax paper
- Used cooking oil                      Plastic rings (used with pop cans)
- Batteries - all types                Plastic bags (salad bags, bread wrappers)
- Plastics - no recycle number      Store receipts
- Plastic utensils                        Wax coated cardboard (frozen food boxes)
- Household hazardous wastes (oil based paint, paint thinner, automotive fluids, cleaning supplies, non-empty aerosol cans, lithium ion batteries, lawn and garden products, compact fluorescent light bulbs, electronics)

**RESTORE**

**We are called to work together, to partner with others to create a more just and sustainable world that will improve not only the health of the planet but the health of our global economy and enhance the quality of life for all**



- ❖ Compost kitchen and yard waste rather than adding to landfills
- ❖ Plant a garden (or use locally grown foods)
- ❖ Plant a tree
- ❖ Use organic non-toxic fertilizer or your own compost
- ❖ Do not practice open burning

# **Together – Birthing Anew**

## **2014 Chapter Statement**

*Trusting the grace of Holy Mystery, we stretch into understanding evolutionary consciousness and its implications for the cosmos. With active hope, we choose to imagine the world we want to inhabit and accept the urgent responsibility to collaborate in bringing it to birth.*

*With profound gratitude and deep interior purpose, we choose to live sustainably in order to further the mission and to cultivate right relationship with all God's creation.*

*As Dominican women, we claim our power to nurture mutual relationships that offer healing and courage to a broken world. Vulnerable ourselves, we choose to stand with the poor, to accompany those on the margins, and to work toward systems that promote life.*

*Centering our lives in Jesus, the Word Made Flesh, we walk into the mystery unfolding before us.*



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**Join us in respecting Earth.**

**Feel free to take this flier.**

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