

Lifestyle Integrity Challenge for Florida Presbytery

Challenge #1 - Energy Efficiency

How we live our individual and family lives is a very personal matter, but it also has global implications. In this world where some go hungry because many consume too much of the world's resources, the Presbyterian Hunger Program encourages families, church groups, and institutions to evaluate their own needs and develop new ways of being more caring and sharing of the world's resources in response to the Gospel.

Florida Presbytery's Compassion & Social Justice Committees challenge you to be intentional about ways we can be better stewards of God's creation and the resources with which God has so richly blessed us. To aid us in this challenge, we ask you as individuals and as a congregation to consider adopting one or more practices under each of the 7 areas identified for the Lifestyle Integrity Challenge.

Energy Efficiency - Using energy more efficiently leads to less demand for energy, and helps control fuel prices, makes fuel available to more people and helps the environment. Choose some of these simple ways to be more energy efficient at home and church:

- Unplug appliances at the source when not in use
- Replace incandescent light bulbs with compact fluorescent bulbs – start with 5.
- Turn thermostats up to 78 in summer and 68 in winter.
- Wear clothes until dirty, wash in cold water, hang to dry.
- If using the dryer, clean filter with every load.
- Change or clean filters monthly (a/c, refrigerator, etc.).
- Turn off lights and ceiling fans when leaving the room.
- Use energy cycle on appliances (dishwasher, dryers, water heater).
- Put a lid on a pot when cooking on the stovetop, increasing cooking efficiency.
- Transition to a low maintenance yard with less grass to mow (use less fertilizer, gas/electric tools).
- Support legislation and candidates who support alternative energy use and conservation.

Signed _____

Date _____

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Challenge #2 - Food & Health

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Food and Health - What, how and how much we eat of certain foods determines our health, The better care we take of ourselves, the more time, energy and money we can use to serve God and others.

- Eat locally-grown produce
- Consume organic foods whenever possible
- Thoroughly wash and rinse all produce
- Eat less meat; substitute a vegetarian meal for a meat meal once a week
- Cut down on or eliminate refined sugar and sugar substitutes from your diet
- Prepare more meals at home
- Prepare meals from scratch, avoiding processed foods and additives
- Substitute water for soft drinks, coffee, tea, etc.
- Exercise at least 3 times a week for at least 20 minutes
- Grow your own food. Plant fruit trees.
- Serve healthy meals at the church.

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Challenge #3 - Purchasing

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Purchasing - What we purchase and how much we purchase affects our budgets and determines the use of the world's resources to produce goods and energy and, in turn, determines the availability of resources for the rest of the world.

- Faithfully evaluate your purchasing habits in terms of needs vs. wants
- Consider purchasing alternative gifts to charities
- When shopping, bring your own reusable bag(s)
- Purchase larger containers vs. smaller to reduce packaging
- Buy a smaller refillable container for water instead of smaller disposable bottles
- Buy locally whenever possible
- Develop a list of environmentally-friendly, fair-trade and/or sweat-free products and shops for your area and shop there.
- Buy energy-efficient vehicles and appliances
- Consider shopping at flea markets, consignment shops and thrift stores
- Buy more environmentally-responsible products and packaging

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Challenge #4 - Water Usage

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Water Usage - The more water we use, the less is available to others.

- Turn water off when shaving or brushing your teeth.
- Wash only full loads of laundry and dishes.
- Take shorter showers. Turn the water off while lathering up and turn it back on to rinse.
- When replacing appliances or plumbing fixtures, consider purchasing ones that save water. These include water-conserving shower heads, faucets, toilets and washing machines.
- Repair dripping faucets.
- Landscape with drought-tolerant plants to reduce watering.
- Collect rainwater to use for watering plants.
- Don't rinse your dishes before putting them in the dishwasher; scrape instead.
- Compost kitchen waste instead of using the garbage disposal.
- Think about the amount of water you use and imagine that you have to carry it from a well to your house, as millions around the world do each day.

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Lifestyle Integrity Challenge for Florida Presbytery **Challenge #5 – Transportation**

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Transportation – The use of private and public transportation impacts our resources and the world's resources and affects our communities.

- Combine errands to minimize trips.
- For short trips, walk or ride a bicycle.
- Use public transportation where it is available.
- Promote a Car Pool Sunday. Call a neighbor and have them ride to church with you. Consider doing this once a month.
- Replace your car's air filter.
- Keep tires properly inflated. Use this as a youth project to check members' tires and inflate them.
- Drive slower to use less gas.
- When buying a new car, purchase the most fuel-efficient car you can afford.

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Lifestyle Integrity Challenge for Florida Presbytery **Challenge # 6 – Financial Stewardship**

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Financial Stewardship – Being good stewards of the wealth God has blessed us with is both a duty and good sense. The more we save, the less we spend, freeing up money to serve God and the world and providing for the needs of our loved ones.

Stewardship of Finances

- Track your incoming and outgoing expenses. Does your money follow your faith?
- Construct or revisit your family budget.
- Practice year round alternative giving.
- Teach children at an early age to tithe, to give and to save responsibly and faithfully.
- Live more simply.
- Purchase mindfully.
- Sign up for online bill payment when possible.
- Reduce debt. Avoid going into debt except for large purchases such as a house or car.
- If all else fails, just "stop buying STUFF."

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Challenge # 6 – Stewardship of Time/Gifts/Faith

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Stewardship – Being good stewards of the wealth God has blessed us with is both a duty and good sense. The more we save, the less we spend, freeing up money to serve God and the world and providing for the needs of our loved ones.

Stewardship of Time

- Track where you spend your time. Does it reflect your faith?
- Set monthly goals for family mission opportunities both inside and outside of the local church.
- Set aside intentional family time to play, to worship and to work on tasks together.

Stewardship of Gifts

- List at least three gifts or talents that you can use to serve God.
- List of current ways you are using the above gifts and talents.
- Evaluate whether your gifts are being used in constructive ways to serve God.

Stewardship of Faith

- Practice articulating your faith.
- Share your faith with someone from your church.
- Share your faith with someone outside your church.
- Share your faith through an act of compassion.

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Challenge # 7 – Recycling

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Recycling (Recycle/Reuse/Reduce)– Recycling resources and reusing items is kind to the environment and our pocketbooks.

- Recycle newspapers, plastics, glass, tin/steel/aluminum cans, corrugated cardboard.
- Pass on or donate usable clothes, toys and household items.
- Refill and reuse or donate empty inkjet cartridges to Duvall Home.
- When you upgrade your cell phone, recycle/donate your old one to non-profit organizations.
- Compost food scraps and yard waste.
- Donate usable appliances, vehicles, computers and electronics.
- Pass on or donate your books and magazines.
- Recycle old greeting cards into bookmarks, gift tags, etc.
- Donate your old eyeglasses to charitable organizations.
- Purchase and use non-plastic reusable grocery bags.
- Buy recycled goods.
- Give blood.
- Sign up to be an organ donor.

Signature _____

Date _____