



Love Is God's Renewable Energy

Practical ways to love God, neighbor, and creation

Why “Renewable Energy of Love”?

- Fear burns out quickly. Love recharges itself.
- Jesus calls us to read the signs of our times (Luke 12:49–56) and respond with sustained, loving action.
- Every act of love for creation is an act of worship.

Your Love Story for Creation

1. What do I love about God's creation?
2. Why is it important to me?
3. How might I express that love through climate action?

Your Climate Sweet Spot:

Where what you love to do meets what needs to be done.

Examples from St. Benedict's:

- Reusable cups & dishes at coffee hour.
- Tree planting with ECOSLO.
- Solar panels & on-demand hot water.
- Beyond Plastic Ecochallenge.

Actions That Add Up

- Swap one beef meal/week for a plant-based meal = 50M tons CO2 saved/year in the U.S.
- Skip one 30-mile car trip/month = 20M tons CO2 saved/year in the U.S.
- Switch to renewable energy, drive electric, weatherize your home.
- Choose joy-filled actions—they're easier to sustain.

This Week's Action

- Sign public comments opposing the EPA's rollback of clean energy standards. Scan the QR code or use the link below (also in Benediction Weekly):



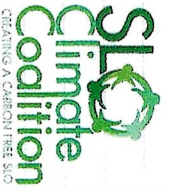
<https://secure.everyaction.com/AIB3fC2Ch0-LJJWrcwVqSQ2?emci=c21c270f-fe72-f011-8dc9-6045bda9d96b&emdi;=b446103e-7d74-f011-8dc9-6045bda9d96b&ceid;=6630582>

Want to Do More?

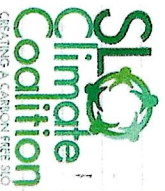
- Check Benediction Weekly for weekly tips.
- Visit our Coffee Hour table for rebate info and local programs.
- Join the Earthcare Team—be part of creation care at St. Benedict's!

“Let's go out this week powered by God's renewable energy of love—to heal creation, love our neighbors, and live as if the future matters.”

Eat Green, Waste Less Actions



Action Name	Cost Saving (annual)	Annual Carbon Saving	Other emission saving?
Buy Local, Buy Organic	\$0	0 lbs CO2e	
Say No to Plastic Straws	\$0	0 lbs CO2e	
What is a Circular Economy?	\$0	0 lbs CO2e	
Bring Your Own Mug	\$10	20 lbs CO2e	
Bring a Reusable Water Bottle	\$180	30 lbs CO2e	
Plant Trees	\$0	40 lbs CO2e	
Ditch Plastics at Mealtime	\$0	40 lbs CO2e	
Choose the Wonky Fruit	\$0	50 lbs CO2e	
Remember your Reusable Bags	\$10	140 lbs CO2e	
Make it Last	\$380	220 lbs CO2e	
Skip the Packaging	\$0	260 lbs CO2e	
Make a Meal Plan	\$650	390 lbs CO2e	
Store it, Serve it and Share it	\$650	390 lbs CO2e	
Shop Smart, Buy Less	\$850	490 lbs CO2e	
Go Paperless	\$40	520 lbs CO2e	
Compost	\$0	970 lbs CO2e	
Eat Lower Down the Carbon Chain	\$260	1370 lbs CO2e	
Recycle	\$0	1660 lbs CO2e	



Green Transportation Actions

Action Name	Cost Saving (annual)	Annual Carbon Saving	Other emission saving?
Combine Trips, Drive Less	\$260	830 lbs CO2e	31 Gasoline Gallons
Bike, Walk, Skateboard or Unicycle	\$260	830 lbs CO2e	31 Gasoline Gallons
Take the Bus	\$130	1420 lbs CO2e	62 Gasoline Gallons
Reduce Air Travel	\$400	1600 lbs CO2e	
Carpool	\$520	1670 lbs CO2e	62 Gasoline Gallons
Drive Wisely	\$360	2960 lbs CO2e	110 Gasoline Gallons
Telecommute	\$1,040	3360 lbs CO2e	125 Gasoline Gallons
Offset Air Travel	-\$20	4000 lbs CO2e	
Buy or Lease a Hybrid Vehicle	\$700	5730 lbs CO2e	213 Gasoline Gallons
Buy or Lease an Electric Vehicle	\$1,310	11300 lbs CO2e	480 Gasoline Gallons

Home Energy Actions

Action Name	Cost Saving (annual)	Annual Carbon Saving	Other emission saving?
Install Smart Thermostat	\$0	0 lbs CO2e	
Adjust Thermostat	\$0	0 lbs CO2e	
Use a Fan instead of AC	\$0	0 lbs CO2e	
Replace AC Filters	\$0	0 lbs CO2e	
Maintain Central Heat Ducts	\$0	0 lbs CO2e	
Upgrade Air Conditioner	\$0	0 lbs CO2e	
Upgrade Pool Pump	\$0	0 lbs CO2e	
Home Energy Checkup	\$0	0 lbs CO2e	
Install Electric Heat Pump Heater	\$0	0 lbs CO2e	
Install a Home Battery	\$200	0 lbs CO2e	
Weatherize My Home	\$10	10 lbs CO2e	31 kWh Electricity
Insulate Floors & Walls	\$10	10 lbs CO2e	26 kWh Electricity
Be Heat Wise	\$10	20 lbs CO2e	36 kWh Electricity
Replace Single-Pane Windows	\$10	20 lbs CO2e	52 kWh Electricity
Weatherize and Insulate Attic	\$20	40 lbs CO2e	78 kWh Electricity
Use a Convection Toaster Oven	\$0	70 lbs CO2e	
Upgrade Clothes Dryer	\$40	70 lbs CO2e	156 kWh Electricity
Install Smart Power Strips	\$50	80 lbs CO2e	175 kWh Electricity
Try a Portable Induction Cooktop	\$0	100 lbs CO2e	
Install Smart Lighting Controls	\$50	100 lbs CO2e	210 kWh Electricity
Participate in Demand Response	\$60	110 lbs CO2e	240 kWh Electricity
Dry Wisely	\$60	120 lbs CO2e	249 kWh Electricity
Switch to LEDs	\$70	130 lbs CO2e	275 kWh Electricity
Turn Stuff Off	\$70	130 lbs CO2e	280 kWh Electricity
Line Dry Clothes	\$80	150 lbs CO2e	312 kWh Electricity
Upgrade Oven/Stove	-\$20	190 lbs CO2e	16 Therms Natural Gas
Turn Water Heater Temp Down	\$120	210 lbs CO2e	447 kWh Electricity
Upgrade Refrigerator/Freezer	\$130	240 lbs CO2e	500 kWh Electricity
Retire extra Refrigerator/Freezer	\$340	620 lbs CO2e	1300 kWh Electricity
Install Electric Heat Pump Water Heater	\$920	1690 lbs CO2e	3521 kWh Electricity
Install Solar Panels	\$1,500	3980 lbs CO2e	
Choose Green Electricity	-\$100	4980 lbs CO2e	