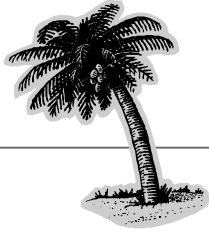


A Quiet Oasis

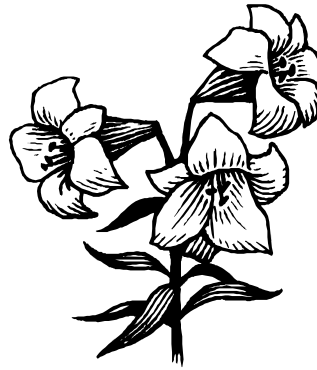


Teach your children what we have taught our children – that the Earth is our mother. Whatever befalls the Earth, befalls the sons and daughters of the Earth. If we spit upon the ground, we spit upon ourselves. This we know: The Earth does not belong to us, we belong to the Earth. This we know: All things are connected. Whatever befalls the Earth, befalls the sons and daughters of Earth. We did not weave the web of life, we are merely a strand in it. Whatever we do to the web, we do to ourselves...

~ Chief Seattle

But even now we feel the pain, and for that we ought to be grateful. It may help us to change, and change we must, at a very basic level. One of the ways to deal with the ecological despair we feel when we think about the future we are willing to the next generation, is to refuse the role of victim, to become active, to participate in the vocation of the planetary agenda.

~ Sallie McFague



consider the lilies of the field

*power down days –
a quiet oasis*

less is more

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New York
Interfaith Power & Light

Promoting good stewardship of
God's gift of energy

**Powering
Down:
A Less is More
Proposal**



NYIP&L

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Less is More

New York Interfaith Power and Light encourages those who embrace justice, peace, and the integrity of Creation to abstain **as much as possible** from fossil fuel usage during the season of Lent.



This can be done by taking a two-fold approach:

- 1) reduce your energy use,
- 2) purchase green power from your local utility.

We've tried to come up with a variety of suggestions for people who own their home and people who rent. Not all these need to be used to make a positive impact on Creation. try different suggestions on different days.

Why abstain from fossil fuel use during the season of Lent?

To protect our health and our neighbors' health, and to protect the integrity of Creation. In addition, we suggest that reducing our reliance on so-called "time saving devices" (such as computers, palm pilots, washing machines, etc), may actually encourage our connection to nature by pulling us out of the hustle and bustle of daily life.

While this is a proposal to forgo simple conveniences and make permanent changes that will reduce our energy use, we suggest that

it also be embraced as a time of Jubilee – a time to lay down the bustle and allow our lives a little fallow time, consciously opting for the community of Creation, for "the earth is the Lord's and all it holds, the world and all that live there." (Psalm 24:1)

Our labor saving devices often have the contrary effect of making us busier, "freeing up" time in which we simply undertake other tasks. We frequently become slaves to elaborate schedules, and to the very conveniences that are supposed to be liberating. The feeling that we have too much to do and too little time is epidemic. Our ability to jump in the car requires us to go. The ubiquitous television, radio, stereo, and computer, drown out our own thoughts, and certainly the rustle of leaves, the shouts of children playing, the songs of birds.



As a time of Jubilee, a "power down" day could be a step to recovering the concept of the Sabbath - a time for re-Creation. When it's possible to go without air-conditioning and electronic amusements, we might spend long summer evenings on the stoop or porch getting re-acquainted with our neighborhoods, and rediscovering our families. Offices might turn off computers and gadgets and spend the day clearing off desks and catching up on filing and planning. Perhaps we might take time to "consider the lilies of

the field" (Matthew 6:28), and reconnect with the natural rhythms of sunrise and sunset from which our culture and lives have become so isolated. The spirituality that proclaims "less is more" will gradually penetrate who we are and what we will become.

This program includes:

- A lesson plan for children
- Sample sermons and sermon seeds
- Information related to energy efficiency
- An energy audit information
- Information on purchasing green power
- A feedback sheet
- Suggestions for abstaining from fossil fuel use

We observe Lent and discipline ourselves so that we have more time to reflect and be in touch with the truth of matters. So every time we do something to "power down" let us be more mindful as to where our energy comes from, and what our use of it means to Earth and the future of Earth.

Be praised my Lord because our sister Mother Earth sustains and rules us and because she raises food to feed us: colored flowers, grass...

~ Saint Francis of Assisi

