

Pick One Thing – Introduction

Every day at Episcopal Relief & Development, we see individuals making small changes that build into lasting community wellness. Using [Asset-Based Community Development](#), we teach and learn best practices for inspiring people to be agents of health in their communities.

People often tell us they are overwhelmed by the topic of Creation Care — the problems seem too big for them to really make any difference. This activity provides a way to engage people, giving them hope and the gift of opportunities to get involved as they are able.

Some members have financial resources to help but not much time. Others may have time to give to small projects but aren't sure where to begin. Others may feel inspired to take action by organizing a group of people but need some direction. Many wish to expand their prayer lives to include prayers for our stewardship of the earth, keeping them always mindful of the wonder of creation.

This project is simple. **Invite people to do one thing.** They can choose whether it's big or small, takes time or money. The idea is that everyone can do something. We just have to take that first step.

Choose a Sunday morning to place a display sign (provided on the next page) on a table near a well-traveled entrance. Maybe it's in the narthex. Maybe it's in your coffee hour area. Next to the sign, place three nice-looking, preferably repurposed, containers with the labels provided here. Print out and cut apart the slips, also provided, and place them in the matching containers. We encourage you to make your own slips as well, relevant to your buildings and grounds and to your community.

Make sure to keep the containers stocked with slips. Perhaps only put them out one Sunday a month or every Sunday during the Season of Creation. Schedule times to have them out, and submit invitations in your communications for participation. Don't leave them out forever, and rotate them in different locations. Novelty gets noticed; sameness fades into the woodwork.



Pick One Thing To Do This Week



PRAY



**TAKE
ACTION**



DONATE

1. Select a container
 2. Draw one slip of paper
 3. Follow the instructions
- (as well and as often as you are able)*

Small acts add up to big changes —
for you and for our community.

- » *The previous page is the suggested table sign, made to accompany your containers of action item slips. Feel free to modify it, or create your own, according to your own need.*
- » *This page has labels you may enlarge or reduce to fit your containers. The following pages are to be printed and cut apart. Some may be as thin as the slips of paper found in fortune cookies. Others, especially the prayers, will be cut into thicker strips.*



PRAY



TAKE ACTION



DONATE



Pray

Cut these apart and add them to your **Prayer Container**. Be sure to replenish them as needed. Check with your regional Creation Care teams for prayers you might borrow from Earth Day services and add them to your slips. Ask your youth group, Vestry, children and other teams to write prayers for the earth and include them with these slips.

These prayers were collected from a variety of sources, including the Book of Common Prayer and the Season of Creation liturgies authorized for use across much of The Episcopal Church.

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O merciful Creator, your hand is open wide to satisfy the needs of every living creature: Make us always thankful for your loving providence; and remembering the account that we must give one day, grant that we may be faithful stewards of your good gifts; through Jesus Christ our Savior, who with you and the Holy Spirit lives and reigns, one God, for ever and ever. *Amen.*

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Gracious God, the air sings with songs of glory, water flashes silver with creation, and the forests bloom with leaves for healing nations. May your light and love fill our hearts and souls and minds, that we may share your abundant grace with the world. *Amen.*

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Bountiful God, you call us to labor with you in tending the earth: Where we lack love, open our hearts to the world; where we waste, give us discipline to conserve; where we neglect, awaken our minds and wills to insight and care. May we with all your creatures honor and serve you in all things for you live and reign with Christ, Redeemer of all, and with your Holy Spirit, one God, now and for ever. *Amen.*

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Creating God, your name is written on every leaf, every bird, every river, every stone, every living being. We praise and worship you for the magnificence of your creation. Make us attentive to the wounds of the earth and willing to work for the healing of the whole creation, through Jesus Christ, our Savior and Lord. *Amen.*

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Great Spirit God, we give you thanks for another day on this earth. We give you thanks for this day to enjoy the compassionate goodness of you, our Creator. We acknowledge with one mind our respect and gratefulness to all the sacred cycle of life. Bind us together in the circle of compassion to embrace all living creatures and one another. *Amen.* (Collect from Ojibwe Evening Prayer)

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Loving God, Creator of all, we thank you for the beauty of Creation; show us, we pray, how to respect the fragile balance of life. Guide by your wisdom those who have power to care for or to destroy the environment, that by the decisions we make, life may be cherished and a good and fruitful earth be preserved for future generations; through Jesus Christ our Lord. *Amen.*

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Gracious God: Grant that your people may have in them the same mind that was in Christ Jesus, and guide us into harmony of relationship through loving-kindness and the wise use of all that you have given; for you are drawing all things into communion with you and with each other by the power of the Holy Spirit. *Amen.*

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Blessed God, fountain of life: Grant that we may see all water as holy, and so protect and preserve the waters of the earth and the life they sustain. In the name of Christ, the living water, we pray. *Amen.*

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Creator God, you call us into being. Inspire us with your extravagant generosity, and sustain us with hope in resurrection life. All this we ask in the name of Jesus Christ, the Good Shepherd. *Amen.*

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Gracious One, reaching our need overcoming our alienation: give us a spirit of gratitude for the abundance of the earth, the wildness of its creatures, the global threads that bind friend and foreigner; may our thanks be the soil in which a dream of justice grows; through Jesus Christ, the Lord of the harvest. *Amen.*

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God of evolving diversity, made known in seed and soil, and the wonder of animal worlds: free our hearts from the anxiety which knows only domination; open our being to learn from the life with which we share this earth; through Jesus Christ, the Lord of the harvest. *Amen.*

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God, whose word is ingrained in all we eat and drink; free us from the consumption that destroys the roots of life; teach us to eat the living bread in whom all hungers are satisfied by the life that gives of itself and is never consumed; through Jesus Christ, the Lord of the harvest. *Amen.*

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God, maker of marvels, you weave the planet and all its creatures together in kinship; your unifying love is revealed in the interdependence of relationships in the complex world that you have made. Save us from the illusion that humankind is separate and alone, and join us in communion with all inhabitants of the universe; through Jesus Christ, our Redeemer, who topples the dividing walls by the power of your Holy Spirit, and who lives and reigns with you, for ever and ever. *Amen.*

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Bountiful God, you call us to labor with you in tending the earth: Where we lack love, open our hearts to the world; where we waste, give us discipline to conserve; where we neglect, awaken our minds and wills to insight and care. May we with all your creatures honor and serve you in all things, for you live and reign with Christ, Redeemer of all, and with your Holy Spirit, one God, now and for ever. *Amen.*

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We give you thanks, most gracious God, for the beauty of earth and sky and sea; for the richness of mountains, plains, and rivers; for the songs of birds and the loveliness of flowers. We praise you for these good gifts, and pray that we may safeguard them for our posterity. Grant that we may continue to grow in our grateful enjoyment of your abundant creation, to the honor and glory of your Name, now and for ever. *Amen.*

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Loving God, who hears every voice, knows each cry of injustice, and is attentive to the suffering of the earth: teach us to listen. Bring healing to our lives, that we may protect the world and not prey on it, that we may listen to the world you have created and not close ourselves off from it. Reveal to us the ways in which we have failed to hear your voice in how we treat the earth. God, who listens to every living thing, Help us listen as you do. *Amen.*



Take Action

Cut these apart and add to your take **Action Container**. Be sure to replenish them as needed. Check with your regional Creation Care teams for other ideas, and research local environmental agencies and add ways to partner with them to this list. If you have a green team, be sure to add “Join Our Green Team!” on several slips.

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Use cold water for laundry

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Hang laundry on a clothesline

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Use cloth napkins instead of paper

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Replace vinyl shower curtains with PVC-free, plastic, cloth or bamboo

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Use energy-efficient light bulbs

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Make sure your home is properly sealed and insulated

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Cut dryer sheets in half; replace with vegetable-derived ones or “dryer buddies”

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Clean your clothes dryer filter before every load to reduce dry time

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Get rechargeable batteries, and learn how to dispose of old batteries properly

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Water your plants in the morning or at night to minimize evaporation

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Avoid rinsing dishes before putting them in the dishwasher

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When it's not in use, keep your fireplace closed

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Use reusable shopping bags; take plastic bags to recycling drop-off locations

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Start a compost heap, or consider using/hosting a community compost heap

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Cut down on paper junk mail by contacting agencies and opting out

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Replace lighters with paper matches

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Choose cotton swabs with a paper stick instead of plastic

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Recycle your Christmas tree

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Wrap gifts with salvaged gift wrap, fabric, newspaper and other reusable materials

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Keep pollution-fighting plants in your home and office

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Try metal razors for shaving instead of plastic

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Borrow books at your local library, instead of buying them,
and buy or borrow used books and textbooks

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Donate leftover paint to community projects like Habitat for Humanity

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Choose biodegradable wipes; halve them for smaller jobs

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Commit to having at least one vegetarian day a week

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Replace plastic straws with a metal or glass; take them when you go out

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Buy and carry with you a reusable takeout container for restaurant leftovers

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Find a coffee shop that allows you to bring your own mug

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Save paper towels by turning clothing into kitchen rags

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Ask for and buy local produce

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Avoid harmful chemicals in microwave popcorn; pop it on the stove instead

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Plant pollinator-friendly flowers in your yard or in containers

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Buy shade-grown, organic, fair trade and equal exchange coffee

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Turn your computer off overnight

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Recycle old cell phones and appliances properly

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Keep your vehicle's tires properly inflated

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Use a commercial car wash, which is more water-efficient and channels their runoff water appropriately

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Minimize the weight of your vehicle by keeping your trunk clutter-free

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Use auto power-down features on game consoles and other appliances

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Switch to the standard picture mode on your TV to save energy

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Avoid idling your vehicle

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Figure out how to use public transport to work, school or to the store

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Offer to help remove invasive species from a local park or green space



Donate

Here are suggestions to cut-apart into slips and put in your **Donate Container**.

Numerous agencies do very good work in the areas of creation care and climate resilience. If your Green Team is doing a fundraiser, add slips directing donors to them. If you have a local community garden, compost or recycling project in need of funds, add them as well.

We have listed the top agencies recommended by The Episcopal Church that target Climate Resilience, Climate Disaster Response, the Care of Creation and education initiatives. This is a relatively small list, so you will need to make multiple sheets from this page. You might wish to also direct people to the [Episcopal Public Policy Network](#), which is engaged in lobbying for legislation improving our care of the earth.

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Weddings – Birthdays – Anniversaries – Honorariums: Consider giving gifts from the Episcopal Relief & Development's [Gifts for Life](#) catalog. Water, bees, literacy, transportation, livestock and much more.
<https://support.episcopalrelief.org/gifts/catalog>

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Donate to Episcopal Relief & Development's [Climate Resilience](#) initiatives. Episcopal Relief & Development works with local faith- and community-based partners in remote communities around the world to provide the skills training, information and access to finance households need to cope with and adapt to rising climate risks and uncertainty.
<https://www.episcopalrelief.org/what-we-do/priorities/climate-resilience/>

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Donate to Interfaith Power & Light, which partners with Episcopal churches to support [environmental](#) stewardship and climate action.
<https://interfaithpowerandlight.org/>

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Donate to Episcopal Camps & Conference Centers, which provides outdoor experiences for all ages, teaching about [stewardship](#) of nature and care of the earth in diverse settings.
<https://www.episcopalccc.org/>