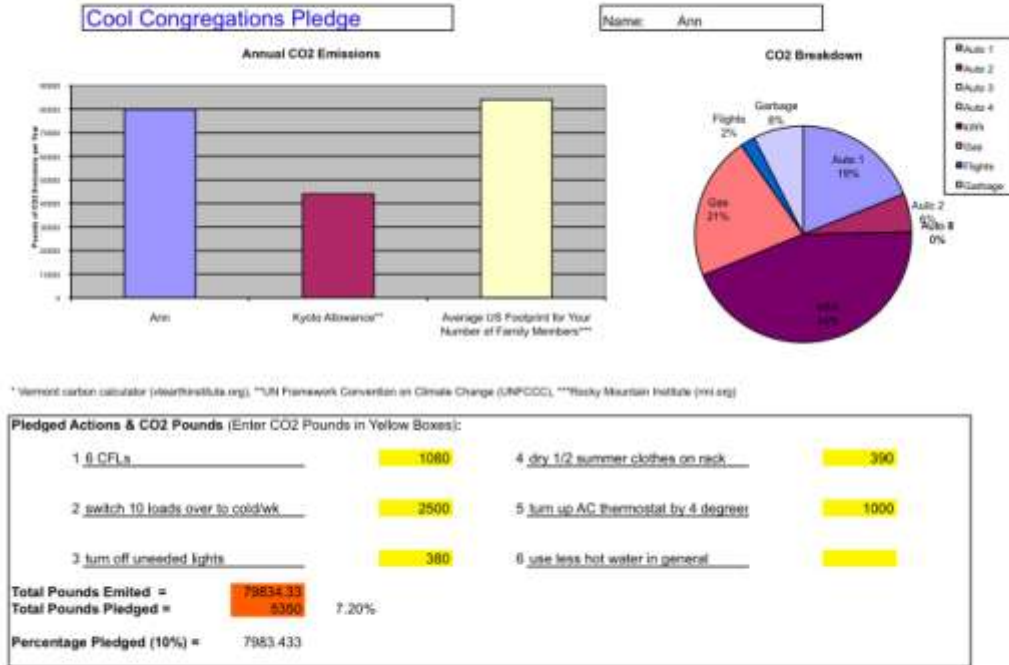




Chapter 3

3-1. SAMPLE PLEDGE SHEET FILLED OUT



See how the estimated pounds of CO2 have been typed in the yellow boxes, and the total estimate is automatically calculated and entered by the computer into the orange box.



3-2. COOL CONGREGATIONS

25 Steps *under* \$25 to Reduce Global Warming

Who ever said you have to spend a lot of dough or shiver in the cold and dark to better care for the earth? We didn't! We think Mother Nature wants us to be smart *and* comfortable. By using power more efficiently, we reduce our carbon dioxide emissions, thus slowing down the pace of global warming and in turn, save money. Some even use that savings to invest in our second list of "25 over \$25." Come on...show Mother Nature you're no dim bulb!

LIGHTING

1. Buy energy-efficient compact fluorescent bulbs for your most-used lights. About \$2/bulb (See ShopIPL.org website for discounts on hard-to-find items!)
CO2 reduction (by replacing one frequently used bulb): about 180 pounds a year.
2. Turn off unneeded lights.
CO2 reduction: 380 pounds a year.
3. Replace halogen lamp with compact fluorescent lamp.
CO2 reduction: 475 pounds a year.
4. Light your Christmas tree with LED lights rather than incandescent.
CO2 reduction: 122 pounds a season.

HOME APPLIANCES / GADGETS

5. Unplug/dispose of old fridge in basement.
CO2 reduction: 2500 pounds a year.
6. Line dry clothes in summer. CO2 reduction: 780 pounds a year. Line dry clothes *all year* (using indoor clothes drying rack adds benefit of additional humidity in the winter.)
CO2 reduction: 1400 pounds a year.
OR use one less dryer load/wk CO2 reduction: 200 pounds a year.
7. Cut phantom electric loads in half...buy surge protectors for TVs/stereo and turn off home office equipment when not in use.
(Phantom loads account for 6% of electric usage in the US).
CO2 reduction: 500 pounds a year.



8. Run your dishwasher only with a full load. Use the energy-saving setting to dry dishes.
Don't use heat when drying. CO2 reduction: 200 pounds a year.
9. Use a manual push mower. (Blade sharpening @ Blain's Farm & Fleet \$6/blade, ea 2-3 yrs)
CO2 reduction: 80 pounds a year.

HOME HEATING AND COOLING

10. Ask your utility company for a home energy audit to find out where your home is poorly insulated or energy-inefficient.
CO2 reduction: Potentially, *thousands of pounds* a year.
11. Don't overheat or overcool rooms. Adjust your thermostat (lower in winter, higher in summer)
CO2 reduction (for each 2-degree adjustment): 500 pounds a year.
12. Clean or replace air filters as recommended. Cleaning a dirty air conditioner filter can save 5% of the energy used.
CO2 reduction: About 175 pounds a year.
13. Install programmable thermostat to automatically adjust temperatures.
CO2 reduction: 600 pounds a year.
14. Caulk and weatherstrip around doors and windows to plug air leaks.
CO2 reduction: Up to 1350 pounds a year.

WATER

15. Reduce showers time by 5 min/person. (Showers account for 2/3 water heating costs.)
CO2 reduction: 250 pounds/person a year.
16. Wash clothes in warm or cold water, not hot.
CO2 reduction (for two loads a week): 500 pounds a year.
17. Turn down your water heater thermostat; 120 degrees is hot enough.
CO2 reduction (for each 10 degree adjustment): 500 pounds a year.
18. Install low-flow shower heads to use less hot water.
CO2 reduction: Up to 300 pounds a year.



19. Install faucet aerators.
CO2 reduction: 20 pounds/faucet a year.
20. Wrap your water heater in an insulating jacket (only if it is over 5 years old)
CO2 reduction: Up to 1000 pounds a year.

GETTING AROUND

21. Whenever possible walk, bike, carpool or use mass transit.
CO2 reduction (for every gallon of gasoline you save): 20 pounds.
22. Check the inflation in your auto's tires monthly. Increases fuel efficiency.
CO2 reduction: 250 pounds a year.
23. Change your auto's air filter according to manufacturer's specifications.
CO2 reduction: 200 pounds a year

REDUCE, REUSE, RECYCLE

24. Reduce waste by recycling: (for every gallon of garbage reduced/wk, you save 100 pounds).
CO2 Reduction for 10 less gallons/wk: 1000 pounds a year
25. Reduce waste by buying minimally packaged goods; choose reusable products over disposable ones, begin composting, reuse your own cloth grocery bags, buy food in bulk.
CO2 reduction (if you cut down your garbage by one gallon/wk): 100 pounds/ year

OTHER / EQUALLY IMPORTANT

- Urge government leaders to raise mpg standards for cars to 45 mpg and SUVs and other Light trucks to 34 mpg. It's one of the biggest steps we can take to control climate change, meaning billions of pounds of CO2/yr.
- Support the development of renewables from your local electric company! (Kansas currently gets 73% of its electricity from burning coal, and 5% from natural gas.)
- Reduce waste and promote energy-efficient measures at your school or workplace. Work in your community to set up recycling programs. CO2 reduction (for every pound of office paper recycled): 4 pounds a year.



- Buy Fresh Buy Local and Buy Organic. The chemicals used in modern agriculture pollute the water supply and require energy to produce.
- Reduce meat consumption and in turn reduce harmful methane gases.
- Invest in businesses using and/or producing alternative energy sources or in other ways addressing climate change issues.

References: Environmental Defense, Rocky Mountain Institute, TenPercentChallenge, National Catholic Rural Life Conference, Seattle City Light, Tides Foundation/StopGlobalWarming.



3-3. COOL CONGREGATIONS

25 Steps *over* \$25 to Reduce Global Warming

Money burning a hole in your pocket? We thought not, but what better way to douse your burning conscience than to invest in any of the below. While the US accounts for only 4% of the world's population, we generate nearly 30% of worldwide CO2 emissions. The good news is we *can* use the smarts of our technologies to bring that percentage down, it just takes an investment on the front end. Meanwhile, we *all* know it's about more than assuaging guilt or spending money, but with payback rates of 5 years or less on most of the below, we think a little fiscal-friendly motivation never hurt anyone.

LIGHTING

1. Replace incandescent lights with ENERGY STAR compact fluorescents. About \$2/bulb.
CO2 reduction: 180 pounds/bulb a year!
2. Replace outdoor incandescent holiday lights with LED.
CO2 reduction: up to 2300 pounds (10 strings a season).

HOME APPLIANCES / GADGETS

3. Replace old fridge (at least 10 years old) with ENERGY STAR fridge.
CO2 reduction: 2300 pounds a year.
4. Replace *less than* 10 year old fridge with an ENERGY STAR fridge.
CO2 reduction: 78 pounds a year.
5. Replace old clothes washer (at least 10 yrs old) with new ENERGY STAR clothes washer. CO2 reduction: 850 pounds a year.
6. Replace *less than* 10 year old clothes washer with ENERGY STAR clothes washer.
CO2 reduction: 475 pounds a year.
7. Replace dryer with ENERGY STAR front load model.
CO2 reduction: 500 pounds a year.
8. Replace *less than* 10 year old dishwasher with an ENERGY STAR dishwasher.
CO2 reduction: 100 pounds a year.



9. Need a new TV? New VCR? Select an ENERGY STAR model.
CO2 reduction: 65 and 33 pounds a year, respectively.

HOME HEATING AND COOLING

10. Replace AC (9.0 to 12.0 SEER)
CO2 reduction: 185 pounds a year.
11. Insulate your walls and ceilings; this can save about 25% of home heating bills.
CO2 reduction: Up to 2000 pounds a year
12. If you need a new furnace, install ENERGY STAR furnace or boiler.
CO2 reduction: 2000 pounds a year.
13. Yearly furnace tune-up...
CO2 reduction: 300 pounds a year.
14. If you need to replace your windows, install the best energy-saving models
CO2 reduction: Up to 10,000 pounds a year.
15. Plant trees next to your home. Evergreens to the N & W, deciduous trees to the S & W.
CO2 reduction: about 2000 pounds a year.
16. Add air-gap window films to seal leaky windows in winter OR add low-e films.
CO2 reduction: 400 and 380 pounds a year, respectively.
17. Add basement insulation.
CO2 reduction: 750 pounds a year.
18. Seal and insulate warm air heating ducts.
CO2 reduction: 800 pounds a year.

WATER

19. Replace standard electric hot water heater with an on-demand hot water heater.
CO2 reduction: 3600 pounds a year.



20. Switch from electric/oil hot water heater to gas hot water heater.
CO2 reduction: 1400 pounds a year.
OR Switch from an old gas water heater to a new ENERGY STAR hot water heater.
CO2 reduction: 200 pounds a year.

GETTING AROUND

21. When you buy a car, choose one that gets good gas mileage.
CO2 reduction (if your new car gets 10 mpg more than your old one):
about 10,000 pounds a year.
22. Buy a hybrid car. Average driver saves \$3750 per year.
CO2 reduction: 16,000 pounds a year.
23. Yearly engine tune-up and maintenance of tire pressure.
CO2 reduction: 1500 pounds a year.

RENEWABLES

24. Add solar hot water heating system.
CO2 reduction: 2000 pounds a year.
25. Install solar electric system to replace 10% of your annual electric needs.
CO2 reduction: 1430 pounds a year.

OTHER / EQUALLY IMPORTANT

- Urge government leaders to raise mile per gallon standards for cars to 45 mpg and support utility vehicles and other light trucks to 34 mpg. It's one of the biggest steps we take can to control climate change, meaning billions of pounds of CO2 reduction.
- Consider Green Tags or RECs to 'replace' some of your CO2 emissions. Check out Native Energy (www.nativeenergy.com), putting up wind turbines on Native American reservations, and other Midwest projects.
- Support the development of renewables from your local electric company!



- Reduce waste and promote energy-efficient measures at your school or workplace. Work in your community to set up recycling programs. CO2 reduction (for every pound of office paper recycled): 4 pounds a year.
- Buy Fresh, Buy Local, and Buy Organic. The chemicals used in modern agriculture pollute the water supply and require energy to produce.
- Reduce meat consumption and in turn reduce harmful methane gases.
- Invest in businesses using and/or producing alternative energy sources or in other ways addressing climate change issues.

References: Environmental Defense, Rocky Mountain Institute, TenPercentChallenge, National Catholic Rural Life Conference, Seattle City Light, The Tides Foundation, StopGlobalWarming.org





Chapter 4

4-1. SAMPLE BULLETIN ANNOUNCEMENT

"Cool Congregations" Solving Global Warming One Family at a Time

Concerned about Global Warming? Here's something you can do about it. Add a new dimension to your stewardship commitments: **Calculate** your carbon footprint, find ways to **Reduce** it, **Pledge** your reduction to your faith community, **Save** money, **Prevent** Global Warming pollution.

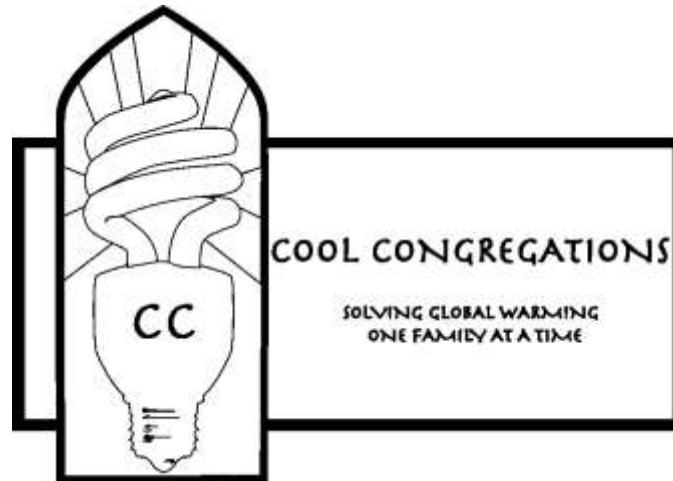
How? Contact NAME/CONTACT INFO to find out how to join a "Cool Congregations" Small Group at CONGREGATION'S NAME.

[OR] Attend the training workshop on DATE/TIME/LOCATION

This program is brought to us by Kansas Interfaith Power & Light.



4-2. SAMPLE FLYER



Concerned about Global Warming? Here's something you can do!

Add a new dimension to your stewardship commitments by ...

- ***Pledging** energy efficiency
- ***Preventing** global warming pollution
- ***Saving** money

How? Join a "Cool Congregations" Small Group!

Small groups will gather at a series of 4 House Parties
where you will:

- * **Calculate** your carbon footprint
- * Find ways to **reduce** it
- ***Pledge** these reductions to your faith community

Contact: [INSERT CONGREGATIONAL ORGANIZER]



4-3. SAMPLE NEWSLETTER ARTICLE

'Cool Congregations'

Solving Global Warming One Family at a Time

Are you concerned about Global Warming? Wish you could do something about it? Attend the "Cool Congregations" small group House Parties in your congregation. "Cool Congregations" adds a new dimension to regular stewardship programs in which interested congregants pledge to implement energy efficient measures in their own homes. They choose just three or four actions from a list of many researched options. In doing this, they are pledging to reduce their personal family contribution to global warming, and often save money in the process!

In a series of three small group House Parties, "Cool Congregations" participants first measure their carbon footprint, then choose steps to take to reduce it by 10% and submit this in the form of a pledge card to their congregation. At the end of the year they meet once again to calculate their results and celebrate.

Stewardship is more than just giving time or money; it is taking good care of what we have been given - this fragile earth, our island home. We keep the faith in part by keeping the earth.

Contact _____ to sign up.

"Cool Congregations" is a program of Kansas Interfaith Power and Light, one of twenty-eight state affiliates with Interfaith Power & Light. Interfaith Power and Light gives religious people tools to become better stewards of Creation.

Choose a family in your congregation to highlight. Include a testimonial like the one below with their photo:

Caption to a photo of Kate Dunning changing a light bulb: The carbon dioxide emissions coming just from the electricity used in Kate Dunning's home totaled 20,000 pounds before she became cool. She changed 75% of her bulbs to compact fluorescent in August and has seen a 50% reduction in her electricity use on her utility bill. She will save nearly 10,000 pounds of carbon dioxide this year alone, just from switching bulbs. She invested \$200 in light bulbs, got that back in lower utility bills over the next 4 months, and saved an additional \$400 in the first year on her utility bill (total \$600 for the year).



4-4. SAMPLE NEWSLETTER ARTICLE FROM A GUINEA PIG WHO HAS MADE A PLEDGE, BUT NOT GOTTEN RESULTS YET

Calculating My Carbon Footprint

Global warming is real. We can no longer sit on our hands.

Kansas Interfaith Power and Light, is educating people of faith about the effects of global warming and mitigating those effects through faith-based initiatives.

The challenge is to find ways churches as institutions and their member householders can all reduce our “carbon footprint.” Let’s first define that term...

Your **carbon footprint** represents the effect you have on the climate in terms of the total amount of greenhouse gases you produce (measured in units of carbon dioxide) when you burn fossil fuels to power your home, or travel.

When [*my partner/spouse and I*] measured our carbon footprint recently, these were the results:

[40,000] pounds of Carbon Dioxide!! More or less the average American household!! [*or your actual results from the workshop*]

It is very illuminating. Now we have a sense of what our family impact is and which parts of our lifestyle need to be changed. With that information, we can take effective action to shrink our carbon footprint, thereby minimizing our personal impact on the climate.

Stewardship is not just about money, but most fundamentally about our stewardship and care of God’s creation. The United States, with 5% of the world’s population, is responsible for 30% of the world’s carbon emissions. We are not being very good stewards.

For the sake of ourselves, our children, and for the whole creation, we have to use energy more efficiently and use renewable energy sources.

So as part of our overall annual stewardship commitments, our congregation has decided to become a ‘Cool Congregation’. In this program, each of us is encouraged to make a pledge to reduce our carbon footprint by as much as 10% (or more) through a step-by-step annual action plan.

I invite each of you to join me in a series of three small-group House Parties where we will:

- 1) Learn how to gather the info to measure our carbon footprint,
- 2) Measure our carbon footprint and set a goal of reduction



3) Choose actions to reduce our carbon footprint and make our pledges to follow through with that commitment.

Here's how it works using [my family] as an example. A 10% reduction in our carbon footprint would amount to a goal of {4000 /your goal} pounds of carbon. We chose three actions from a list that has the number of pounds estimated for each action:

- (1) Wash clothes in warm or cold water, not hot (500 lbs/year)
- (2) Switch most frequently used bulbs to compact fluorescent bulbs (10x150 = 1500 lbs/year)
- (3) Reduce waste: Buy minimally packaged goods; choose reusable products over disposable ones; recycle (2000 lbs/year if you cut down your garbage by 50%)

[Use your chosen actions]

Together this would achieve our 10% goal of [4000/your goal] lbs per year, not only reducing carbon released into the atmosphere but also reducing household expenses.

What about our car? It gets 26 miles/gallon, pretty lousy today, and alone accounts for 12,000 pounds of CO₂/year. If I were to trade and improve mileage by 10 miles/gallon, I would also save more than a ton of CO₂, actually 2500 lbs per year. Switching to a hybrid would achieve a 5,000 lb reduction in our case.

At the end of the year, the [Our Congregation] 'Cool Congregations' committee will compile the total reductions achieved by all congregants and report this number to the Kansas Interfaith Power and Light campaign, which then compiles a state total. Together we can make a difference!

This could be an exciting new edge of growth in our stewardship efforts, one that will leave a huge legacy to our children and their future.

[Guinea Pig's name]



4-5. SAMPLE “WHAT TO EXPECT” ARTICLE

What to Expect

Did you know...

- That more than 33% of the carbon dioxide emitted in the US comes from autos?
- That only 10% of the energy used by conventional incandescent bulbs goes to actually light the bulb, 90% is lost to heat?
- That the United States is responsible for approximately 30% of greenhouse gas emissions in the world, yet accounts for 5% of the world's population?

We didn't know these things, and we have a lot to learn.

Panicking? Please don't. The process of taking in the science of global warming is naturally meshed with our own instinctive responses. And it *should* take a few 'recitals' for that information to settle and for us to feel informed enough to do something.

Are we saying think, but never act? No, that's not "Cool"!

But do take a step....Come be a part of our first of three 'Cool Congregations' House Parties in which good people just like you are going to learn exactly how much their own households contribute to global warming (guilt-free) and how to bring that number down (and save money in the process!).

Here's what to expect:

- Your Cool Congregation Team Leader will be arranging a meeting time and place between you and up to three other households/families.
- **House Party #1:** Join forces and learn from your Team Leader what Cool Congregations is all about and what you need to bring to House Party #2 in order to calculate your household's Carbon Footprint.
- **House Party #2:** Calculate your Carbon Footprint....it's easy, no trigonometry or algebra, we promise! You will see exactly in which areas your particular household contributes the most to global warming and learn specific actions (many of which are free!) your household can take to reduce your newly calculated Carbon Footprint.
- **House Party #3:** Complete your own 'Cool Congregations' Pledge Sheet with your four or five chosen actions.

And at year's end, all our 'Cool Congregations' groups will meet one last time to recalculate our Year-end Footprints to see for yourself in black and white the difference you have made! Be listening for how you can sign up.



4-6. SAMPLE ADULT EDUCATION CLASS FOR RECRUITING

This class will take approximately 50 minutes.

This class presentation is meant to be used **AFTER** you have obtained full approval from your ordained faith leaders and your lay governing board to pursue a Cool Congregations program.

And **AFTER** you have fully educated your congregation about global warming (by showing 'An Inconvenient Truth' or some such movie or speaker), the effects on the poor, and our implication in it. (The movie 'Kilowatt Ours' shows us our implication and solutions.)

And **AFTER** you have fully educated your congregation on the religious response to global warming including the broadened concept of stewardship as caring for all creation. (One option is the movie 'Lighten Up' which conveys this in 20 minutes.)

And **AFTER** your Guinea Pigs have implemented their changes for 2-3 months. Be sure to choose a Guinea Pig who is comfortable with sharing all their information.

We suggest you make a power point, using some of the slides from the 'Cool Congregations' power point on your 'Cool Congregations' CD and making some new ones – either based on the 'Cool Congregations' slides – or with your own information, *for instance the slide for II. Below.*)

Here's a sample outline to follow in five steps:

Step 1. Acknowledge audience (1 min) All motivations welcome.

Mix of seasoned recyclers, the newly devoted, the curious - all ok!

Step 2. Presenters' motivations/experience (5 mins) (Slide of photo that illustrates your story)

Step 3. Why do this here and now? (5 mins) (*The points A and B that follow are just a quick review to refresh everyone. Continue to refer back to your faith tradition every time you meet.*)

A. Why are we talking about energy use in our religious institutions? (**Religious Institutions Slide**)

We all know that the debate on global warming is over. It's real, it's happening. We need to make big changes to mitigate it. Religious institutions have something that government does not have - we have the moral authority, based on our religious precepts, to persuade our congregants to make the necessary changes. People of faith have been influential in the past in bringing about social change - the abolition of slavery, women's right to vote, the civil rights movement, and more recently the endangered species act, saved by the Evangelicals. We have the power to help people put their faith into action.



B. Stewardship program (Caring for Creation slide using a statement from your own faith tradition or faith leader)

Annual stewardship campaigns are generally focused on raising money. But stewardship is even more than that. It's about being a good steward - taking care of what we have been given - this fragile earth - our island home. "Cool Congregations" offers the opportunity for individuals to make a personal response to global warming.

C. Cool Congregations/Interfaith Power & Light (Slide with logos of Cool Congregations and the Kansas Interfaith Power and Light organization)

'Cool Congregations' is sponsored by the Kansas Interfaith Power and Light program. 'Cool Congregations' adds a meaningful new dimension to a stewardship program in which interested congregants make a faith-based pledge to reduce their contribution to global warming by taking energy efficient actions, often saving money in the process!

Our intent: In a series of three small-group House Parties, participants will:
(Slide of these words with the Cool Congregations logo.)

1. Measure carbon footprints
2. Find ways to reduce
3. Pledge reductions

D. Overview of the small-group House Parties (20 - 30 mins)

First House Party:

At the first House Party we'll show you how to gather your numbers for calculating your carbon footprint. In Cool Congregations we measure 5 quantifiable activities that we all take part in: our electricity use, our gas/propane/heating oil – or how we heat our homes, transportation by car and by plane, garbage. **(You can show a slide of these five categories if you like.)**

We'll show how to get the info on your utility use, how to get your gas mileage, how to track the miles you've flown and how to gather garbage info.



Second House Party:

At the second House Party we'll use your collected data to figure your own family's carbon footprint. Now we'll demonstrate how we'll do that using our guinea pig's info.

- **(Do a Powerpoint demonstration of filling in the Excel calculator, navigating by tabs to the different sheets, ending on the Pledge sheet.)**
- *(Point out their 10% goal on the Pledge Sheet)*
- *(Examine the different percentages of their areas of usage and invite observation from the group on what area could be reduced.)*

Third House Party:

At the third House Party we'll discuss ways to reduce and invite you to make a pledge. Let me show you what (NAME OF GUINEA PIG) did. (NAME OF GUINEA PIG) took their ideas from the handouts we have of '25 Simple Steps Under \$25, and 25 Steps Over \$25. *(Make a few powerpoint slides like the 4 we made of our guinea pig, Ann, that show what she chose to do, how much CO2 we estimated she'd save, using photos of your guinea pig doing them. OR have your guinea pig stand up and tell what they chose to do.)*

1. **(Open up the Pledge sheet from the Excel calculator on the big screen for everyone to see again. Fill in your guinea pig's chosen reduction options on the Pledge Sheet on the Excel calculator.)**
2. Our guinea pig has actually been doing these actions for the last 3 months, and here is the result so far:

Energy Use:

Elec use reduced by ____ kWhs or ____%

Gas use reduced by ____ therms or ____%

_____ 's Carbon Footprint

Reduced by ____%

Invested \$_____ on _____

Financial savings of \$_____/month

(Make slides representing the above info with photo of guinea pig.)



Fourth House Party:

At the fourth and final House Party: the small-groups gather again 12 months after they've made their initial pledges, to figure the results and celebrate! It's also a time to collect reduction numbers and mail them to Kansas Interfaith Power and Light to contribute to a statewide total for Cool Congregations.

After all the results are calculated, there will be a (NAME OF YOUR CONGREGATION) "Cool Congregations" awards ceremony with prizes for the winners in each category!

Step 4. You may want to show reduction goals represented in how many cars removed from road. "If our congregation reduced its total household use by 10 percent over the next year, that would be like taking ____ cars off the road." (Note: An average car that gets 22 miles per gallon driving 12,000 miles per year emits 10,500 lbs carbon/year.) **(Slide of the Power of 10%, modified to your area.)**

Step 5. Join a "Cool Congregations" small-group today. Sign up with: _____
Questions?



4-7. SAMPLE STEWARDSHIP LETTER

To send out during your congregation's regular stewardship campaign

Dear People of St. Luke's,

As part of this year's stewardship campaign at St. Luke's, "Responding to God's Love," the new "Cool Congregations" committee invites you to reduce your household output of carbon dioxide by 10%. As Christians who believe that "The earth is the Lord's and everything therein," we feel a responsibility to be good stewards of creation by reducing our contribution to global warming. It is one way to respond to God's love.

As Father Ben says, "We keep the faith in part by keeping the earth, by conserving it in good health for future generations, exercising restraint for the sake of others yet to come, repairing and restoring what has come undone out of love for the Creator and compassion for others."

Global warming is one of the biggest threats facing humanity today. While we don't know everything about it yet, we have heard enough scientific evidence to understand that human health, ecosystems and our very survival are threatened. Global warming can only be solved by collaborative efforts. If we wait to act, it could be too late. Mark your calendars for September 30th at 7:00 p.m. when "An Inconvenient Truth", a feature length movie about global warming, will be screened at St. Luke's for the general public.

Congregations all over the state are pledging to reduce their carbon emissions by starting a "Cool Congregations" program. So let's all jump on board and make a real difference in climate change. At this writing 25 families at St. Luke's have already signed up to have their carbon footprint measured, which is the first step....

Here's what to do:

- * Sign up in Will Hall at the "Cool Congregations" table to join a small group that meets three times over a period of six weeks.
- *At these meetings you will measure your carbon footprint, find ways to reduce it, and fill out a pledge sheet stating your chosen options.
- *At the end of the year, meet once with your small group to measure your carbon footprint again to see how much you have reduced.



*Then we'll have an 'Awards Ceremony' for those who have reduced the most!

The "Cool Congregations" committee will calculate our collective efforts to add to the statewide and national efforts. Together we can make a difference!

"Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart: through Christ our Lord."

Signed by: Faith Leader
Green Team Chair
Chair of Lay Governing Board



Chapter 5

5-1. SCRIPT FOR HOUSE PARTY #1

This party will take an hour or less.

1. **Opening Prayer.** Choose one from your own tradition.
2. **Why are you here?** First the Cool Congregations Team Leader who is leading this small-group, models a story about why they are taking action. Consider religious motivation, love for your family, love for creation in its various forms (your favorite fishing spot which is now polluted with mercury?). Concrete stories are best. Then invite participants to write down what motivates them to do something about global warming. Give them one minute to write down their motivation, then each read them aloud. It may be important to remember one's motivation if interest lags over the year.
3. Explain program, Role of Cool Congregations Team Leader, Agenda for meetings

- a. **"Cool Congregations"** adds a new dimension to regular stewardship programs in which interested congregants pledge to implement energy efficient measures in their own homes. They choose just three or four actions from a list of many researched options. In doing this, they are pledging to reduce their personal family contribution to global warming, and often save money in the process!

Stewardship is more than just giving time or money, it is taking good care of what we have been given - this fragile earth, our island home. We keep the faith in part by keeping the earth.

In a series of four meetings, "Cool Congregations" participants first measure their carbon footprint, then choose steps to take to reduce it by 10% and submit this in the form of a pledge sheet to their congregation.

- b. **Role of Cool Congregations Team Leader** is to act as a resource and a guide.

Participants are responsible for doing their own calculations, (with help on the calculator from the Cool Congregations Team Leader), choosing their own reduction actions and following through with their stated pledges.

The Cool Congregations Team Leader will arrange meeting times and places, provide Carbon Footprint Checklists, pledge sheets to be filled out, lists of reduction options and any other materials the leader would like to offer.

The CC Team Leader will also make pre-arranged reminder calls (or e-mails) between meetings to the participants to offer encouragement and answer questions.

The CC Team Leader will collect a copy of the completed pledge sheets at the end of the third meeting for the purposes of making comparisons at the end of the year. The CC Team Leader will schedule the end of year meeting.



c. The **agenda** for the four meetings is as follows:

Meeting #1 Participants will learn how to gather the information needed to be able to calculate their carbon footprint.

Meeting #2 Participants will calculate their carbon footprint using the information they brought on the Carbon Footprint Checklist provided by the CC Team Leader. Participants will look over the list of reduction options, make tentative choices, go home and think them over.

Meeting #3 Participants will make definite reduction choices, fill out their pledge sheet and turn a copy in to their CC Team Leader.

Meeting #4 Participants meet again to calculate end-of-year reductions results, And celebrate successes!

4. Now let's get to work! We would like to help you measure your carbon footprint so you can begin to find ways to reduce it. Your carbon footprint is a number that represents how much fossil fuel you use to travel and power your home, and therefore how much you contribute to global warming. In Cool Congregations we measure five quantifiable activities that we all take part in. Electricity, gas (or how you heat your home), mileage by car and by plane, garbage. In order to measure your carbon footprint you need to bring several things to the next meeting, which require a little bit of homework. Here is the checklist.

(Hand out Carbon Footprint Checklist. (Go through it step by step. Answer any questions about the checklist.)

5. Help some participants gather that info from the internet at the first meeting, if time, if you have access.

6. **Arrange times** for end of week call from CC Team Leader. (Or gather emails.) These calls are to encourage participants, and answer their questions. No negative pressure. Just a brief friendly reminder. We all get busy and forget.

2. Closing Prayer

You may want to divide the organizing duties for this meeting into 1-Host; 2-Master of Ceremonies (conducting the programming) and 3-Record Keeper (in charge of all the Carbon Footprint records for the participants).

Reminder* - Be sure you have put your local utility contact info on the Carbon Footprint Checklist before you hand it out.



5-2. SCRIPT FOR HOUSE PARTY #2

120 minutes

Before this meeting by phone or email:

1. Remind folks to bring completed Carbon Footprint Checklist
2. Familiarize yourself with the Excel 'Cool Congregations Carbon Calculator'
3. Print out enough action sheets for all: '25 Simple Steps Under \$25' and '25 Steps Over \$25'
4. Research and bring data on any offerings on conservation, energy audits, rebates, low or no interest loans, etc. from your local utility. Do they give out any freebies? Switch plate insulator? L.E.D. nightlights?

Be aware that some folks may be disappointed in their Footprints. It's true that the U.S. causes 30% of the world's global warming pollution, while we are only 5% of the world's population. However, we as individuals are not alone in causing the problem, or in solving it. Let folks know before they even begin tonight that a range of reactions is to be expected and that you are available, even if just as a sounding board. But with sensitivity, also clarify that tonight's agenda is loaded and in order to move through it all, you all need to stay on track, particularly during the calculation. There will be time for sharing and questions when you are done calculating everyone, which at most should take 5 minutes per participant. The more computers and printers you have set up for this, the less time it will take to calculate everyone.

- A. Opening Prayer. Choose one from your faith tradition.
- B. Explain purpose of Meeting #2: To calculate Carbon Footprints and receive their personal Cool Congregations Pledge Sheets.
- C. Ask all to add the most recent 12 months of their kWh and therms, if they haven't already and record this onto their Carbon Footprint Checklist they've brought.

Hand out the two '25' action lists for them to begin looking over, once done adding while they wait for their turn to be calculated.
- D. Figure participants, one by one on your computer entering the info from their Carbon Footprint Checklist into the Excel Cool Congregations Carbon Calculator. This should only take 5 minutes per participant, if they are ready. Answer their questions briefly, and reassure them that you will share greater detail regarding the particulars after you are done calculating everyone.

Give them printouts of both the input summary and the pledge sheet and let them know you will be explaining these to the group when done helping all calculate on the computer.



One option is to save their footprint to a file labeled with their name in a folder labeled 'Cool Congregations Small-Group' on your computer. That way it can be emailed to the Record Keeper for safekeeping, if you have one designated.

E. Gather the group together.

Explain Pledge Sheet bar graphs (your family footprint compared to the U.S. average family your size, and compared to the Kyoto Protocol standard for family of your size.)

(In case you want to share the following: The Kyoto Pledge was signed by every nation except the US and it signifies a commitment to reduce emissions of greenhouse gases down to a level of 11,000 lbs per person. Therefore, a family of 4 should show a bar indicating 44,000 CO2 pounds.)

This may be better *eventual* goal for some, rather than first year. We encourage a 10% reduction goal, like the traditional tithe. Subsequent years' goals might be lower or higher. Any reductions are welcome, and should be encouraged, no matter how small. Once they get a taste of success, they will want to do more.

Explain the pie chart – it's a breakdown of your footprint by category.

Ask them to examine their newfound 'heavy hitters' or what makes the biggest piece of their CO2 pie. Suggest that may be the area to focus on.

Let them feel the pain, but encourage them that they are not alone in causing the problem, or in solving it. You may want to share your dismay with your own footprint at this point. But also how you are determined and motivated to do something about it. Encourage them. Together we can make a difference!

Ask for any questions, remarks. Allow time to share.

F. Tell them about homework: Choose 4 - 6 actions (from '25' lists) for their household and bring back completed pledge sheet, with pounds listed next to actions chosen. Suggest folks be mindful of their 'heavy-hitter' category when making reduction choices.

G. They may need to talk over the options with their family, figure costs involved, and paybacks* before making a decision.

*Payback is the amount of time it takes to get back your investment in energy efficient actions through saved money on energy costs.

Note the two "25 Lists" are broken down by category, which may help guide them.

H. If applicable, share info on utility offerings on energy saving programs like rebates on energy efficient appliances, off-peak-use discounted rates, home energy audits, up-front financing, tree planting programs, etc. (Whatever your utility offers.)



- I. Open up discussion on specific steps that interest those in the group. Some may have tips for the group. Remind all that there will be more time for questions about specific actions at the beginning of Meeting #3, but to call/email you in the meantime.
- J. Secure meeting time/date/place for Meeting #3 to be held, ideally within 2 weeks.
- K. Closing Prayer. Choose one from your faith tradition.



5-3. SCRIPT FOR HOUSE PARTY #3

90 minutes

Before this Meeting: Remind folks of meeting time/date/place and remind them to bring in their completed (or near completed) Pledge Sheets and 25 Simple Steps lists to discuss.

- A. Prayer – Choose one from your own tradition
- B. Explain purpose of Meeting #3: In this meeting, folks may share experience of choosing actions, ask questions or brainstorm together. This meeting will not feel as time-restricted, so it is a nice chance for folks to talk and share.
- C. Ask for impressions, thoughts, comments, on the process of choosing actions.
- D. Ask if anyone is struggling to complete their Pledge Sheet.
- E. Give unfinished folks the option of opening it up for collective brainstorming of actions, or solo time to independently complete their Pledge Sheet.
- F. Depending on comfort level of group, add up total pounds pledged by the group and acknowledge this effort! (One idea...an average car emits 10,500 lbs CO₂/yr....how many cars will your group take off the road this year?)
- G. Make copies of all completed Pledge Sheets and file them. If unable to copy on-site, let folks know you will be returning their originals to them ASAP. Another option, if you saved their pledge sheets to your computer at the last meeting, is to simply type in their pledges and corresponding CO₂ reduction estimates. You could ask the participants to do it themselves on your computer.
- H. Fill folks in on what is coming up at your church as a Cool Congregation (Upcoming speakers, articles, education hour topics, etc) and ask for their input.
- I. Thank participants for their efforts and faith in you and in themselves. Acknowledge the power of this effort and of their leadership.
- J. Allow folks to break into free-flow discussion of whatever compels them.
- K. Let participants know you will contact them for end of the year for a final Footprint Calculation to see just what a difference they have made! Remind them to hang on to their utility bills.
- L. Close with Prayer



Chapter 6

6-1. HOUSE PARTY #4 AGENDA

90 - 120 minutes

This meeting should be scheduled 12-13 months after Mtg # 3, due to the need for a full 12 months of records and time for folks to complete the Carbon Footprint Checklist at home before this meeting. In this meeting, folks will be calculating their end of the year Carbon Footprints and filling out the 'Reduction Results' Sheet for comparison. They will need to come with their Carbon Footprint Checklist filled out for ease of calculating within the meeting. Bring your file of their beginning of the year Pledge Sheets for them to refer to and any extra hand-held calculators you have.

Do 4 weeks before this meeting:

1. Give participants a new Carbon Footprint Checklist.
2. Contact participants to arrange a meeting date/place/time. Ask if they have questions re: the Carbon Footprint Checklist they are working on and remind them to come with their hand-held calculators (all will need to add kWhs and therms before beginning) and Carbon Footprint Checklist all filled out.

Do just before this meeting:

1. Print off enough copies of the 'Individual Reduction Results' Sheet for everyone. Fill out your own ahead of time to be sure you can guide others.
2. Familiarize yourself with the calculator again.
3. Locate your file of participants' initial Pledge Sheets.

Meeting #4 Agenda

1. Prayer
2. Explain purpose of Meeting #4: To perform final Carbon Footprint calculation and complete an end of the year 'Reduction Results' sheet for comparison.
3. Ask folks to add their utility statements kWhs and therms (or mcfs) and add to Carbon Footprint Checklist, if they haven't already.
4. Begin calculations using the Excel Cool Congregations Carbon Calculator.
5. Print out that participant's new Input Summary and Pledge Sheet. (Be sure you save a copy of this for your records. You will need everyone's Footprint to total results for the whole group of participating individuals.



6. Hand out beginning of the year Pledge Sheets for reference and a blank 'Reduction Results' Sheet. Use a willing guinea pig to show others how to fill it out. It takes 10 minutes to complete.
7. Ask participants to list the actions they actually took in the spaces provided on the 'Reduction Results' sheet and indicate the approximate number of months this action was in place (for example, if they bought an energy star fridge, but only had it for 6 months, they would write '6 mo' in front of that action. This will assist them in determining the estimate for reductions for the next year if they choose to take further action. They may need to refer to the actions listed on their initial Pledge Sheets to remind them what they did.)
8. Subtract 'After' pounds from 'Before'. Fill this in and circle the difference. Give folks time to react. Cheer the success, comfort those who are disappointed – every little reduction helps!
9. Figure percentage reduced: take the total pounds reduced and divide that by their **initial, beginning of the year** Carbon Footprint (found on initial Pledge Sheet).
10. Have participants subtract 'After' pounds from 'Before' pounds under each of the six categories listed. You can figure percentages for each category if you like.
11. Next, ask participants to rank their 3 most positively changed CO2 emitting areas, based on the CO2 difference realized. (...ie if they saw the biggest reduction in Flight CO2 lbs, then that would be listed after #1 Reduction, and so on.)
12. Collect the Reduction Results sheets from participants to make copies. If you can't copy on site, let folks know how you will be returning their originals.
13. Add together total reductions made as a group and celebrate!
14. Ask for *New* Cool Congregation Team Leaders to announce themselves (This means you will have recruited them ahead of time!) or ask at the meeting for participants to think about being the next leaders.

Finally, send copies of individuals' "Reduction Results" sheets along with a completed "Reductions Results /Congregational Reporting Form" to:

Kansas Interfaith Power and Light
941 Kentucky St., Suite 1
Lawrence, Kansas 66044

Congratulations! You're Cool!



6-2. INDIVIDUAL REDUCTION RESULTS FORM

Name: _____

Congregation: _____

Date Range for the 12 month period that you took action: _____
(for example 12.15.07 – 12.15.08)

A. List Actions taken. (Write approx # of months action was in place before the number):

___ 1. _____

___ 2. _____

___ 3. _____

___ 4. _____

___ 5. _____

___ 6. _____

B. Total CO2 pounds saved this year! (See 'Decrease from Prior Year' on 'Progress Sheet' on the calculator): _____

C. Total percentage reduced. (See '% Decrease from Prior Year' for total carbon emissions on 'Progress Sheet' on calculator): _____

D. Category Reductions. Please report CO2 pounds reduced in each category. (See 'Decrease from Prior Year' on 'Progress Sheet' on calculator):

First Auto: _____

Second Auto: _____

Flights: _____

Electric: _____



Gas used for heating: _____

Garbage: _____

E. Category Reductions. Please report percentage reduced in each category. (See '% Decrease from Prior Year' on 'Progress Sheet' on calculator):

First Auto: _____

Second Auto: _____

Flights: _____

Electric: _____

Gas used for heating: _____

Garbage: _____

Aren't You Cool!



6-3. CONGREGATIONAL REDUCTION RESULTS FORM

How many pounds of CO₂ have the participants in your 'Cool Congregations' stewardship program prevented from going into the atmosphere?

Congregational Organizer for Cool Congregations - Please collect a copy of all of your congregation's participants' "**Reductions Results**" sheets and mail with this form in one package to:

Eileen Horn
Kansas Interfaith Power and Light
941 Kentucky St., Suite 1
Lawrence, KS 66044

1) Name of Congregation: _____

2) Address of Congregation: _____

3) Congregational Organizer for CC (Cool Congregations):

Name: _____

e-mail: _____

Phone: _____

4) Date Range of the 12 month period during which your participants reduced:

(for example: 12.15.07 – 12.15.08) _____

5) Number of households participating in CC in the last year: _____

6) Approximate total number of households in your congregation: _____



7) Total number of pounds actually reduced by ALL CC participants combined over the last year, (as measured at the end of the year comparing initial carbon footprint to subsequent end-of-year carbon footprint after implementing reduction measures.) Enter number below:

Total CO2 #s reduced: _____

8) Average reduction of CC participating households measured in percentages:

On average, our participants have reduced CO2 emissions by _____%

Your numbers will be added to other Cool Congregations to make a state total.

Together we can make a difference. Thanks for your efforts in caring for creation!