Ways to Decrease Your Carbon Footprint

1. Turn it off when not in use (lights, TV, DVD, stereo, computer, etc.)

2. Turn down your central heating slightly (try 2 or 3 degrees F)

3. Turn down your water heater (2 degrees makes significant saving)

4. Fill your dish washer and washing machine with a full load (saves water, electricity, and detergent)

5. Do your weekly shopping in a single trip

Ways to Increase Your Compassion Footprint

5. Visit a shut-in or someone in the hospital

4. Take a casserole or loaf of bread to someone in your neighborhood

3. Volunteer with Habitat for Humanity or mentoring at Cunningham School

2. Help out with Community Meals, Appalachian Service Project or other hands-on ministry

1. Increase your giving to St. Timothys by 5%