

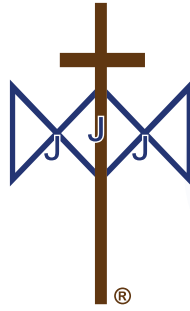




# Environmental Sustainability

## ***“Sustainability in daily life...”***

(Earth Sustainability Charter, May 2020)



“Let’s face the crises affecting people, other species and Earth itself at this time and with compassion and urgency collaborate locally and globally to influence governments, companies and others to halt the damage, protect life, restore habitats and settle the homeless.”

*27th General Chapter*

The SOSJ Earth Sustainability Charter prepared in line with the Laudato Si’ framework’s key action area of Sustainability promotes the “adoption of simple lifestyles” and recalls:

- The “moral imperative of assessing the impact of our every action and personal decision on the world around us.” *Laudato Si’* 208;
- That many of our Josephite daily actions contribute to caring for Earth; and
- The personal and Congregational imperative to raise our voice in support of Earth.




We acknowledge that in our role of caring for the Earth, ‘Our Common Home,’ our lifestyles must not be at the expense of struggling humanity. It is time to make mindful choices regarding water, energy, food and products that we are using or purchasing.


Ecological conversion begins with awareness of our place in the world and our relationship with the Earth and its resources.


Our Sisters have always been mindful of the need to live simply and have adapted their lifestyle to be more aware of the needs of other people, other species and the Earth. Our Eco-Spirituality Team has also previously produced articles and exams for guidance.




These voluntary handy hints therefore provide an opportunity for each Sister and staff member to confirm what simple daily acts you are ‘doing now’ or ‘could be doing’ to contribute to the caring of the Earth.




Remember each action, no matter how small, will contribute to our care for Earth.



<b>Energy</b>   	Doing Now	Will Do	N/A
Turn off your computer, monitor and printer when you finish using them or when you leave work at the end of the day.			
Turn off lights in rooms you are not using.			
Turn off air-conditioning (if applicable) when you go out or leave work at the end of the day.			
Turn dishwashers off when dishes are not being washed.			
Use dishwasher only when full and use the economy cycle.			
Run the dishwasher at off peak times to lessen your electricity costs (generally after 9pm and before 7am) – unless you have solar.			
If you have solar – run as many of your appliances, such as dishwashers, dryers and clothes washers, during the day.			
In winter, open your curtains in the middle of the day to let the warm sun in. In summer, use your blinds to block out the sun's heat.			
Dress for the weather. In winter, wear extra layers inside and lower your heating thermostat. By setting your heating thermostat between 18 – 20°C, you can decrease your running costs by up to 10%. In summer, wear lighter clothing and keep your air conditioner's thermostat between 24 – 26°C.			
Only heat or cool the rooms you are using and close off doors to unoccupied rooms.			
Your refrigerator runs 24 hours a day 365 days a year. This adds up and makes it the most expensive appliance to run. Make sure that the door seal is tight and free from gaps so the cold air doesn't escape.			


<b>Water</b> 	Doing Now	Will Do	N/A
Use a refillable water bottle instead of purchasing bottles of water.			
Only use the dishwasher when it is fully loaded.			
Adjust the water level of your washing machine if doing small loads.			
Wash your clothes with cold water.			
Shorten your shower by a minute or two to save water.			
When watering your garden, only apply water as fast as the soil can absorb it; and water if possible, in the morning			
Cover garden beds with mulch as this will reduce evaporative water loss			
While you wait for hot water, collect the running water and use it to water plants.			
Wash your fruits and vegetables in a pan of water instead of running water from the tap.			
Select the proper pan size for cooking. Large pans may require more cooking water than necessary.			
Report any water leaks to the CAC Property Team so they can be fixed as soon as possible.			
If your toilet does not have a dual flush option, consider installing one.			
Consider installing a water efficient shower head.			

<b>Waste</b> 	Doing Now	Will Do	N/A
REFUSE – plastic bags, take your own reusable bags when shopping.			
REFUSE – put a “no junk mail” sign on your letter box to discourage advertising material.			
REDUCE – paper consumption by printing on both sides.			
REDUCE – paper consumption by only printing when necessary.			
Use recycled or carbon neutral copy paper.			
Before throwing something out, consider if it can be recycled or used by someone else.			
Donate unwanted goods to charity.			
Bring your own cup or mug when purchasing coffee and/or ordering hot drinks.			
Separate recycling waste from general waste (if available in your area).			
Get into composting with a compost bin, a Bokashi bucket (or similar) or a worm farm and reduce your organic household waste by up to 40%.			
Shop at food cooperatives, local markets or other food retailers which allow you to purchase only as much as you need.			
Swap out plastic Gladwrap for beeswax wraps or reusable containers.			
Don't buy fruit and veggies wrapped in plastic.			
Research places where you can “borrow” something, rather than buy.			

<b>Transport</b>   	Doing Now	Will Do	N/A
Reduce the number of car trips by using public transport, walking, car-pooling, and/or riding a bike.			
Write a list and make just one trip per week to purchase everything at once.			
Shop on your way home from another outing/work instead of making an extra trip.			
Shop with a nearby friend – two friends can get their groceries in one car trip.			
Plan to do a few errands in one trip rather than several trips and save both time and fuel.			
Drive smoothly – stop/start driving is much less efficient and more polluting than driving at a constant speed.			
Keep your vehicle well-tuned and regularly maintained. Get your car serviced at the intervals specified in the manufacturer’s handbook.			
If your household has two or more cars, use the more fuel efficient one wherever possible. Get into the habit of using the others only when necessary.			
When travelling, figure out the most efficient routes in advance, and try to avoid peak hour traffic.			
When flying, try and book the most direct flight to your destination.			
Use tele or video conferencing such as Microsoft Teams, Zoom, Skype or Facetime to reduce car and plane trips.			
Minimise your emissions where possible by travelling short distances by train or bus instead.			
Correctly inflated tyres are not only safer and last longer, they will also reduce drag on the road, improving your overall fuel economy.			

<b>Procurement</b>   	Doing Now	Will Do	N/A
When buying new white goods, choose ones that are energy and water efficient or have a five or six-star rating.			
With regards to clothing, look for clothing made in your own country.			
Before buying new furniture, consider contacting your local Regional Office or your neighbours/friends to see if there is any good quality second-hand furniture available.			
Look for natural furnishings that have been or can be recycled.			
Buy items with less packaging			
Buy locally where possible			
Size it right—if you buy something like a car or live in a home that’s bigger than what you require, you are committing yourself to larger energy or gas bills.			
Don’t buy it—before making a purchase, consider whether you will really use it.			
Share with friends—share things like books, magazines, movies, games and newspapers.			
Access a library to read books, magazines and movies.			
If you have the garden space, grow your own vegetables or herbs.			
Bring your lunch rather than buying if possible and take it in a reusable container.			
Abstain from eating meat and fish on one day each week (any day).			
Research places where you can “borrow” something, rather than buy			

<b>Investment</b>  	Doing Now	Will Do	N/A
Bank your money with organisations which refuse to finance coal mines, or which actively support the development of renewable energy.			
Become involved with a local environmental group, land care group or local climate action group.			
Share your knowledge and ideas about sustainable living with others.			
Follow the divestment campaigns of Australian Religious Response to Climate Change (ARRCC) or similar groups in different countries.			
Consider investigating the ethical investments portfolio of your superannuation fund.			

<b>Infrastructure</b> 	Doing Now	Will Do	N/A
If safe to do so, open windows to allow a cross breeze.			
Plant deciduous trees along the western side of your house to keep off the hot summer sun.			
Have some indoor plants to brighten your space and they will also absorb airborne pollutants.			
Consider Investigating if your property can accommodate and is suitable for a water tank.			
Consider a rainwater garden. Refer <a href="http://www.melbournewater.com.au/community-and-education/help-protect-environment/raingardens">www.melbournewater.com.au/community-and-education/help-protect-environment/raingardens</a>			
Consider planting a herb or vegetable garden.			
Plant trees and/or other vegetation to retain water on site.			
Ensure the soil is mulched, composted and is kept in the best condition (with organics) to retain water so that less watering is necessary.			
Block drafts that may be affecting the heating or cooling of your residence.			
Consider good quality blinds/curtains to improve heating and cooling.			



***Be careful about everything,  
see that there is no waste,  
be saving,  
not for the sake of gathering up,  
but for poverty's sake,  
for it is not yours,  
it is the Lord's  
and what you do not use  
belongs to the poor.***

Julian Tenison Woods  
(Instructions to the Sisters of Perpetual Adoration - RPA in 1887)

©2021 Trustees Sisters of Saint Joseph of the Sacred Heart

[www.sosj.org.au](http://www.sosj.org.au)



Sisters of Saint Joseph  
*of the Sacred Heart*