

It is easy being green!



Our relationship with Earth is not simply a physical one, it is also spiritual. Wilderness Wind **retreats, canoe trips, or church and family gatherings** offer opportunities to grow spiritually and discover God's life-giving spirit throughout the natural world. The list below is flavored by the teachings of wilderness reflection.

10 things you can do:

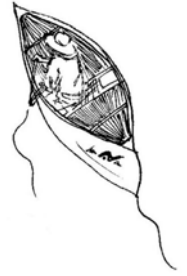
1. Travel at two miles per hour and pay attention to God's presence throughout.
2. Emulate an ecosystem. The natural world doesn't create waste. Work toward the same.
3. Be below average. The average American uses twice as much water as a European. (Average use is 90 gallons/day/person – more than half is used in the bathroom).
4. Plant seeds. Nurture a garden or planter box. Absorb the phenomena that all life is interconnected.
5. Experience yourself within an ever-unfolding universe. Notice how small and yet how grand you are.
6. Rediscover the gift of trees. Reduce the flow of junk mail and foster the forest's growth.
7. Consider "you are what you eat". Discover how your food is grown/raised, where it comes from, the lives it affects and make changes accordingly.
8. Invest in your neighborhood and community. Buy from local producers.
9. Watch the sun rise or set. Appreciate and maximize the gifts of natural lighting. (Lighting accounts for 15% of electricity use in homes).
10. Cultivate a spirit of gratitude. Offer it frequently.



Let us teach you how.

Wilderness Wind is located in Ely, Minnesota. For more details about canoe trips, retreats, being green and these ten items, visit our website at www.wildernesswind.org. Or come join us and notice how each step toward becoming green makes a difference, not only to the environment but also within you.

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