

What is Sustainability?

Sustainability means that we meet our own needs without limiting the ability of future generations to meet their needs.

The key to sustainability is knowing what is sufficient for a happy life, then figuring out how most people can have it.

Sustainability means respecting and caring for the Earth and life in all its diversity.

Sustainability means protecting and restoring Earth's ecological systems and preventing harm.

Sustainability means working for social and economic justice for all people.

Sustainability means treating all living beings with respect and consideration and promoting a culture of tolerance, nonviolence, and peace.

Why is Sustainability important?

We are at a critical moment in Earth's history, a time when we must choose its future – and our future.

As the world becomes more inter-dependent and fragile, the future is in great danger and at the same time, offers great promise.

Is Sustainability a part of our Christian Faith?

Living sustainably is an important aspect of our Christian Catholic way of life. It is a life that respects the earth because it is God's creation, "the work of God's hands." It is a way of life that respects all people: "Whatever you do to the least of my people, that you do to me" (*Matt. 25: 40*).

Catholic Social Teaching is concerned with not only human rights and justice, but also with the welfare of the planet. Being pro-life includes being concerned about climate change, and living so that there is enough for everyone, forever.

How do I live Sustainability?

We must come to recognize that we are one human family and one Earth community, and that the choices we make affect one another.

If we choose to buy more and more things, we are affecting the amount of resources that will be available for our children's children. Resources like oil, wood, food, clean water and air. Resources like the wild animals and flowers and plants.

Our choices in how we live now will make the difference between hurting people and the environment or helping to bring justice for people and to heal the earth.

Our choices in how we live now will make the difference between people in one part of the world having water and people in another part having none.

What can I do?

- Use Compact Fluorescent Lamps everywhere possible.
- Drive less. Walk, bike, carpool or take mass transit more often.
- Recycle more.
- Run full loads in your washer and dryer.
- Wash clothes in warm or cold water; rinse in cold water.
- Insulate water pipes; repair dripping faucets promptly.
- Turn off the lights when you leave a room.
- Turn down your thermostat in winter a few degrees; wear a sweater.
- Don't keep the water running when you're brushing your teeth or shaving.
- Shop at re-sale stores; buy fair trade items.

- Turn down the thermostat when you're away for an extended period of time and at night.
- Weather strip windows and doors; insulate your house.
- Learn more about global issues and basic scientific concepts.
- Be a wise and critical consumer of goods and services.
- Write letters and e-mails to elected officials and businesses about causes you care about.
- Vote for candidates who are concerned about sustainability issues.



*The future of the world
is in our hands!*

The earth does not belong to us:
We belong to the earth.
All things are connected
Like the blood which unites one family.
All things are connected.

Whatever befalls the earth,
Befalls the sons and daughters of the earth.
We did not weave the web of life;
We are merely a strand in it.
Whatever we do to the web,
We do to ourselves.

- Chief Seattle

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**Urban Center
for
Sustainability**

What is good for the earth,



is good for us!

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