

Eco-Spirituality Practices: Water

“For the love of water”

This practice is about water - an often invisible and life-sustaining component of creation. Over the course of seven days you will audit your water consumption, learn where your water comes from and goes, reflect on its value symbolically and ecologically, and rethink your relationship to it. By the end of the week you'll come away with a renewed love of water!

Day 1: Do the water audit. (See page two)

Day 2: Evaluate your audit's results. Where are you in relation to the 153 gallons/day that an avg. American uses? Explore where water is used in your home on www.h2ouse.org.

(Continue monitoring your water use all week if possible, or pick a couple more days where you can repeat the audit and/or involve others in your home.)

Day 3: Do some research in your sacred texts. What do they say about water?

Day 4: Water is all around you! How does it get to your faucet and where does it go after it leaves your house? What watershed do you live in? What are the water issues where you live? Dive in on the internet and research the answers to these questions.

Day 5: Take a deeper dive into water issues. Pick one issue and do more research. Important global & local topics include — growing demand, privatization, safety, climate change, threatened eco-systems.

Day 6: What are the implications of your findings? Reflect on your research, your own behavior and your growing appreciation of the role of water as a life-giving and life-sustaining component of creation. Begin to identify what behaviors you can modify and how you can help 'water' become more visible and cherished in your community.

Day 7: Identify a goal regarding your water consumption and create a plan for how to achieve it over the next six-to-12 months. Pick one water issue that you will monitor and pray about for the coming year.

Recommended Reading & Resources:

U.S. Water Usage Stats: <https://www.epa.gov/watersense/statistics-and-facts>

Basic Intro Info: <http://www.nrdc.org/water/>

The Aral Sea:
<https://news.nationalgeographic.com/news/2014/10/141001-aral-sea-shrinking-drought-water-environment/>

Watersheds:
<https://www.epa.gov/hwp>

<https://www.epa.gov/waterdata/surf-your-watershed>

Documentaries:
Flow - 84 min: <https://www.youtube.com/watch?v=TvtVQPxmzM>

The Story of Bottled Water - 8 min:
<https://storyofstuff.org/movies/story-of-bottled-water/>

World Water Day - March 22, 2019:
<http://www.unwater.org/>



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‘Save the Source’ Water Audit

Provided by the Chicago Conservation Corps (C3)



Use this worksheet to keep track of the number of times you use water and in which way for a full day by filling out the “**number of times**” column. Then, at the end of the day, multiply the number of times by the “**average amount of water for the activity**.” Write the answer in the “**total water used**” column, then add that column up to get an estimate of how much water you use in a day. Please note that this is not comprehensive or the only way; feel free to modify this worksheet to fit your needs. Have fun, be creative and get your family or roommates involved in monitoring.

See www.h2ouse.org for useful information about typical water consumption figures and the best ways to conserve water.

Activity	# of Times (✓)						Average Amount of Water for this Activity (liters)	Total Water Used (liters)
Washing face or hands (water running)							7.5	
Washing face or hands (water off)							4	
Flushing toilet (standard flow toilet)							20	
Flushing toilet (low-flow toilet)							5.5	
Taking a shower (standard head)	# of minutes:						7.5/minute	
Taking a shower (low-flow)	# of minutes:						4/minute	
Taking a bath							150	
Shaving (water running)							7.5	
Shaving (water turned off)							4	
Brushing teeth (with water running)							7.5	
Brushing teeth (with water turned off)							1	
Getting a drink (from a fountain)							1	
Getting a drink (in a glass)							0.25	
Cooking a meal							10	
Washing dishes by hand (water running)							110	
Washing dishes by hand (water off)							40	
Washing dishes (with a dishwasher)							55	
Doing a load of laundry							110	
Other:							Estimate:	
TOTAL:								

Wrap-up

How many gallons of water did you use on this day? How many gallons would you estimate you use in a week? In a year?

Are any toilets or faucets leaking? (Do a dye test of your toilet if you're not sure.)

How can you start conserving water today? Long-term?