

## PEACE ACTION COMMITTEE OUTWARD PEACE

Ways to proclaim peace in the neighborhood, city and world



As an individual:

- Establish a relationship with a neighbor you do not know
- Walk around your neighborhood once a week, praying for peace (consider carrying a sign that says “Praying for Peace,” and inviting others to join you)
- Attend and participate in your local neighborhood association
- Install a peace pole, peace flag or sign on your property
- Initiate a conversation with someone (especially a fellow church member) with whom you have had a disagreement
- Volunteer for a non-profit agency such as those listed on the Social Service Resource list
- Help create a meditation space in the Lorraine Center
- Attend the weekly, Friday night pot lucks at the Muslim Center of Wichita
- Make cloth shopping bags for peace
- Change your driving habits to conserve energy; put a bumper sticker on your car to explain
- Reduce consumption of water, electricity, gas
- Tell a neighbor about Peace Journey 2009, and invite him/her to church
- Attend meetings of the Peace and Justice Center or “People of Faith for Peace”
- Participate in a public peace demonstration: local marches, prayer vigils or demonstrations about peace (including those planned by Molly’s Brigade)
- Participate actively in our partnership with Mi Redentor, our sister congregation in Dallas: pray, write or visit
- Develop new ways to recycle and conserve; share with the congregation via website
- Buy recycled products whenever possible
- Write one letter a week to an elected government official or a newspaper about peace, especially the Peace Tax Fund (addresses for elected officials are available on the internet, or the library can give that information)
- Join the board of a peace organization such as the Interfaith Committee for Peace
- Apply bumper stickers related to peace
- Participate in the campaign for a Peace Tax Fund ([www.peacetaxfund.org](http://www.peacetaxfund.org))
- Volunteer locally for MCC (including the spring Relief Sale)
- Help with the MCC-planned peace seminar to be held at LAMC on March 29-3

As a congregation:

- Invite Muslims to Wednesday night dinners

- Hold a public prayer service for peace
- Host a 24-hour peace vigil: prayer and meditation around the clock
- Organize a series of conversations on Peace, Faith & Politics, looking at the hard questions
- Create a peace calendar
- Investigate what can be done to address gang violence in Wichita and create a program
- Join the National Religious Campaign Against Torture ([www.nrca.org](http://www.nrca.org)) as a congregation, as part of the congregation, or individually.

## CONSERVATION/RECYCLING TIPS

Use cloth napkins.

Go to garage sales and buy used kitchen towels. Put them in a basket in the kitchen and use them as you now use paper towels.

To reduce the number of catalogs you receive, go to [www.catalogchoice.org](http://www.catalogchoice.org).

Use compact fluorescent light bulbs wherever possible. (To dispose of them, see below)

Never flush medications or toxic substances down the toilet.

Electronic devices use energy even when turned off. Save energy with the energy-saving Smart Power Strip. It cuts power to devices such as the TV and all of the peripherals automatically when the device is turned off. (Type BITS Ltd. Into Google. Price @ \$32.95)

Never use herbicides or pesticides around the home. Learn about natural and chemical-free pest control.

Dillons will deduct 5 cents from your total bill for every bag you bring to use— either cloth or used plastic.

These things can be recycled:

Newspapers, magazines, catalogs, office paper, mail, aluminum and steel cans (this includes *steel food cans* – 13 Dillons parking lots in Wichita. (Before recycling magazines, remove lotion samples, any non-paper items and glue strips holding ads)

Plastic grocery bags – Dillons & Walmart recycle, but the cost of recycling is great. Best practice – minimize or eliminate their use.

Aerosol cans – if completely empty and plastic cap removed

Batteries – Many retailers selling batteries will accept.

Cell phones – Domestic violence programs will accept (Harbor House, YWCA, Stepstone)

Compact fluorescent bulbs – Home Depot operates a recycling program

Computers – Call the City. There is a place to deliver them. The City then donates them.

Crocs – The manufacturer recycles used Crocs into new shoes and donates them to underprivileged. Mail to: Crocs Recycling West, 3375 Enterprise Ave., Bloomington, CA 92316

DVDs, CDs and jewel cases: check [www.greendisk.com](http://www.greendisk.com) to see where to send for recycling

Appliances – Novick Iron & Metal, 1007 E. 21<sup>st</sup>; Kansas Metals Co., 2829 N. Emporia; Wichita Iron & Metals Corp, 922 Morton; Kamen Iron & Metal, 800 E. 21<sup>st</sup> St. North; Brooks Landfill Drop-Off Center & Appliance Municipal Drop-Off, 4100 N. West.

Eyeglasses – Lenscrafters & Target Optical will accept and donate. Check with your retailer

and/doctor; some will accept and donate. Lions Club will also donate.  
Gadgets such as PDAs and MP3 players – Recycleforbreastcancer.org will send prepaid shipping labels, recycle gadgets and donate proceeds to breast cancer charities  
Hearing aids – Lions Club accepts  
Juice bags – (combination of plastic & aluminum) Go to [www.terracycle.net/brigades](http://www.terracycle.net/brigades).  
Pendaflex folders – put in paper bin after cutting off the metal rods  
Soap dispensers (pump) – recycle with other plastics  
Styrofoam packing peanuts - you can take to UPS or Mail Boxes Etc., who usually accepts them. If not, go to [www.epspackaging.org/info.html](http://www.epspackaging.org/info.html)  
Pizza boxes – cut out any spots with food or grease and recycle as corrugated cardboard.  
Printer-ink cartridges: Take to Staples and get \$3 off your next cartridge purchase, or mail HP brand cartridges back to HP  
Aluminum foil – rinse off, wad up and toss in with beer and soda cans  
Toothpaste tubes, metal only – recycle with aluminum cans.  
TV – Office Depot will recycle  
Zippered plastic bags – cut off the zip part and recycle with plastic bags

These things cannot be recycled

The goldenrod colored envelopes we all use  
Padded envelopes with bubble wrap  
Paint (unless you can find a program locally. Go to [www.earth911.org](http://www.earth911.org))  
Plastic bottle caps – do not include with any plastic recycling  
Plastic wrap  
Prescription drugs: for federal guidelines, type “disposing of prescription drugs” into Google.  
Do not flush drugs down the toilet unless the prescription insert advises it.  
Shower curtains and liners  
Take-out food containers  
Plastic toothpaste tubes  
Plastic utensils (even if the package says “recyclable”)  
Videotapes, cassettes and floppy discs – only option is to send to [www.greendisk.com](http://www.greendisk.com) (cost: \$6.95 plus shipping) or send tapes to ACT ([www.actrecycling.org](http://www.actrecycling.org)). Act employs disabled people to clean, erase and resell videotapes.  
Plastic wine corks  
Wipes and sponges (except sea sponges)  
Pens, pencils and markers  
Yogurt cups