

InDeed Challenge

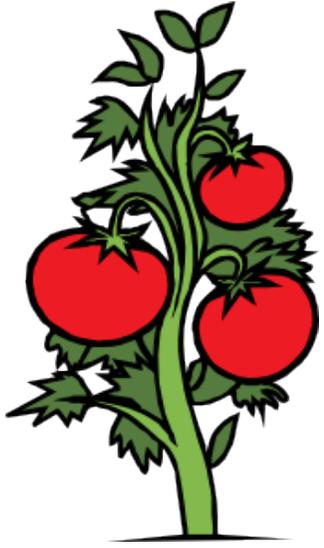
New England MA Center

2015



To Our Beloved Amma,

- ▶ You have said that if we take one step toward God, God will take 100 steps toward us.
- ▶ You have also encouraged your children to treat Mother Nature with respect and care.
- ▶ We have each chosen one simple step to take that will have a positive impact on the Earth.
- ▶ We offer these humble “First Steps” of sustainable living to You, with the prayer that you will help us do more over time.
- ▶ We lay these simple acts at Your Lotus Feet.
 - ▶ *AUM AMITESWARYAI NAMAH*



Grow Your Own Veggies

Our Beloved Amma,
We are growing our own veggies and
herbs on our deck and in our yard.
At Your Lotus Feet,
-Babu and Bina





Reducing Our Carbon Footprint

- ▶ Dear Amma,
- ▶ I felt so sad, throwing leftover vegetable scraps and avocado seeds, etc. into the trash. I feel like the scraps and seeds are much happier going into the compost bin and, eventually, back to the Earth in a useful way.

▶ - *Hridaya*

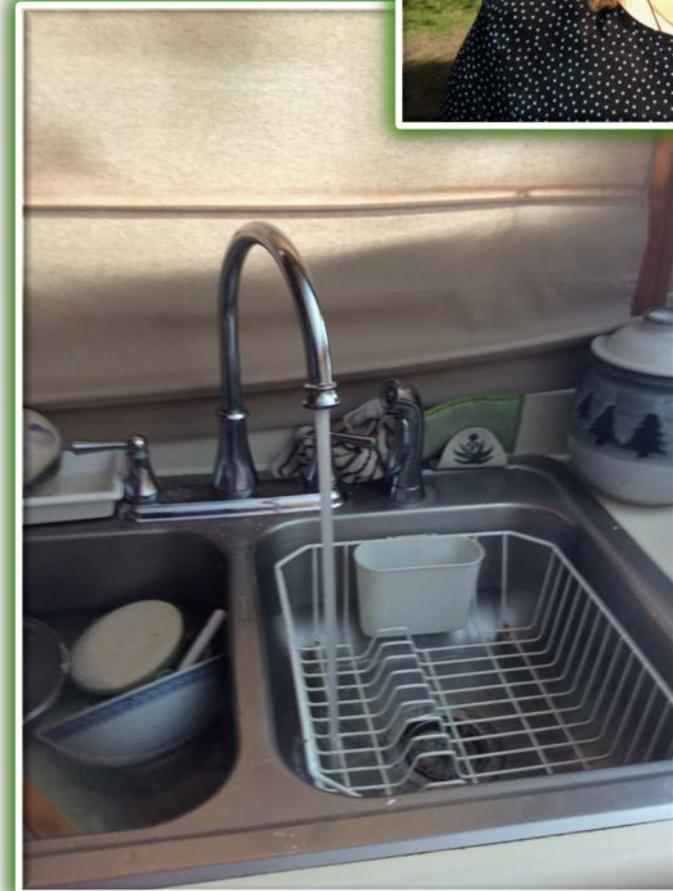




Conserve Water

- ▶ “Amma, I challenged myself to conserve water while I was doing dishes because I was letting the water run. By being more aware of this habit, my monthly water bill has gone down by \$3 a month!!”

-Tulasi





Plant a Tree

Amma,
We have planted ten trees in our
yard.

Pranam from our family,
-Hema and Prashant Bhatt



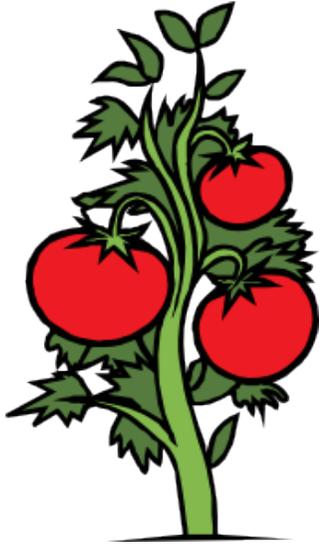


Preserve Biodiversity

Beloved Amma, Mother of all,
I bought another bird feeder
and keep it supplied year
round. I also keep a wild
space in my garden and
encourage wild blackberries
and other berry plants to grow
for the birds.

In Your Love and Service,
-Harriet





Grow Your Own Veggies

Dearest Amma,
I am growing my own wheatgrass,
sprouts and veggies. Thanks for the
inspiration, Amma!!

-Hridayesh





Reducing Our Carbon Footprint

- ▶ Our Beloved Amma,
- ▶ Here's a photo of our laundry drying. We've been drying everything this way all winter. We went from trying to do half of our laundry without the dryer to doing almost all of it!!!

▶ *-Victoria and Rodney*





Conserve Water

- ▶ Amma,
- ▶ I will monitor my water bill and try to reduce it wherever possible.

-Vino



DEPARTMENT OF WATER
 County of Kauai
 P.O. BOX 1306
 Lihue, HI 96766-0706

(1) Account Number **1234567-1234567**
 (2) Service Location **123 DEPARTMENT**

(4) Date Due **08/06/2001**
 Due Date applies to Current Charges only
 All Past Due amounts are due immediately

000035
 JOHN DOE
 123 DEPARTMENT LANE
 LIHUE HI 96766-0706

Make check payable to:
DEPARTMENT OF WATER

Indicate new mailing address in space above Please detach and return top portion with your payment

Service Name/Address: **DOE, JOHN** Account Number: **1234567-1234567** Sewer Code: **1-10-0001-G**
 Billing Date: **07/05/2001** Prem Type: **SFD**
 Billing Units: **1**
 Days in Period: **60**

Current Activity

Service Period: **05/06/2001 - 07/05/2001** (7)
 Meter No: **12345678** Meter Size: **5/8"** (8) Curr Rdg: **878** Prev Rdg: **817** Cons: **61** thousand gals (10)

Previous Balance (11) **599.22**
05/22/2001 Payment - Thank You (13) **-49.22** (12) **50.00**
 Balance before current charges

General Use Rate (14) **18.00**
07/05/2001 Water Service Charge (15) **161.40**
07/05/2001 Water Usage Charge
 20 @ \$2.100 = \$ 42.00
 20 @ \$2.400 = \$ 48.00
 21 @ \$3.400 = \$ 71.40

Total Water Charges 179.40

(16 - Summary of Charges)

Previous Balance	Payments/Adjustments	Past Due Amount	Late Payment Charges	Current Charges	Total Amount Due
99.22	-49.22	50.00	0.00	179.40	229.40

Usage History/Daily Average Usage (gpd) (17)

Message Area (18)

Make bill payments easy
 SIGN UP NOW
 E-Bill Service
 Automatic Bill Payment
 They are available
 Visit our website at www.kauaiwater.org



Plant a Tree

Dearest Amma,

I am buying a wildlife friendly bush to plant at Tulasi's house, since there is no room on my own property to plant a tree.

-Vimala





Preserve Biodiversity

Amma,

I planted Tulasi seeds from the Sante Fe MA Center at your Chicago MA Center. I will be back at the end of the tour to see if they have grown. My plan is to harvest and distribute Tulasi seeds, so that others can also grow Tulasi.

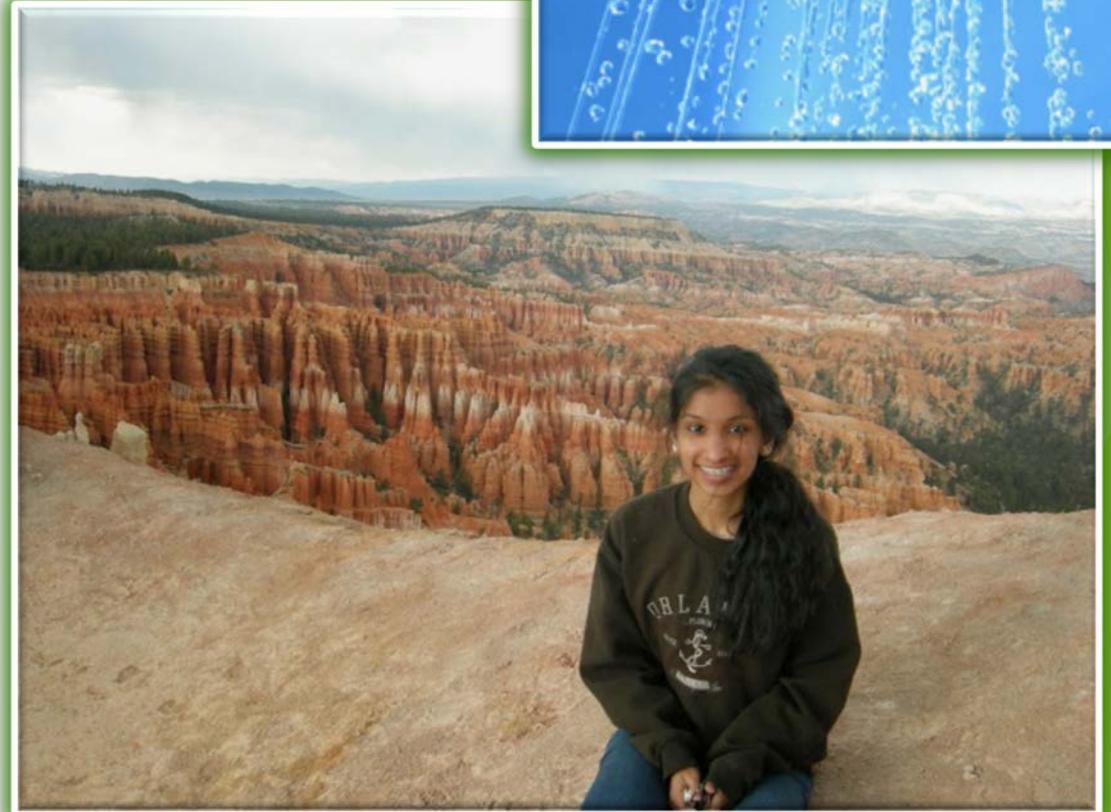
-Srinath

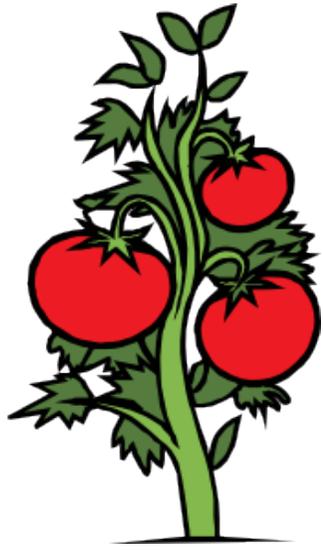




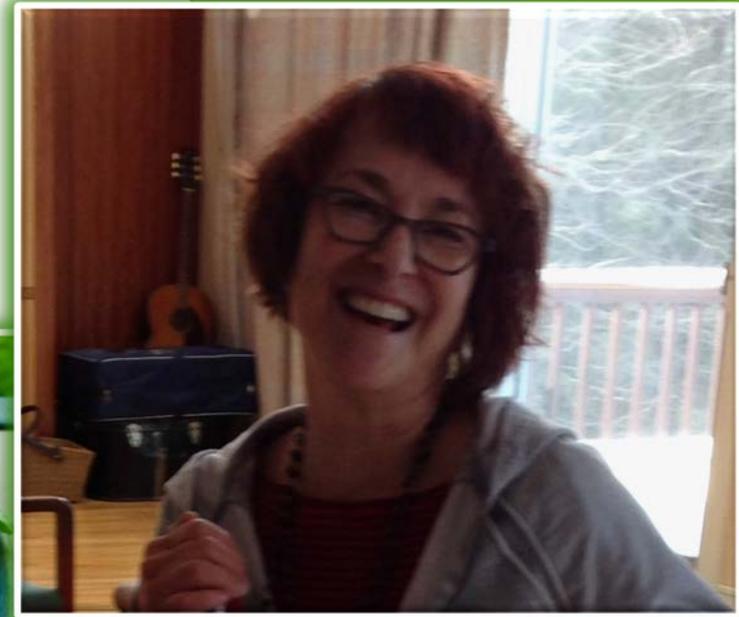
Conserve Water

- ▶ Amma,
- ▶ I have cut my shower time to conserve water!
- ▶ -*Ammu*





Grow Your Own Veggies



Dear Amma,

I am growing parsley and basil on my deck and used them in the tomato sauce we made for the Tour Staff!

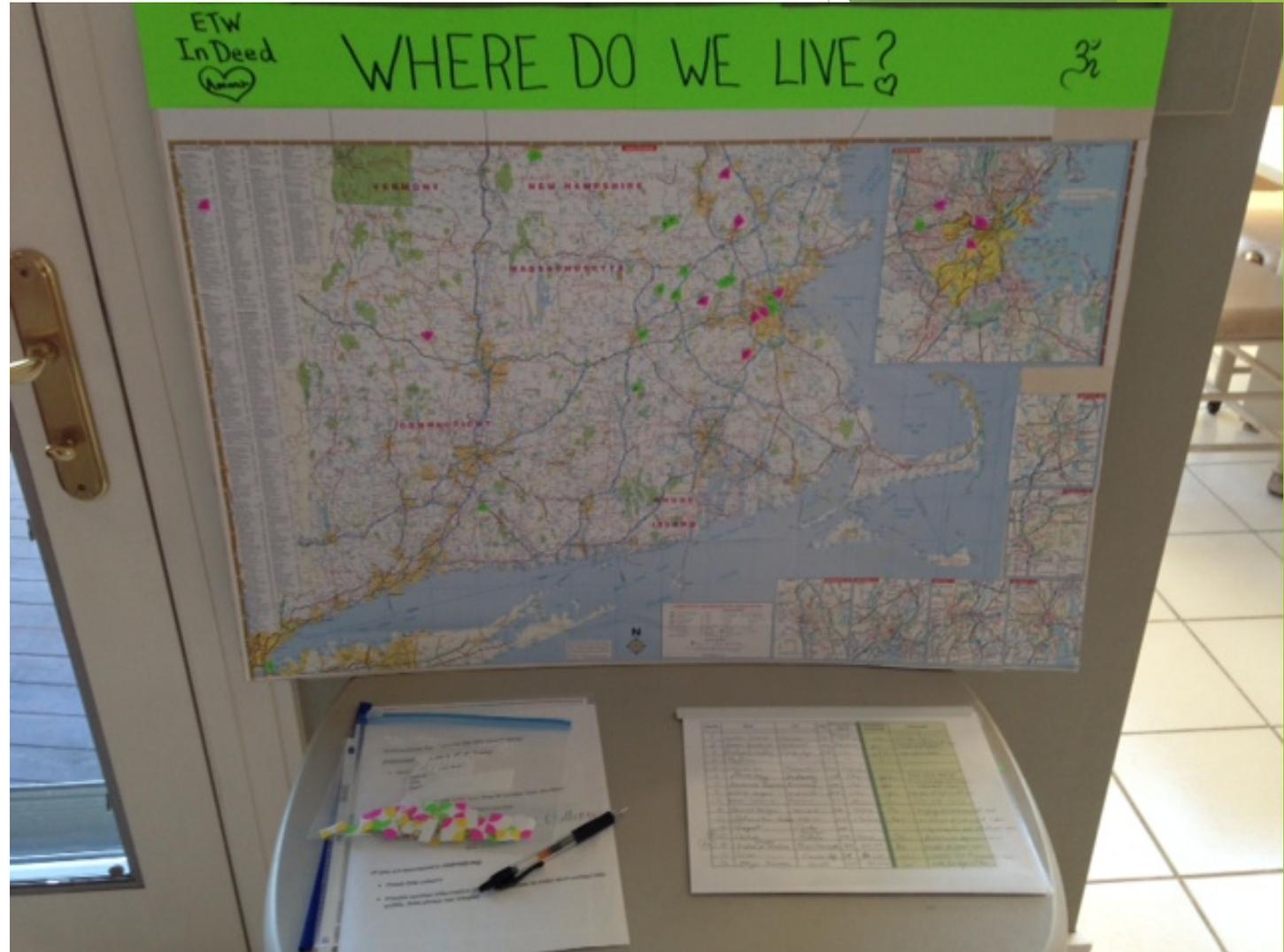
-Pranata



Carpool

Dearest Amma,
Our Satsang at the New England MA Center has created a carpooling map so that people can find others who live near them. Some of us have carpooled more, as a result.

-Your loving children





We offer these small first steps
at Your Lotus Feet.
With Much Love,

*Your New England MA Center
Satsang*