

Good Friday meets Earth Day

Good Friday marks the death of Jesus, who called himself living water. Earth Day urges us to avoid destroying Earth. As the two days coincide this year, we're reminded at Wilderness Wind of the force and necessity of water. It is an essential element that connects all humanity and all life. Let's consider our relationship with Jesus, the life-giver, and water that sustains and shapes us.



3 gifts of water:

1. It moves. 90% of our lungs, 83% of our blood and 70% of our brain is water. Our body loses and replaces 2½ quarts of water each day.
2. It nourishes. We drink 4 quarts of water daily, and 2,000 quarts are needed to produce our daily food.
3. It heals. All religions include water rituals for cleansing and healing of the soul. Blessing practices, such as baptism, are common.

3 challenges to the freshwater supply:

1. Humanity is using 54% of all accessible freshwater. 90% of water basins cross political boundaries, and because we are using water faster than Earth can replenish it, water shortages cause political unrest.
2. 40% of water pollutants originate from the food sector of high-income countries. Irrigation worldwide accounts for 70% of water use.
3. 90% of untreated wastewater in developing countries is discharged into rivers and streams.

3 actions you can take:

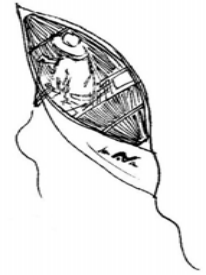
1. Conserve water daily. See www.wateruseitwisely.com for ideas.
2. Know the source and impact of your food. Join a CSA. Shop at farmer's markets. Plant a garden. Eat lower on the food chain.
3. Express gratitude each time you use water.

Wilderness Wind promotes spirituality, cooperation, and environmental sustainability. It is located close to the Boundary Waters in Ely, Minnesota. For more details about **canoe trips, cabin and yurt rentals, and sustainable practices** visit the Web site www.wildernesswind.org or call 316-217-1129.



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