

# BK USA Environmental Newsletter



## EARTH DAY, APRIL 22ND, WILL SOON BE HERE!

Look for Earth Day opportunities in your community. It might be a river or beach clean up or an inspirational dialogue with the BKs.



### Key Points:



- Celebrating Earth Day on April 22, 2025
- Inspirations to Connect with Nature
- Live Simply - One Simple Way to Change the World
- Our ask to Friends of the Earth - Reduce the use of single-use plastics
- Eco-friendly Resources - Another way to care for our Planet



### STATEMENT FROM THE INTERNATIONAL BK ENVIRONMENTAL TEAM Plastic Free Brahma Kumaris

Plastic has become a major environmental and health hazard, as it ultimately breaks down into microplastic, which can be found all over the planet. Meanwhile, the usage of plastic has spiraled out of control: bags, bottles, straws, utensils, polystyrene cups, film, food packaging and more. The BK Environmental Initiative aims to reduce the usage of plastic. Let us help nature by being an example!





## INSPIRATIONS REGARDING NATURE

When the world is untarnished by humankind, when we all respect nature, she will flourish again. Marine animals will be safe from toxic plastic gyres, kelp forests will grow unhindered by run-off, and coral reefs will bloom again. Rivers will flow with pure water, trees and crops will glisten with health, and biodiversity will provide the needed balance for nature and its creatures.

**Experience:** Take time to connect with nature and feel your gratitude and good wishes as you send Mother Earth peace and pure feelings ... every day if even for a few minutes.



## FIRST OF TEN SIMPLE WAYS TO CHANGE THE WORLD From the BK International Team

By changing our consciousness and reconnecting with our inner spirit, we will naturally and spontaneously want to make the world a cleaner, healthier, safer and more beautiful place in which human beings, and other creatures, can live together in peace and harmony.

**Live Simply:** When we use our mental, emotional and spiritual resources wisely and carefully, based on our needs rather than desires, we are able to fulfill our responsibility as trustees of the earth.

By choosing to live a simple life, we reduce the nonessentials in our lives and appreciate the wonders of nature. Simplicity allows us to prioritize care and respect for the self, others, our planet and its creatures.



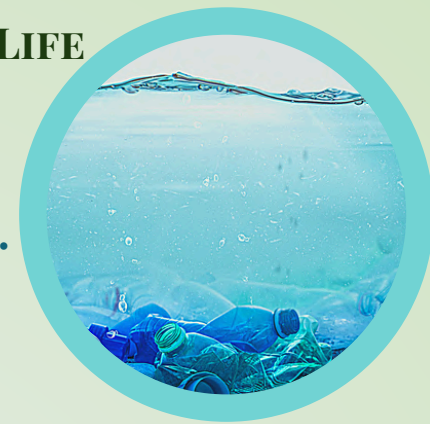


## PLASTIC, TOXIC GYRES AND THE EFFECT ON MARINE LIFE

**Which gift can you give that will help animals, the oceans and humans?**

### Reduce your use of single use plastics...

Last time we wrote about the importance of not using plastic bottles of water because of the creation of greenhouse gasses. Now, let's think about eliminating other non-essential plastics. Plastic products harm the oceans, marine life and humans.



It is estimated that 100,000 marine animals choke and die a year from ingesting plastic, and many more are being slowly poisoned by pollutants from plastic. Over 60 percent of marine mammals and sea birds get entangled in human trash or eat marine debris. Eating plastic trash can cause internal injury, suffocation, intestinal blockage and hence starvation. 800 species are affected by marine debris; as much as 80 percent of that litter is plastic. There are now five huge ocean gyres around the world where the plastic trash is accumulating because of more than ten million tons of plastic trash that go into the ocean annually. The plastic breaks down into small pieces over time; animals mistake this for food and eat it.

While not littering is important, it's time to do much more. Single-use disposal plastic is most of the problem. If we really tried, each one of us could easily cut buying one-use disposable plastic things by at least 90%!

### EXPLORE WITH ACTIVITIES! POSSIBILITIES

- Learn more. Read the Story, "Toxic Plastic Soup," beginning on page 107 in "Living Values Education Activities for Caring for the Earth."
- Look at pictures of ocean gyres on the net.
- Discuss how you can reduce the use of single use plastics.
- Invite young people to create posters with their message.
- Plan a river, field or beach cleanup – perhaps end with meditation and a game.



## REDUCE THE USE OF SINGLE-USE PLASTICS



- Instead of using plastic utensils, plates and cups, use sustainable paper products, metal or porcelain cups, and metal or bamboo silverware.
- Use cloth shopping bags. Don't accept plastic bags at check-out.
- Buy vegetables that are not in plastic containers whenever possible.
- Pack food items sustainably.
- Buy reusable containers. Glass and metal are healthier than plastic.
- Use wax-paper sandwich bags instead of plastic zip-lock bags when possible, and wash and reuse plastic zip-lock bags. Thank you.



## ECO-FRIENDLY RESOURCES FOR YOU AND THE PLANET!

Article: Rethinking Plastic Packaging (Source: USEPA)

[https://www.epa.gov/sites/default/files/2020-09/documents/tfw\\_article\\_3\\_formatted.pdf](https://www.epa.gov/sites/default/files/2020-09/documents/tfw_article_3_formatted.pdf)

Ten Ways to Unpackage your Life (Source: USEPA)

<https://www.epa.gov/trash-free-waters/ten-ways-unpackage-your-life>

25 Plastic Products to Replace

<https://learn.eartheasy.com/guides/the-best-eco-friendly-alternatives-for-the-plastic-in-your-life/#productstoreplace>

Single Use Plastic & Alternatives (Source: Princeton University)

<https://psci.princeton.edu/tips/2020/3/30/single-use-plastic-amp-alternatives>



THE BRAHMA KUMARIS

*Know your self. Renew your spirit.*

