## St. Juan Diego Parish Archdiocese of Portland in Oregon

September 2/3, 2023 3 de septiembre del 2023

Our Mission: At St. Juan Diego Catholic Church, we are a diverse community that strives to welcome everyone with dignity, respect and belonging by living the Good News of Jesus Christ.

Nuestra Misión: En la iglesia Católica de San Juan Diego, somos una comunidad diversa que se esfuerza por dar la bienvenida a todos con dignidad, respeto y pertenencia al vivir la Buen Nueva de Jesucristo.

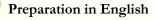
#### Stewardship Moment

Twenty-Second Sunday in Ordinary Time. In today's Gospel reading, Jesus brings up the topic of the cross to his followers. They would not realize the cross was part of God's plan and was to be their legacy until after the Resurrection. Today's followers of Christ recognize they are stewards of his entire legacy, including his cross; that through their mutual sacrifices God's glory is revealed. They don't live their lives in Christ only when it is convenient for them. They make a decision to take up their cross and carry it, no matter what the cost. In the midst of the uncertain times we live in, what crosses do we bear in order to reveal God's glory?

#### Momento de Corresponsabilidad

Vigésimo Segundo Domingo del Tiempo. En la lectura del Evangelio de hoy, Jesús presenta el tema de la cruz a sus seguidores. No se darían cuenta de que la cruz era parte del plan de Dios y sería su legado hasta después de la Resurrección. Los seguidores de Cristo de hoy reconocen que son corresponsables de todo su legado, incluida su cruz; que a través de sus sacrificios mutuos se revela la gloria de Dios. No viven sus vidas en Cristo solo cuando les es conveniente. Toman la decisión de tomar su cruz y cargarla, sin importar el costo. En medio de los tiempos inciertos en que vivimos, ¿qué cruces llevamos para revelar la gloria de Dios?

#### Infant Baptism



#### Mass Intention

If you would like to add a name to our Mass Intention, please email Jeny here.

#### Intenciones

Si desea agregar un nombre a nuestras intenciones, envié un correo electrónico a Jeny aquí.

class. Godparents should also attend these preparation classes. Monday, September 11th at 7:00pm.

Parents wishing to have their infant children (less than 6 years old)

baptized at St. Juan Diego are required to attend a Baptism Prep

Please email Jeny here for more information.

#### St. Vincent de Paul

St. Vincent de Paul giving weekend is September 9/10. You may bring your donations to the church on those days or at the pantry during open hours on Mondays and Fridays. The pantry is in need of the following items: Chicken noodle soup; cream of mushroom soup; cream of chicken soup; raisins; dried fruit; chili; spaghetti noodles; rice; rice-a-roni; and noodle roni. PLEASE: no beans, canned or dry, except dry pinto beans. The school backpack program, which we collect items for year-round, is in need of these items: healthy granola bars; fruit snacks; fruit cups (not applesauce); peanut butter; ravioli; and juice boxes. We can also use paper grocery bags and medium-sized boxes. Safeway, formerly Albertsons, supports our pantry every month with generous donations of meat and produce. We encourage parishioners to shop at their store as a way to thank them for their kindness. Thank you so much for your assistance with this ministry.

#### Despensa de Alimentos de San Vicente de Paúl

El fin de semana de donaciones de San Vicente de Paúl es el 9/10 de septiembre. Puede traer sus donaciones a la iglesia esos días o en la despensa durante el horario de atención los lunes y viernes. La despensa necesita los siguientes artículos: sopa de pollo con fideos; crema de champiñones; crema de pollo; Pasas; fruta seca; chile; fideos espaguetis; arroz; arroz-a-roni; y fideos roni. POR FAVOR: no frijoles enlatados o secos, excepto frijoles pintos secos. El programa de mochilas escolares, para el cual recolectamos artículos durante todo el año, necesita estos artículos: barras de granola saludables; bocadillos de fruta; tazas de fruta (no puré de manzana); mantequilla de maní; Ravioles; y cajas de jugo. También necesitamos bolsas de papel para la compra y cajas de tamaño mediano. Safeway, anteriormente Albertsons, apoya nuestra despensa todos los meses con generosas donaciones de carne y productos agrícolas. Alentamos a los feligreses a comprar en su tienda como una forma de agradecerles por su amabilidad. Muchas gracias por su ayuda con este ministerio.

## MASS SCHEDULE

Monday - Wednesday 6:00 pm English

> Thursday 12:00 pm English

Saturday 5:00 pm English

Sunday 8:30 am English 12:15 pm English

### HORARIO DE MISA

Domingo 10:30 am Español

## RECONCILIATION RECONCILIACIÓN

Wednesday/Miércoles 5:00-5:45 pm

Saturday/Sábado 3:30pm - 4:30

#### Reparación de Rosarios

Necesita una reparación? ¡Tiene Rosarios rotos pero amados por mucho tiempo en su gaveta? Ofrecemos restaurar gratis sus rosarios o denarios. Pueden dejarlos enfrente de la oficina en un estuche con su nombre y número de teléfono. Si tiene alguna pregunta comuniquese con Veronica Nuñez veronunez@hotmail.com. Por favor note: en el encabezado del correo ponga "Reparación de Rosarios". Gracias.

#### **Rosary Repair**

Need a repair? Do you have long loved but broken Rosaries in your drawer? We offer free restoration of rosaries. You can leave them in front of the office in a case with your name and phone number. If you have any questions please email Veronica Nuñez veronunez@hotmail.com. Please note: in the email subject line write "Rosary Repair". Thank you.

Weekly Parish Schedule To have a Mass offered for anyone, please call Jeny in the parish office. Suggested donation \$10			Scripture Readings September 2/3	Lecturas 3 de septiembre
Please make your c Date	hecks payable to St. Juan Diego Parish Mass Times	1	First Reading	Primera Lectura
Saturday, Sept. 2, 2023	3:30 pm - 4:30 pm Reconciliation/Reconciliación 5:00 pm English Mass <b>All Souls</b>		Jeremiah 20:7-9 Second Reading Romans 12:1-2 Gospel Matthew 16:21-27	Jeremías 20, 7-9 Segunda Lectura Romanos 12, 1-2 Evangelio Mateo 16, 21-27
	8:30 am		Social Justice Mass Intention	
Sunday, Sept. 3, 2023 Domingo 3 de septiembre	English Mass <b>Truong D.Y.</b> 10:30 am Misa en Español <b>Comunidad de SJD</b> 12:15 pm English Mass <b>All Souls</b>	You are invited to attend and pray on Tuesday, August 29. The Mass intention is for: <b>Laborers and their rights.</b> Catholic teaching tells us that not only are workers due a "just wage" with which they can provide for their families' needs; they also deserve opportunities for rest and dignity-affirming benefits such as quality health care and paid time off. In addition, work should be something that enhances one's human dignity (see Compendium of the Social Doctrine of the Church, nos. 284, 287, 301, 302).https://www.usccb.org/committees/ domestic-justice-and-human-development/labor-employment		
Monday, Sept. 4, 2023	6:00 pm Daily Mass <b>Re. Paul H. M. Chanh</b>	Esta	Intenciones del Ministerio de Justicia Social Está invitado a asistir y orar en la misa del martes 29 de agosto. La intención de la misa es por: <b>Trabajadores y sus derechos</b> . La enseñanza católica nos dice que a los trabajadores no sólo se les debe un "salario justo" con el que puedan satisfacer las necesidades de sus familias; también merecen oportunidades de descanso y beneficios que afirmen su dignidad, como atención médica de calidad y tiempo libre remunerado. Además, el trabajo debe ser algo que realce la dignidad humana (ver Compendio de la Doctrina Social de la Iglesia, nos. 284, 287, 301, 302).https://www.usccb.org/committees/domestic-justice- y- desarrollo-humano/trabajo-empleados.	
Tuesday, Sept. 5, 2023	6:00 pm Daily Mass Laborers and their rights	inte La e un '		
Wednesday, Sept. 6, 2023 Thursday,	6:00 pm Daily Mass James Eng 12:00 pm Daily Mass	afiri rem hun 301		
Sept. 7, 2023	Gerry Wolf by Paula Wolf		Faith Café Upda	te/Need
Saturday, Sept. 9, 2023	3:30 pm - 4:30 pm Reconciliation/Reconciliación 5:00 pm English Mass <b>Kanya P. Smith</b> by Ron and Jo Louie 8:30 am	roon pari groo food cott Fait	We continue to see our guest numbers grow since reopening the dining room after the pandemic. We are so grateful to St. Jaun Diego parishioners continuing support. We are in need of paper or plastic grocery bags <i>with handles</i> and clean containers we can use for left over food. The container lids need to fit tight and 16-32 ounce in size. (i.e., cottage cheese or sour cream containers work great!) A box labeled for Faith Café will be in the narthex for you to leave your donations. Looking ahead, we will be having a blanket drive the month of October. As always, we are thankful for your prayers and support. Any questions email Catherine Moore at <u>Moorefun99@comcast.net</u> <b>Faith Café Actualización/Necesidad</b> Continuamos viendo crecer nuestro número de invitados desde que reabrimos el comedor después de la pandemia. Estamos muy agradecidos con el continuo apoyo de los feligreses de San Jaun Diego. Necesitamos bolsas de supermercado de papel o plástico con agaraderas y recipientes	
Sunday, Sept. 10, 2023	English Mass 10:30 am Misa en Español	we a		
Domingo 10 de septiembre	12:15 pm English Mass Joseph Truong DV Lan	reab con		
• Thank you for supporting our Parish!   Aug. 26/27 Attendance   Collection Basket   Electronically/by mail   Projected weekly need   \$12,385		limp con (es o Hab don octu Cua	limpios que podamos usar para los restos de comida. Las tapas de los contenedores deben quedar ajustadas y tener un tamaño de 16 a 32 onzas. (es decir, los recipientes de requesón o crema agria funcionan muy bien). Habrá una caja etiquetada con Faith Café en el atrio para que deje sus donaciones. En el futuro, tendremos una campaña general en el mes de octubre. Como siempre, estamos agradecidos por sus oraciones y apoyo. Cualquier pregunta envíe un correo electrónico a Catherine Moore a Moorefun99@comcast.net.	

#### **Rincón de la Creatión** PONIENDO EL JARDÍN A LA CAMA en PCC Rock Creek Bldg. 4, Sala 103. 9 de sept. de 9:00-11:00 El otoño es un momento excelente para planificar y

El otoño es un momento excelente para planificar y completar tareas para prepararse para el invierno, así como para configurar su jardín para el éxito durante todo el año, ya sean plantas, frutas o verduras. Compartiremos consejos para plantar árboles y arbustos en otoño, tareas para preparar el jardín de frutas y verduras para el invierno y técnicas para proteger el suelo. La sesión comienza en Bldg. 4, salón. 103, luego, después de la presentación, daremos un breve paseo de 5 minutos hasta el jardín educativo de WCMGA para demostrar algunos de estos consejos. GRATIS. NO es necesario registrarse.

#### Visitations to the Sick and Homebound

We are grateful to those who give their time and care to bring Holy Communion to our parishioners who cannot make it to church each week due to sickness or infirmity. If you know of anyone who would like to receive Communion in their home, please contact the parish office at 503-880-3337.

## Creation Corner

**PUTTING THE GARDEN TO BED at PCC Rock Creek Bldg. 4, Room 103. Sat. Sept. 9 from 9:00 AM – 11:00 AM** Fall is terrific timing for planning and completing tasks to prepare for winter, as well as to set up your garden for success year-round, whether it be landscape plants, fruits or vegetables. We will share tips on planting trees and shrubs in the fall, tasks to prepare the vegetable and fruit garden for winter and techniques to protect the soil. The session begins in Bldg. 4, Rm. 103, then after the presentation we will take a short 5-minute walk to the WCMGA Education Garden to demonstrate some of these tips. REE. Registration NOT required.

#### Worship & Praise is back

Come join us Saturday September 16 after mass for some upbeat and uplifting music. Contemporary songs like Holy Forever, Running Home, Yes He Can as well as some old favorites. It will all start right after the 5:00 mass as we feed your body with hamburgers and hotdogs. Then we will all transition back into the church for about an hour of uplifting music to feed your soul! We hope to see you there and feel free to bring a friend!



Are you interested in becoming Catholic? Or maybe you were baptized young, but never made your first communion? Or would you just like to learn a lot more about what it means to be Catholic? Do you know someone who would be interested in being Catholic, or growing deeper? Our Rite of Christian Initiation for Adults (RCIA) classes begin on September 12th and will be on Tuesday evenings throughout the school-year. We will focus on how we experience the love of Jesus as Catholics, and prepare individuals to receive the Sacraments of Baptism, Confirmation and Eucharist at Easter. For the first couple of classes we will be especially interested to hear any questions you may have, and you are welcome to participate in the process with your questions, your insights, and your faith story. For more information, or to sign up, please email Michael Ferry at michael@mwferry.com or call the parish cell phone, 503-880-3337.



¿Está interesado/a en convertirse en católico/a? ¿O tal vez fue bautizado/a joven, pero nunca hizo su primera comunión? ¿Conoce a alguien que estaría interesado/a en ser católico/a o profundizar más? Nuestras clases del Rito de la Iniciación Cristiana de Adultos (RICA) comenzará a finales de septiembre. Nos centraremos en cómo experimentamos el amor de Jesús como católicos y prepararemos a las personas para recibir los sacramentos del bautizo, la confirmación y la eucaristía en la Pascua. Las clases en inglés continuarán los martes por la noche durante todo el año escolar. Si hay interés en tener clases en español, el diácono Diego dirigirá esas clases y determinaremos el horario según la disponibilidad de las personas. Para obtener más información o para inscribirse, envíe un correo electrónico a Jeny jvelazquez@stjuandiego.org o llame al celular celular de la iglesia 503-880-3337.



#### St. Juan Diego Catholic Church

Office: 5995 NW 178th Ave., Portland, OR 97229

Phone: 503.644.1617 Parish Cell Phone: 503.880.3337 Sacramental Emergency: 971.867.4176

Email: office@stjuandiego.org

Office Hours/Horarios de Oficina: Tues. & Thurs. /Mar: & Jue. 9:00 am - 12:00 pm, 1:00 pm - 2:30 pm

> Sun./Dom: 8:00 am - 12:30 pm www.stjuandiego.org

#### St. Vincent de Paul Food Pantry / Despensa de Alimentos

503-985-6046 Mon/Lunes: 4:00 pm - 5:30 pm Fri/Viernes: 11:00 am - 12:30 pm

#### Prayer Chain

Our Prayer chain is immediate, short-term support. To submit a prayer request please send an email to: sjdprayerchain@googlegroups.com.

#### Cadena de Oración

Nuestra cadena de Oración es apoyo inmediato, a corto plazo. Para enviar una solicitud, envíe un correo electrónico a: sjdprayerchain@googlegroups.com.

#### Parish Staff (503) 644-1617

(	/
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Anthony Ordway	sjdmaintenance@gmail.com
Maintenance	-



Donate Now Done Ahora



#### **Please Support Our Sponsors** Por favor Apoye a Nuestros Patrocinadores usbank Hard to say ... Hail Mary, full of grace. DUYCK & VANDER ChiEn Montero Tanasbourne easy to work with! Sr. Mortgage Loan **Pediatrics** Officer NMLS # 409938 **Raquel Apodaca, MD** Cell 971-517-4484 chien.montero@usbank.com (parishioner) Nicole Castonguay, MD Contact me for Home Loans (Hablamos español) Préstamos Hipotecarios 17895 NW Evergreen para Viviendas Parkway #110 FAMILY OPERATED 10% commission Beaverton, OR 97006 FAMILY Illustration 2001 K. Sullivan donated to SJD Parish 503.690.8195 503.281.0752 503.357.8749 Hablo Español www.anctilheating-cooling.com PERSONAL INJURY Springer WILLS & ESTATES And Son **BUSINESS LAW** Anctil Plumbing Law office of DOUGLAS F. ANGELL P.C. The only Family owned Parishioner 503-642-7323 Funeral Home CLEANING SERVICES LLC in Aloha, Beaverton Professional & Hillsboro. **Commercial & Residential Cleaning** Parishioners Servicing your John Springer Fully Licensed and Bonded www.springerandson.com 9400 SW Barnes Road, Parish since 1975 Call for a free estimate Suit #305 Portland OR 97225 971-533-0678 or e-mail to 503.356.1000 503.336.0053 sjcleaningpdx@gmail.com doug@angell-legal.com

## Season of Creation



NE corner of NW West Union Rd and NW Bethany Blva

#### Prayer for Sister Water

We praise and thank You, Lord, for the gift of living water. Guide us to use it wisely, learn from its humility, consume it sparingly, and protect its purity, so that with St. Francis, we may truly

#### enjoy water

Amen.

by Cathal Duddy

From outer space, we can see clearly that God's earth is a water planet—a blue planet. Throughout the Bible, water plays a significant role in helping us understand the nature of God, God's purposes in the world, and our relationship with God. One need only think of the crossing of the Red Sea, Jesus' baptism in the Jordan River, the woman at the well, and Jesus describing himself as living water to gain an understanding of the importance of water in our faith. The Bible includes more than 500 references to the word water and countless more on water related subject like rivers, rain, seas, floods, and storms. From the beginning, the creation stories reveal the role of water. God first separates the waters into those from above and those from below by forming a solid dome called the sky; next God creates earth out of the waters. Genesis 1:20 teaches that creation literally comes out of the waters' as "... the waters bring forth swarms of living creatures..." All of creation is dependent on the gift of water<sup>1</sup>.

#### Education:

with your family this week please watch this video <u>Our Planet | Fresh Water</u> which is a Netflix documentary that Netflix has made available on YouTube. The 'Our Planet' documentaries were made to help the viewer experience our planet's natural beauty and examine how climate change impacts all living creatures.

#### Activity:

After viewing this week's episode, please review the world wildlife Fund's Our Planet | Fresh water study guide<sup>2</sup> with your family. The study guide lists key takeaways from this episode along with discussion prompts to open a dialog about water with your family. It also includes actions and additional resources.

#### Advocacy:

There are a number of organizations in the Portland metro area that are working to protect the rivers and watersheds here in our area. Learn about these organizations and consider supporting them by volunteering and advocating for clean, healthy water.

<u>The Wetlands Conservancy</u> <u>Columbia River Keeper</u> <u>Willamette River Keeper</u> Columbia River Inter-Tribal Fish Commission

1. Water Holy Water - Creation Justice Ministries - Washington DC

2. The weekly Our Planet study guides will be included in the electronic version of the bulletin. For those receiving a paper bulletin you can download the study guides by going to <a href="https://www.worldwildlife.org/teaching-resources/toolkits/our-planet-educator-guides">https://www.worldwildlife.org/teaching-resources/toolkits/our-planet-educator-guides</a> and signing up for them.

# OUR FRESH WATER

## Key Takeaways:

- Less than 1% of the world's water is fresh and accessible, yet freshwater habitats such as lakes, rivers, and wetlands are home to more than 10% of all known animals and almost 50% of all known fish species.
- Freshwater ecosystems help regulate temperature, transport nutrients, and allow wildlife to travel through different landscapes to complete their life cycles.
- Everything that lives on land, including people, depends on fresh water. Water is essential for drinking, growing crops, manufacturing, producing energy, and transporting goods.
- Wetlands are some of the most productive habitats on the planet. They help filter water, minimize the effects of floods and storms, and support high concentrations of animals.
- Poorly managed dams can divert and disrupt the natural flow of rivers, which affects wildlife and people. About a quarter of the world's river basins run dry before they reach the sea because so much water has been taken from them.
- Fresh water availability is becoming unpredictable and uncertain in many areas of the world. It's threatened by climate change, population growth, and changing consumption patterns.

• We are not alone in our need for water, but we have the ability to ensure that fresh water flows. To keep water flowing, all users need to work together. Reducing pollution, improving our irrigation systems, minimizing personal water use, and properly managing dams will help protect freshwater habitats. We should also focus on renewable energy options, such as solar and wind, that have a less detrimental impact on rivers and the communities, cities, and biodiverse ecosystems that rely on them.

Florida manatees leave coastal seas to swim up rivers in the winter to find warmer water and abundant freshwater plants to eat. Humans are now taking so much water from springs, and polluting others, that manatees are losing their winter homes. © Jeff Hester / Silverback Films / Netflix





Use these prompts to generate a class or small-group discussion based on the Our Fresh Water episode or on videos on <u>ourplanet.com</u>.

Discuss fresh water's role in ecosystems like forests and deserts. Use terms related to the water cycle and examples from the episode. How do ecosystems and fresh water depend on one another? How would the health of one be impacted by the health of the other?

Examples from the episode:

The Iguazu Falls, lying between Brazil and Argentina, are the largest waterfalls on the planet. Much of the falls' water comes from the Amazon rain forest 1000 km away, where it rises as vapor from the canopy. One tree can give off 1000 L of water a day. As the vapor rises, it condenses into clouds. About 20 billion tons of water – more than what travels down the river itself—leave the forest as vapor each day. As clouds travel, they shed water, irrigating farmland and forest, and filling the Pantanal, the largest tropical wetland on Earth. If the rain forest is destroyed, this life-giving cycle will be broken.

The desert of central Australia is one of the driest places on Earth. Once per decade, this desert is transformed by moisture-laden clouds of the monsoon. These clouds eventually burst, flood the desert, and create Australia's largest lake. Huge numbers of fish and birds swarm this area to benefit from the lake before it dries up for another ten years.

2 Fresh water is becoming scarce. Climate change is impacting weather patterns, and growing human populations continue to misuse and overuse the water we have available. These effects are being felt all over the world and by many different species. Discuss how resource availability (specifically fresh water) affects organisms in an ecosystem, using examples from the episode.

Examples from the episode:

Elephants need to drink 200 L of water a day; they eat wood because it contains a lot of moisture and dig holes in the sand of riverbeds, following their extraordinary sense of smell in their search for water.

Hippos rely on flowing water to keep cool; without it, they're crammed together in mud, which can create tension.

Buffalo in an urgent search for water head to the water holes, risking their lives by having to share the water supply with their biggest predator—lions.



3 Dams are created in order to provide an alternative source of energy generation. However, if constructed poorly, they can pose many problems. Cite examples from the episode of some of the negative impacts of dams. Who is affected and how? Research and discuss other ways in which communities can provide alternative sources of energy.

Examples from the episode:

Pacific salmon swim up rivers in North America, leaping up waterfalls to assist with their migration. However, they're not able to do this when dams are present. These salmon are now swimming up fewer than a quarter of the rivers they used to because of dams disrupting the rivers' connectivity. This poses problems not only for the salmon, but for Alaskan brown bears that depend on these fish for sustenance and will not sustain themselves through hibernation without them.

Rivers throughout the Mekong system no longer flow as a result of dam construction. This impacts the numerous species of freshwater fish that rely on these rivers to migrate and breed. The Mekong supports the largest inland fishery in the world; one-fifth of all freshwater fish caught by people worldwide comes from this system. The inability of these fish to reproduce will impact the people that depend on these rivers for income and food.

4 Every living thing needs water. Humans rely on it for the food we eat, the clothes we wear, and the energy we depend upon. Animals use it for their homes, for nourishment, and for protection. Freshwater ecosystems support more than 100,000 species – from fish and insects, to amphibians and reptiles, to birds and mammals. Share examples from the episode that demonstrate the variety of ways fresh water is used by species, then consider all the ways you use fresh water each day. What small changes could you make to your surroundings or daily routine to improve the status of fresh water around the world?

Examples from the episode:

Cichlid fish use Lake Tanganyika in Tanzania, and Siamese fighting fish use the Mekong River in Southeast Asia as breeding grounds to attract mates and lay their eggs.

Manatees in Florida travel from the sea to the rivers in the winter to keep warm and graze on freshwater plants.

Jaguars, despite being excellent swimmers, cannot hunt very well in water. Capybaras, a prey for jaguars, are aware of this and use the water as protection to escape.

## ACTIVITIES

ACTIVITY IDEA	SUBJECTS
Itemize your daily water expenditure and strategize on how to improve it when given a water budget.— <u>A Drop in the Bucket</u>	Math
Compose a poem using metaphors and similes to describe the importance of free-flowing rivers.— Like the River Flows	Language arts
Build a model of a wetland ecosystem and perform a science experiment to unveil why they're important.— <u>Nature's Sponges</u>	STEM
Think twice about throwing food out by learning how much water it took to make that food and creating a pictograph representation of your lunch.— <u>How Much Water Is in Your Lunch?</u>	Math
Use the <u>Free-Flowing Rivers app</u> to interact with nature and discover the importance of flowing rivers through augmented reality.	STEM
Perform an audit at your school or home to analyze water usage and determine strategies for conserving water.	Social studies
Thinking of your local lake or river, take the <u>How Healthy Is Your Favorite Water Basin</u> quiz to give your local waterway a health report card. Then develop a plan with your community for improving the water basin's health.	Social studies

## What We Can Do:

- Spread the word—talk to your friends and family about the importance of conserving fresh water.
- Watch your water use—understand your personal impact on our planet's water supply and avoid being wasteful.
- Save your energy—to help combat the effects of climate change, encourage renewable energy sources, unplug devices when they're not in use, and walk or bike when you can instead of using a car.
- Recharge your local water source—return rain where it belongs by using downspouts and gutters, or collect rainwater for outdoor uses such as watering lawns or flower beds.
- Enjoy your local freshwater resources—spend time in and around rivers and lakes, but always remember to leave them the way you found them!



## **Additional Resources:**

- <u>Freshwater Force</u>—join the movement and fight for the conservation of freshwater habitats
- <u>Depending on Clean Water: Five Freshwater</u> <u>Animals</u>—highlights from just a few of the thousands of species that rely on fresh water
- <u>An 83% decline of freshwater animals underscores</u> <u>the need to keep rivers connected and flowing</u> – what the health of its species can tell us about the health of the freshwater ecosystem
- <u>5 Amazing Animals That Live in the Pantanal-and</u> <u>Need Our Help</u>—key species that call the world's largest tropical wetland home
- <u>Free-flowing Rivers WWF webpage</u>—colorful answers to questions on the importance of keeping rivers free-flowing
- <u>Freshwater habitats WWF webpage</u>—species that depend on fresh water, and the threats these habitats face
- <u>Fresh Water initiative WWF webpage</u>—what WWF is doing to help protect our planet's fresh water
- Our Planet official webpage