

# Mother Earth Needs Your Help



## 18 Things You Can Do to Help Mother Earth

Islamic Organization of North America

**In the name of God,  
the Compassionate, the Merciful**

According to the Qur'an and prophetic tradition, preserving the environment is not only a moral duty, but a religious obligation and a social responsibility. The Prophet Muhammad (peace be upon him) forbade cutting trees even at times of war. He gave clear instructions regarding the preservation of natural resources, land and environment. The Prophet was adamant on conserving water. He passed one day by Sa'd ibn Abi Waqas while he was performing ablution, wudu. The Prophet asked Sa'd, "Why is this wastage?" Sa'd replied "Is there wastage in wudu also?" The Prophet said, "Yes, even if you are at a flowing river."

The Prophet said, "If a Muslim plants a tree or sows seeds, and then a bird, or a person or an animal eats from it, it is regarded as a charitable gift (sadaqah) for him" (Bukhari). In another saying, he said, "If the Hour (the day of Resurrection) is about to be established and one of you was holding a palm shoot, let him take advantage of even one second before the Hour is established to plant it" (Musnad Ahmad). The emphasis is on the old Arabic adage "Plant, do not cut."

Our planet is dying. Environmental pollution is one of the most serious problems facing humanity and other life forms on our planet today. In a speech by the late renowned physicist Stephen Hawking, he explained his fears about global warming or an "accident" that might wipe out all life on Earth. He believes the planet is in danger of reaching a point in which the heating begins to intensify without additional help from human produced waste. *"The atmosphere might get hotter and hotter until (the Earth) will be like Venus with boiling sulfuric acid"* and uninhabitable.

Mother Earth needs help and needs it NOW. Let's pledge to do the very best we can to implement the following practical steps in an effort to heal our great mother, mother earth.

*The following tips are selected  
from 50waystohelp.com*



# 18 Ways YOU Can Help

## 1. Use Energy Efficient Lightbulbs



Energy efficient lightbulbs are a simple way to reduce the amount of power you use. Not only will this help the planet, it will also save your bank balance too. By replacing just one lightbulb, the effect can be tremendous. If every house in the USA did this, it would reduce pollution by the same amount as removing one million cars from the road!

## 2. Turn Your Computer Off Overnight



If you turn your computer off every night, again you will reduce the power you use. You will save an average of \$14 a year. It's not a huge amount, but better in your pocket than your energy supplier's right?

## 3. Don't Pre-Rinse The Dishes



If you can't live without your dishwasher, then at least cut the pre-rinse. With a decent detergent, your dishes will be just as clean and you can save an average of twenty gallons of water per load.

## 4. Always Recycle Glass



Did you know that un recycled glass can take up to a million years to decompose? Always make sure to recycle your glass. It can reduce related water pollution by up to fifty percent and related air pollution by up to twenty percent.

## 5. Choose Your Diapers Wisely



Wherever possible, choose cloth diapers – this aids the environment and is kinder to baby's skin. If you desperately need the convenience of the disposable diaper, use an environmentally friendly brand. The average child uses between five and eight thousand diapers – which equates to 3.5 million tons of landfill waste. And makes a huge dent in your pocket!

## 6. Have A Vegetarian Day



You don't have to give up meat for life, but try to commit to one meat free day a week. It takes 2,500 gallons of water to produce a single pound of beef. And each hamburger that comes from animals on ex-forestry ground is responsible for the destruction of fifty-five square feet of forest.

## 7. Don't Waste Napkins



We've all done it – gone somewhere and took a napkin or two more than we needed, only to throw them away unused. If everyone in the USA used one less napkin a day, current figures show that it could save a billion pounds of space in landfills.

## 8. Use All Of The Paper



If you jot a note down on paper, save it and use the rest of the sheet for your notes. American business waste 21 million tons of paper per annum! Ideally, try to have your business as paperless as possible. When it is absolutely necessary, print on both sides of the page. And don't forget to recycle it!



## 9. Never Throw Away Newspapers



Make sure to recycle your old newspapers - 69% (or 44 million newspapers) of the newspapers printed in the USA are thrown away every day. Even if you recycle only once per week, half a million trees could be saved. Or even better, why not avoid newspapers altogether and read the online versions!

## 10. Re-think Your Water Consumption



Bottled water is handy when you're on the go, but why not buy one bottle and then refill it from the tap or your work's water cooler. Around 90% of water bottles end up decomposing in landfills rather than being recycled.

## 11. Shorten Your Shower Time



Probably not one to go hand-in-hand with the above point, shortening your shower time by just two minutes can save more than ten gallons of water. If everyone saved just one gallon, it would be two times more water saved than is currently drawn daily from the Great Lakes.

## 12. Use Cruise Control



If your car has a cruise control, then do use it! You paid for it along with the car anyway. This will help to improve your mileage at least by 15%, which will in the process save the environment, gasoline and your wallet.

## 13. Adjust The Temperature



Adjusting the temperature in your home by just one degree can save you 10% on your energy use over the year. This is another great saving you and another great help for the planet. Where possible, set a timer so your heating/cooling doesn't need to be on when you aren't home.

## 14. Turn Off Lights When You're Not In The Room



You don't need to light up a room no one is using. Save energy and money by getting into the habit of switching off the lights when you leave the room. For standard bulbs, do this each time you leave. For energy savers, do this if you are leaving the room for more than fifteen minutes. You will also save on your cooling costs, as lights can make your rooms hotter!

## 15. Recycle Your Cell Phone



With the average consumer replacing their cell phones every eighteen months, 130 million cell phones are being disposed of each year. If these go into landfill sites, the toxins from the cell battery leak into the soil and pollute the ground. Use a recycling program. An added bonus to this is many of these programs contribute to charities.

## 16. Use Rechargeable Batteries



It's no secret that the corrosive acid in throw away batteries is extremely damaging to soil when they end up in landfills. Although the recharging unit is initially an unexpected expense, long term, this will save you money. And you'll never find yourself short of a battery when you need one!



## 17. Turn The Tap Off When Brushing



When brushing your teeth, turning the tap off while brushing can save five gallons of water per day – the equivalent of 1.5 billion gallons of water across the USA.

## 18. Plant Your Own Tree



There are multiple benefits to planting a tree in your garden. It is good for the environment both the land and the air, it can shade your home and cut back your air con usage and it can even increase the value of your property. You could make it an annual event where each family member plants a new tree.

To learn more about what you can do to save our planet, visit:

[50waystohelp.com](http://50waystohelp.com)

### ABOUT IONA

IONA aims at transforming its members and surrounding communities to righteous, God-fearing people, who collectively strive for the highest moral standard and constantly seek God's forgiveness to earn His pleasure. IONA members seek His mercy and grace in this life and in the hereafter. They rejuvenate their souls through internal struggle (jihad) and spiritual exercise in worship of the Creator, God most glorified. The strength of their belief in God almighty gives them the courage to promote good and forbid evil, and to engage in the struggle to establish social, political, and economic justice.



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The Islamic Organization of North America is a non-profit organization dedicated to reviving the Qur'an into the hearts of Muslims, while sharing its message with non-Muslims.