

Rinsing

OR

Running



Many of us let the water run while brushing our teeth or washing our face or hands; this uses much more water than we need. Try this experiment: gather together at the kitchen sink **a large bowl, a measuring cup, a family member or friend, toothpaste and toothbrushes for both of you and a piece of paper and a pen.** While the water from the faucet runs into the bowl, brush your teeth, taking the normal amount of time. When finished, use the measuring cup to measure how much water is in the bowl. Write it down. Have your partner brush their teeth, but turn the water off until it is needed for rinsing. Measure how much water is caught in the bowl this time. Write it down and compare the two. How much more water was used when you let it run?

Now, consider the fact that water weighs 8.5 pounds per gallon. If you were a villager in northern Haiti, you might have to walk every day for about 2 hours, stand in line with your 5 gallon buckets and carry water back to your family the same 2 hours. How much would you be willing to waste while you brushed your teeth?

Resolve today to live in solidarity with your brothers and sisters in the missions who struggle to find drinkable water by not wasting the gift of accessible, clean water.

**Be a rinsers not a runner!**