

# Ka Mana

## Hawaii's Interfaith Energy & Climate Connection

November-December 2019

### Welcome

Welcome to *Ka Mana: Hawaii's Interfaith Energy & Climate Connection*, a project of [Hawaii Interfaith Power & Light](https://hipl.org) (HIPL). *Ka Mana* connects our interfaith, decision-making, and advocacy communities in Hawaii's historic transition to 100% renewable energy and a carbon-neutral economy. Inspired by shared values, effective action, a sense of urgency for fossil-fuel-free Hawaii futures ASAP, and a vision of social, economic, and environmental equity for all, together we can do this! Welcome to this Historic Moment.

### Climate Action = Healthy Living

Many of the actions we are urged to take to respond to the climate emergency can seem expensive (switching to renewables), stressful (advocating for political and social change), or inconvenient (driving less). Our long-term health and that of the environment are key motivations for these changes, but the transitions can seem hard and the benefits far off.

With some reflection, though, there are many ways in which our actions benefit our everyday health. Trips by bike or on foot are heart healthy. Gathering with friends and supporters builds positive communities. And getting outdoors to restore or just enjoy our environment is good for the soul.

### Healthy Living = Climate Action

Conversely, many of the small to important changes recommended to improve our health are climate-friendly, as well! In Hawaii and elsewhere, the [Blue Zones Project](https://bluezonesproject.org) is organizing churches and other community groups to promote changes that help us live better, longer. Most of these changes also reduce our carbon footprint and demonstrate the connections between our values, our health, and stewardship of the environment.

### Contact Ka Mana

See <https://hipl.org/kamana> for *Ka Mana* past issues, and please share your Events with [kamana.hipl@gmail.com](mailto:kamana.hipl@gmail.com).  
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Blue Zones Hawaii promotes the “Power 9”, a set of healthy living habits, “secrets” to living longer and better. Many of these are also great ways to respond to the climate crisis.



### Being Healthy, Being Cool

HIPL promotes the [Cool Congregations](https://bluezonesproject.org) program of IPL. This helps us analyze our carbon footprint and recommends steps to reduce it. In the months to come, we'll show how the Power 9 of the Blue Zones can be a “cool” way to promote a healthy planet as well as healthy, longer lives.