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|  |  | **6 MARCH****Start** your Lenten journey with a reflection.**What does it mean to****be “guardians of****creation”?** Share your ideas. | **7****Transport** makesup 18% of allgreenhousegas pollution. Commit tohaving one **car-free****day** this week. Share your experience. | **8**Each Friday in Lent,tape over one **light****switch** in your hometo avoid using it andto remind you ofyour commitment. | **9**Could you eliminate**single-use plastics**from your life? Visit**myplasticfreelife.****com/****plasticfreeguide**for inspiration.Share your ideas. | **10****Capture your joy****in creation.** Go for a walk in the park and share how creationstrengthens yourspirit.  |
| **11**Start a **meat-free****Monday** pledge.Eating less meatcould be the singlemost effective wayto reduce yourcarbon footprint. Share what’s on your plate? | **12****Use your own****reusable water bottle.** Plastic bottles and otherdisposable containers will not decompose forthousands of years.  | **13****Use less water** whilst brushing your teeth today. Don’t leave the tap running. How much water can you save? | **14****Wash dishes wisely.**Keep the wateryou’ve used to washvegetables in adishpan or pluggedsink and re-use it. | **15****Time how****long it takes you to****shower.** Set agoal of reducing thattime, and use analarm to make sureyou’re on track. Share your success. | **16****Free range eggs**are better foranimals and theenvironment. Can you find out which brandsare best? Share what you have learnt. | **17****Start your own****veggie garden.**Simple plants liketomatoes, squash,basil and rosemaryare a good start. Share your ‘green fingered’ experiences with others. |
| **18****Eat local and native.**Choosing foodsgrown close tohome and in-seasonmeans fewer milesand less disruptionof natural cycles. | **19****Say no to plastic****bags** when shopping. According to Greenpeace, the average plastic bag has a lifespan of only 20 minutes. Challenge: make a crochet bag from old plastic bags. | **20****Compost food****waste.** Food wasteis overrepresented in landfill, where it rots and creates methane, a potent greenhouse gas. | **21****Turn the temperature of your heating down.** Wear warmer clothes inside to reduce your energy consumption and financial costs. | **22****Select the proper****pan size** when youcook. Large pans may require more heat andcooking water thannecessary. | **23****Do your shopping**at the farmer’smarket instead of asupermarket, andbe sure to take yourown bags to carryyour goods home.  | **24****What actions could****your parish take?**Have a “walk to ChurchSunday”. |
| **25****Challenge yourself****to a car-free week.**Share lifts, catchpublic transport andwalk as much aspossible. | **26**Before throwingsomething out,consider if it can berecycled or **upcycled** or used by someone else. Share your ideas with others. | **27****Turn off any lights**in rooms you’re notusing.  | **28****Litter free Thursday.**When you pass apiece of recyclablelitter, pick it up andput it in the correctbin.  | **29****Use less energy today.** Turn off computers, phones, lights and other resources and have an ‘energy free’ afternoon. Share your success. | **30****How long could you****go without buying****any new clothing?**Make a pledge for 3months, 6 monthsor a year, andencourage friends orfamily to join you. | **31** **Mothering Sunday**Give a home-made gift or card made with love. Wrap your gift in re-cycled paper or reuse a gift bag.Share your ideas! |
| **1 APRIL****Go renewable.**Commit to gettingone piece of solarequipment in2019, such as solarpanels for yourhome or parish. | **2****Reduce food waste.**Buy only the foodyou need. Eat orshare all the foodyou buy. | **3****Instead of buying****cleaning products,**research homemadesolutions like lemon and vinegar. It’s better for the environment, your wallet and yourhealth. | **4****Use your phone less.** Spend more time talking to friends and family in the real world. It’s great for your wellbeing.  | **5****Make do and mend.**Give your clothes and belongings a little TLC and mend and tend them. | **6**Whenever possible,**line-dry your****clothes**. A littleplanning and amobile drying rackmeans you’ll rarelyneed the energy intensivedryer. | **7**Climate change is thesingle biggest threatin the **global fight****against hunger**. Whocould be underneathyour carbonfootprint? Reflect onthis in your prayerstoday. |
| **8****Cover garden beds****with mulch.** Thiswill help reducewater loss throughevaporation. | **9****Wash your clothing****in cold water.**Switching two loadsof laundry per weekfrom hot to coldwater can save upto 200kg of carbondioxide each year. | **10**We usearound 230kg ofpaper per personper year. **Consider,****do you really need****to use the printer? Check your teacher!** | **11**If shopping forappliances, lighting,office equipment orelectronics, **look for****the energy ratings**on products. Themore stars, thebetter. | **12****Switch off your****computer at home, school and at work.** Acomputer turnedoff uses at least 65%less energy than acomputer left on a screensaver. | **13**If you’re out doing shopping, why not ask if you can buy one extra item and give it to a **food bank?** | **14****Reflect on a recent****news story about****extreme weather or****changes in climate.**What have been theimpacts? Who hassuffered as a result? Share with others. |
| **15****Save paper.** How much toilet paper do you use? Can you use a sheet less? | **16**Make sure any**Easter chocolate**you purchase isfairtrade, supportingcocoa farmers in lesswealthy parts of theworld. | **17****Planning an Easter****meal?** Use theopportunity to gomeat-free, shop foringredients locallyand use minimalwaste. This could bea talking point withyour guests. | **18 HOLY THURSDAY****Today, try to enjoy****an electricity-free****day.** Turn off yourTV, computer, mobile phone and radio, and take time to reflect. | **19 GOOD FRIDAY****Reflect** on theexperience ofreducing yourcarbon footprint andrenew your pledgeto care for creation.Pledge to pray, act,and advocate for theEarth. | **20 HOLY SATURDAY****Plan a community****clean-up day.**Get church membersinvolved in a cleanup at a local park,beach or publicplace. | **21 EASTER SUNDAY****Rejoice, for Christ****has risen!**Take today tocelebrate yourachievement thisLent and shareyour learnings withfriends and family. |

***This Lent, reflect on and transform your relationship to God’s creation through simple daily gestures and commitments.***

***Take this time as an opportunity to live more wisely, think more deeply and love more generously.***

***“I am asking all schools, parishes and individuals to take action to heal the damage, mend our planet and 'care for our common home' for future generations." The Right Reverend John Arnold, Bishop of Salford March 2019.***