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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** makes  up 18% of all  greenhouse  gas pollution.  Commit to  having one **car-free**  **day** this week. Share your experience. | **8**  Each Friday in Lent,  tape over one **light**  **switch** in your home  to avoid using it and  to remind you of  your 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 creation  strengthens your  spirit. |
| **11**  Start a **meat-free**  **Monday** pledge.  Eating less meat  could be the single  most effective way  to reduce your  carbon footprint. Share what’s on your plate? | **12**  **Use your own**  **reusable water bottle.** Plastic bottles and other  disposable containers will not decompose for  thousands 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 water  you’ve used to wash  vegetables in a  dishpan or plugged  sink and re-use it. | **15**  **Time how**  **long it takes you to**  **shower.** Set a  goal of reducing that  time, and use an  alarm to make sure  you’re on track. Share your success. | **16**  **Free range eggs**  are better for  animals and the  environment. Can you find out which brands  are best? Share what you have learnt. | **17**  **Start your own**  **veggie garden.**  Simple plants like  tomatoes, squash,  basil and rosemary  are a good start. Share your ‘green fingered’ experiences with others. |
| **18**  **Eat local and native.**  Choosing foods  grown close to  home and in-season  means fewer miles  and less disruption  of 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 waste  is 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 you  cook. Large pans may require more heat and  cooking water than  necessary. | **23**  **Do your shopping**  at the farmer’s  market instead of a  supermarket, and  be sure to take your  own bags to carry  your goods home. | **24**  **What actions could**  **your parish take?**  Have a “walk to Church  Sunday”. |
| **25**  **Challenge yourself**  **to a car-free week.**  Share lifts, catch  public transport and  walk as much as  possible. | **26**  Before throwing  something out,  consider if it can be  recycled or **upcycled** or used by someone else. Share your ideas with others. | **27**  **Turn off any lights**  in rooms you’re not  using. | **28**  **Litter free Thursday.**  When you pass a  piece of recyclable  litter, pick it up and  put it in the correct  bin. | **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 3  months, 6 months  or a year, and  encourage friends or  family 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 getting  one piece of solar  equipment in  2019, such as solar  panels for your  home or parish. | **2**  **Reduce food waste.**  Buy only the food  you need. Eat or  share all the food  you buy. | **3**  **Instead of buying**  **cleaning products,**  research homemade  solutions like lemon and vinegar. It’s better for the environment, your wallet and your  health. | **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 little  planning and a  mobile drying rack  means you’ll rarely  need the energy intensive  dryer. | **7**  Climate change is the  single biggest threat  in the **global fight**  **against hunger**. Who  could be underneath  your carbon  footprint? Reflect on  this in your prayers  today. |
| **8**  **Cover garden beds**  **with mulch.** This  will help reduce  water loss through  evaporation. | **9**  **Wash your clothing**  **in cold water.**  Switching two loads  of laundry per week  from hot to cold  water can save up  to 200kg of carbon  dioxide each year. | **10**  We use  around 230kg of  paper per person  per year. **Consider,**  **do you really need**  **to use the printer? Check your teacher!** | **11**  If shopping for  appliances, lighting,  office equipment or  electronics, **look for**  **the energy ratings**  on products. The  more stars, the  better. | **12**  **Switch off your**  **computer at home, school and at work.** Acomputer turned  off uses at least 65%  less energy than a  computer left on a screen  saver. | **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 the  impacts? Who has  suffered 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 is  fairtrade, supporting  cocoa farmers in less  wealthy parts of the  world. | **17**  **Planning an Easter**  **meal?** Use the  opportunity to go  meat-free, shop for  ingredients locally  and use minimal  waste. This could be  a talking point with  your guests. | **18 HOLY THURSDAY**  **Today, try to enjoy**  **an electricity-free**  **day.** Turn off your  TV, computer, mobile phone and radio, and take time to reflect. | **19 GOOD FRIDAY**  **Reflect** on the  experience of  reducing your  carbon footprint and  renew your pledge  to care for creation.  Pledge to pray, act,  and advocate for the  Earth. | **20 HOLY SATURDAY**  **Plan a community**  **clean-up day.**  Get church members  involved in a clean  up at a local park,  beach or public  place. | **21 EASTER SUNDAY**  **Rejoice, for Christ**  **has risen!**  Take today to  celebrate your  achievement this  Lent and share  your learnings with  friends 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.***