



LENTEN FAST FOR CREATION – WEEKLY PLAN 2021

	17 FEBRUARY POLLUTION	21 FEBRUARY RESOURCES	28 FEBRUARY WATER	7 MARCH ENERGY 1	14 MARCH FOOD	21 MARCH ENERGY 2	28 MARCH WALK THE TALK
BIBLE VERSE	We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. <i>Romans 8 v22</i>	The earth is the LORD's, and everything in it, the world, and all who live in it. <i>Psalm 24 v1</i>	You care for the land and water it; you enrich it abundantly. <i>Psalm 65 v9a</i>	The Lord loves righteousness and justice; the earth is full of his unfailing love. <i>Psalm 33 v5</i>	Give thanks to the Lord... who gives food to every creature. <i>Psalm 136 v1a & 25a</i>	Your word is a lamp to my feet and a light for my path. <i>Psalm 119 v105</i>	Through him all things were made; without him nothing was made that has been made. <i>John 1 v3</i>
ACTION 1	Reduce plastic use. Try one (or all) of these... reusable net bags for loose fruit and veg, beeswax wraps, bamboo toothbrush, solid shampoo bar.	Switch to recycled or bamboo toilet paper. The average person uses 100 rolls in a year.	Use a hand-held hose or watering can rather than a sprinkler in the garden. Can you collect rainwater?	Boil what you need. On average a kettle uses the same amount of energy to boil a litre of water as it takes to run a fridge for 7 hours.	Eat less meat and dairy. Commit to 3 meat-free days this week – can you keep this going?	Dare to air. Wash your clothes less and wash at 30 degrees. Hang clothes to dry and avoid tumble drying.	Plant a tree. How many could you plant this year? Read 'The Man Who Planted Trees' by Jean Giono.
ACTION 2	Take responsibility. Make a list of the items you throw away one day this week. Identify wasteful items you can eliminate from your daily habits.	Make Ecosia.org your default search engine. It uses advertising revenue to plant trees.	Switch from bathing to showering. Take a shorter shower. Use a timer and set a target.	Switch to a green electricity tariff. Some suppliers will carbon-offset your gas supply too.	Choose compassion. All of God's creation deserves respect. Choose meat, eggs and dairy that were farmed ethically and sustainably.	Buy less. Buy things that will last. Maintain and repair rather than replace. Everything made has an energy and water cost from cars to socks.	Write to your MP. Say that care for the environment is a priority for you. Ask the government to build back greener after Covid-19.

Take part in the WWF Earth Hour from 8.30 – 9.30pm on Saturday 27th March. Iconic landmarks, millions of homes, businesses and political leaders across the world switch off their lights for an hour to celebrate our natural world and as a rallying call to protect it.