



Lent

February 2024

By 2050, there will be more plastic in the ocean than fish.

Make a change. #PlasticOrPlanet

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>14 Ash Wednesday <i>Giver of Life, in the midst of poisoned water, polluted air, and mountains of waste, I weep with creation.</i></p>	<p>15 Reusable Bottles An estimated 1-million plastic water bottles are purchased every minute. Break the cycle and reuse!</p>	<p>16 Refuse Lids Ask for drinks without a lid or bring your own cup. Plastic lids are less likely to get recycled.</p>	<p>17 Community Educate yourself on your town's recycling protocols and share what you've learned with neighbors.</p>
<p>18 Genesis 1:28 God blesses them saying: Be fertile, reproduce, fulfill the land, scratch out a place for yourselves among all animals living upon the land.</p>	<p>19 Styrofoam Ask for an alternative to Styrofoam when getting drinks or food to-go.</p>	<p>20 Straws Drink your beverage without a straw or carry a reusable metal straw to use when eating out.</p>	<p>21 Trash Bags Use compostable trash bags instead of plastic.</p>	<p>22 Cutlery Buy a few sets of cutlery to carry with you to use instead of plastic utensils.</p>	<p>23 Produce Avoid buying produce in plastic packaging. Bring your own produce bags to the store.</p>	<p>24 Community When out to eat, remind your table to drink without straws or to ask for paper straws.</p>
<p>25 Psalm 104:25-30 There is the sea, vast and spacious, teeming with creatures beyond number - living things both large and small.</p>	<p>26 Soap Use soap in bar form instead of liquid soap in a plastic container.</p>	<p>27 Cotton or Wood Use an eco-friendly cotton or wood alternative for things like ear buds and toothbrushes.</p>	<p>28 Micro Beads Avoid products with micro beads and anything with "polyethylene" as an ingredient.</p>	<p>29 Box Alternatives Use boxed products rather than their plastic counterpart for items such as laundry detergent.</p>	<p>1 Go Big or Go Home For products that only come in plastic containers, buy a large size and avoid travel sizes.</p>	<p>2 Community Ban disposable plastic/foam at large events and invest in reusable options instead.</p>





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<p>3</p> <p>Colossians 1:16-17</p> <p>For by him all things were created: things in heaven on earth, visible and invisible.</p>	<p>4</p> <p>Cleaning Cloths</p> <p>Avoid using wet wipes; choose washable material or make your own from towel scraps.</p>	<p>5</p> <p>Storage Containers</p> <p>Buy glass or stainless steel containers for food storage. You can also reuse coffee cans or jam jars.</p>	<p>6</p> <p>Accessories</p> <p>Avoid plastic fashion accessories and look for glass or metal alternatives.</p>	<p>7</p> <p>Thrift</p> <p>Buy things at yard sales or thrift shops to give items a second life!</p>	<p>8</p> <p>No Ziplocks</p> <p>Replace your Ziplock and cellophane with lidded food containers or explore beeswax alternatives.</p>	<p>9</p> <p>Community</p> <p>Pick up plastic wherever you see it. 12 million tons of plastic ends up in the ocean each year.</p>
<p>10</p> <p>Revelation 22:1-2</p> <p>Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God...</p>	<p>11</p> <p>Natural Fibers</p> <p>Choose natural fibers, like cotton or wool over synthetic fibers, which cause microfiber pollution.</p>	<p>12</p> <p>Old Into New</p> <p>Mend clothes or alter them rather than throwing them away to reduce pollution.</p>	<p>13</p> <p>Pack Snacks</p> <p>Instead of buying pre-packaged snack sized foods, buy a larger size and package them yourself.</p>	<p>14</p> <p>Bio Plastic</p> <p>Research bio plastic as an alternative to plastic - it is made from organic materials.</p>	<p>15</p> <p>Make a Request</p> <p>When buying online, request that the seller reduce or remove plastic packaging.</p>	<p>16</p> <p>Community</p> <p>Research ecobricks and think about what the church could do with them.</p>
<p>17</p> <p>Isaiah 24:4-5</p> <p>The earth dries up and withers, the world languishes and withers; the heavens languish with the earth. The earth lies polluted under its inhabitants.</p>	<p>18</p> <p>Experience</p> <p>Consider an experience as a gift instead of an item that will be thrown away eventually.</p>	<p>19</p> <p>Used Clothes</p> <p>Buy second-hand clothes or do a clothes swap to reduce waste.</p>	<p>20</p> <p>Wooden Toys</p> <p>When buying for a baby shower or children's gift, consider wooden toys instead of plastic ones.</p>	<p>21</p> <p>Recycle</p> <p>Seek out places that collect hard-to-recycle plastics, like your local grocery store.</p>	<p>22</p> <p>No More Gum</p> <p>Most gum actually contains plastic. Consider giving up your chewing habit or switching to an eco-friendly alternative.</p>	<p>23</p> <p>Community</p> <p>Attend a Green Team meeting and get involved in caring for God's Creation.</p>
<p>24</p> <p>Job 12:7-8</p> <p>Ask the animals, and they will teach you; the birds of the sky, and they will tell you; or speak to the earth and it will teach you.</p>	<p>25</p> <p>Pencils</p> <p>Instead of using pens that are made of plastic, use pencils when you are able.</p>	<p>26</p> <p>Kitchen Appliances</p> <p>Many kitchen appliances, like a blender, come in plastic or glass. Choose the glass option next time!</p>	<p>27</p> <p>Buy Fresh</p> <p>Buy fresh bread that's wrapped in paper, instead of bread that is pre-packaged in plastic.</p>	<p>28</p> <p>Invest in Quality</p> <p>Minimize the demand for cheap items that will have a shorter shelf life and invest in quality materials.</p>	<p>29</p> <p>Stream</p> <p>Don't buy new CDs, DVDs, or games. Instead stream as much as possible.</p>	<p>30</p> <p>Community</p> <p>Connect with environmental mission partners like Urban Trekkers or Neighborhood Collaborative Community Gardens.</p>

