

Creation Care Lenten Calendar

Week 1 > Getting Ready for Lent (Wednesday, March 2 – Saturday, March 5)

Wednesday - Read Matthew 6:16-21. Why care for the earth? Take a moment today to consider your intention for taking on a Creation Care Lenten discipline. Share on social media to inspire others.

Thursday - Lent is a time for illumination and learning more about our habits. Try opening curtains today instead of turning on lights. Turn off lights you do use when you leave a room.

Friday - We care best for the things to which we feel connected. Take a picture of nature and share online how it reminds you of God's beauty and power.

Saturday - Accountability helps us to fulfill our good intentions. Partner with a family member or friend to keep one another going as you take on each daily challenge this season. Join us in Zion's Friends & Family Facebook group to see how your church family is progressing with their journey.

Week 2 > Self-Examination (Sunday, March 6 – Saturday, March 12)

Sunday - Grab a copy of your home energy bill and calculate your carbon footprint. Resolve to change your most carbon-intensive activities. (<https://www3.epa.gov/carbon-footprint-calculator/>)

Monday - Check the pressure on your car tires. When properly inflated, gas mileage is improved by .6% - 3%.

Tuesday - Are you taking the best route to work or to the store? Google Maps recommends the most gas-efficient route with a leaf icon. (<https://www.google.com/maps>)

Wednesday - How much packaging are you throwing away? On your grocery run, look for items with less packaging.

Thursday - Are there energy vampires in your house? Go on a hunt to find and unplug them! (<https://www.duke-energy.com/Energy-Education/Energy-Savings-And-Efficiency/Energy-Vampires>)

Friday - How many light fixtures are in your house? How many use LED light bulbs? Pledge to switch two old bulbs to LEDs. They use 75% less energy and last 25 times longer.

Saturday - Is the filter in your clothes dryer clean? Emptying after each use increases the dryer's efficiency.

Week 3 > Prayer (Sunday, March 13 – Saturday, March 19)

Sunday - Take a walk outside today. Give thanks to God for the earth by collecting any trash you find.

Monday - Start a seed jar and embrace Martin Luther's wisdom "to plant today" as an expression of hope. (<https://teachingmama.org/germination-activity-grow-seeds-in-a-jar/>)

Tuesday - Put out some bird food and enjoy watching the birds. Praise God for our feathered friends!

Wednesday - Go online to learn about an animal you like. Research how they fit into the world ecosystem.

Thursday - Say a prayer for threatened and endangered creatures. Learn more by coloring in this book! (<https://fws.gov/nativeamerican/pdf/endangered-species-coloring-book.pdf>)

Friday - Write a prayer of thanks for the gift of our planet. Share it with a friend or on social media.

Saturday - Take a walk or bike ride at your favorite outdoor space. Say a prayer of thanksgiving.

Week 4 > Fasting (Sunday, March 20 – Saturday, March 26)

Sunday - Put on an extra sweater and try turning the thermostat down by one or two degrees. Save energy!

Monday - Can you go the day without eating any meat? Make today a "meatless" Monday! Get recipe ideas here: (<https://insanelygoodrecipes.com/meatless-recipes/>)

Tuesday - Turn off the faucet when brushing your teeth. Save up to 200 gallons of water per month!

Wednesday - Put aside the disposable plastic water bottles today. Locate and use a reusable container instead!

Thursday - Is there a new item you're thinking about buying? Today, curb consumption and go without.

Friday - Give up paper today! Read the newspaper online. Consider opting out of unwanted junk mail. (www.dmachoice.org)

Saturday - Forgo the dryer and air-dry your laundry today. Save energy and add humidity to your house.

Week 5 > Charitable Giving (Sunday, March 27-Saturday, April 2)

Sunday - Gather up the clothes you aren't wearing anymore. The Open Cupboard Food Pantry in Clinton will take clean, gently used, and brand-new items to support their programs.

Monday - Give a gift to the oceans! Bring your own shopping bags to the store this week.

Tuesday - Give a gift to your soil! Consider trying out composting. (<https://learn.eartheasy.com/guides/composting/>)

Wednesday - Give a gift to the air! Plant a tree in one of our national forests. (<https://shop.alivingtribute.org/>)

Thursday - Thinking ahead to Easter baskets? Buy Fair Trade! Get chocolate, dried, fruit, and small gifts. (www.equalexchange.coop) (<https://give.tenthousandvillages.com/>)

Friday - Give a family the gift of being able to live sustainably through ELCA Good Gifts. (<https://goodgifts.elca.org/fruit-tree-seedling>) (<https://goodgifts.elca.org/honeybees>) (<https://goodgifts.elca.org/environmentally-friendly-cookstove>)

Saturday - Your junk is someone else's treasure! Set aside your unneeded goods for our annual Oldwick Town-wide Tag Sale. You can start bringing your items to the CEB on Monday, April 11th.

Week 6 > Gratitude (Sunday, April 3-Saturday, April 9)

Sunday - Give thanks for the people who grow our food. Consider supporting a local farm by signing up for a farm share this growing season. Buying local saves energy and supports our community!

Monday - Share the good news! Tell a family member or friend what you love best about the earth.

Tuesday - Give thanks for the gift of trees! Try not to use a paper towel today. Use cloth towels instead.

Wednesday - Give thanks for the gift of water! Set a timer and see if you can shower in less than 5 minutes.

Thursday - Give thanks for the gift of family! Are you dyeing eggs with your family? Go natural! (<https://www.allrecipes.com/article/natural-easter-egg-dyes/>)

Friday - Give thanks for the gift of food! Research ways to reduce your food waste and make the most of your groceries. (<https://www.epa.gov/recycle/reducing-wasted-food-home>)

Saturday - Give thanks for our national park system! Take a virtual tour of Yellowstone National Park (<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>)

Week 7 > Sacrificial Love (Sunday, April 10-Saturday, April 16)

Sunday - Commit to making one eco-friendly change in your life this coming year.

Monday - Make a plan with others to do something to care for creation on Earth Day (Friday, April 22nd).

Tuesday - Visit the "Story of Stuff" website online and learn more about the systems behind pollution. (<https://www.storyofstuff.org/movies/story-of/>)

Wednesday - Many of the actions necessary to care for God's creation require coordinated collective action. Check to make sure your voter registration is current and prepare to vote in every election.

Thursday - Read Psalm 31. As we think about Christ's journey during Holy Week, may we recognize the troubles of the world around us. Difficulties like climate injustice, poverty, hunger, and human suffering can seem insurmountable. Trust that God is with us as we work for change.

Friday - Read Hebrews 4:14-16. In confidence of God's presence and attention, may we confess all that we have done and failed to do, willing to be made new in Christ for the world.

Saturday - Adults, write and share a note with a child in your life or share verbally with your own children how they inspire you to sustain God's creation by caring for the earth.