



## The Go Greener Lent Challenge

Giving something up for Lent? How about doing something positive instead (or as well!) to help creation and our neighbour? Following Vicky's challenging sermon of 19<sup>th</sup> Feb, why not "Go Greener" this Lent?

We all do our bit, reusing, recycling, upcycling. But could we do more? If we all did one extra thing, we'd be amazed at how lots of small impacts add up and really make a difference!

Why should we care so much?

- God has entrusted his creation to us. "The earth is the Lord's and everything in it," (Psalm 21).
- He has instructed us to be stewards of the earth. (Genesis).
- Creation is a reflection of God's might, majesty and awe. Just listen again to "How great thou art!"
- We know that climate change is a direct result of human action. Many of our global neighbours are not in a position to counter act the floods/ droughts they have to live through. We do not suffer these extreme weather conditions in the same way. This is fortunate for us but it is unjust if we do nothing about it. Our God is a God of justice. Jesus was always on the side of the vulnerable and marginalised and his command to us was clear, "Love your neighbour as yourself." We need to change our lives a little more to help bring about justice, reflecting God's vision that all are created equal.

So, consider setting yourself a small challenge this Lent and help make a difference. "Every little drop of water makes an ocean." Take a look and tick one or two things that you think you could achieve.

| <b>Pray</b>  |  |
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| Take time to marvel at the world, the stars at night, bird song, signs of spring.....and thank God                   |  |
| Pray for those suffering the effects of drought, flooding, earthquake, famine and for aid agencies providing support |  |
| Sing your favourite "creation" hymn  |  |
| Read some of the beautiful Psalms  |  |
| Take a walk and pray as you walk   |  |

| <b>Reduce your plastic waste</b>  |  |
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| Collect and recycle soft plastics: fruit and veg packaging, crisps packets, pasta bags, bread and salad bags (collected at Queen's Hall, Tesco, sometimes Co-Op Whiteman's Green) |  |
| Use a reusable water bottle/coffee cup. Bring your own mug to the Wed 10.30am service   |  |
| Use soap bars not liquid soap   |  |
| Recycle toothpaste tubes, toothbrushes, floss sticks (Queen's Hall)   |  |

| <b>Use less electricity</b>                      |  |
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| Boil the kettle once and use it! Don't reboil!   |  |
| Hang out washing                                 |  |
| Use LED light bulbs                              |  |
| Reduce washing temperature and use shorter cycle |  |
| Switch to a green energy supplier                |  |
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| <b>Use less chemicals when cleaning</b>   |  |
|---|--|
| use microfibre wonder cloths (no cleaning products needed!)                     |  |
| Use laundry sheets instead of laundry liquid                                    |  |
| Use cleaning products which don't harm the environment                          |  |
| Use baking soda (1 tbspn) & vinegar ( ½ cup) instead of bleach to clean the loo |  |
| Use dishwasher tablets with no plastic film                                     |  |

| <b>Generally</b>   |  |
|--|--|
| compost veg & fruit peelings, egg shells (reduce your waste and improve your soil)   |  |
| buy local  |  |
| Have a meat free/dairy free day a week (fun to try new recipes! Why not share good ones! )                                 |  |
| Grow your own herbs or veg (you'd be amazed what can be grown in a small space, even in a window box!)                     |  |
| Plant flowers to attract insects to your garden  |  |
| Reduce your driving speed (safer, cheaper, and better for the environment) Changing driving habits can improve MPG by 30%! |  |
| Encourage each other and share good ideas in the newsletter  |  |

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| <b>Ask yourself if you could be zero waste?!?!</b> |  |
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It would be good to share our ideas with each other and encourage each other. Let's discuss!

**Our Lent Appeal this year is supporting the homeless through Open House Crawley and Crossover, Brighton. Donations of underwear and socks can be left in the tower. Details are on the poster and the website.**