

FPCH Eco-Challenge Calendar for Lent 2021

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
During LENT take time to REFLECT on how you CARE for GOD'S CREATION. <i>*Can you implement and maintain 40 or more of the actions on this calendar? Do them in any order.*</i>				ASH Feb.17 WEDNESDAY ◆◆◆ Philippians 4:6-7 Spiritual Decluttering	Buy foods free of pesticides. Protect yourself and farm workers.	Turn off the water when you brush your teeth.	Use reusable shopping and lunch bags.
REDUCE REUSE RECYCLE	21 Use glass not plastic.	22 Know and follow recycling rules in your town.	23 Use biodegradable trash bags.	24 Use rechargeable batteries. See Call2Recycle.org	25 Choose metal straws not plastic.	26 No plastic bottles, use tap water.	27 Reduce use of all petroleum products.
	28 Use cloth towels and napkins, not paper.	March 1 Keep fruits and veggies loose, not in plastic bags at the store.	2 Use reusable utensils, not plastic or styrofoam.	3 Prioritize & Recycle, but do not replace items unless truly necessary.	4 Limit use of toilet paper.	5 Mend don't throw away clothing. 11 million tons of textile waste end up in landfills each year.	6 Walk or bike instead of driving.
ENERGY EFFICIENCY & SUSTAINABILITY	7 Buy EnergyStar Appliances ☆	8 Unplug TV and other electronics when not in use. Watch less TV.	9 Car Pool.	10 Learn the impact of sources of energy on neighbors needs and nature.	11 Sacred People/Sacred Earth Day of Action greenfaith.org	12 Block drafts, draw curtains to regulate temperature.	13 Avoid concrete. It releases carbon greenhouse gases.
	14 Join the Matthew 25 discussion on Climate Justice Zoom 9-9:45am	15 Don't let vehicles idle. Choose energy efficient cars.	16 Make sustainable energy choices.	17 Less microwave, more stovetop cooking.	18 Use LED bulbs, lights sensors, dimmers. Turn off lights.	19 Use natural light. Open windows to cool rooms.	20 Natural spring cleaning. Use eco-safe products. SPRING BEGINS
WATER CONSERVATION	21 Limit shower to 5 minutes. Use low flow shower head.	22 Use cold water for laundry. Warm water only when necessary.	23 Keep cooking oil out of sink.	24 Reduce use of lawn irrigation.	25 Collect rainwater to water plants and wash cars.	26 Scrape plates instead of rinse. Use dishwasher instead of tap.	27 Use self-watering pots inside. Try hydroponics.
NATURE AND THE MIND & BODY GOD GAVE YOU	PALM SUNDAY 28 ◆◆◆ Use eco-friendly palms.	Meatless Monday, or any day of the week, choose a plant-based diet.	30 Eat less, drink more. Avoid fast food and processed foods.	31 Choose antibiotic free foods to protect yourself, your family, water, and all animals.	April 1 Take a nature walk. Share the joy of nature.	2 Eat fresh food and less restaurant food.	3 Make sustainable seafood choices.
AT HOME PROTECT NATURAL ECO-SYSTEMS	EASTER 4 ◆◆◆ Reduce or share plastic eggs, do not buy new.	5 Let nature grow. Dandelions and milkweed are not weeds.	6 Compost.	7 Prep a raised vegetable garden.	8 Remove invasive plants and plant local native plants.	9 Use eco-friendly pesticides- try coffee grinds. No neonicotinoids.	10 Plant a butterfly garden. Choose pollinator, eco-friendly plants.
PRIORITIZE THE GREATER SOCIAL GOOD	11 Teach Biblical/ Christian basis for environmental care/action.	12 Educate yourself and family about the history of eco-justice..	13 Make charitable donation to those impacted by pollution, esp. POC.	14 Do not waste food. Eat leftovers.	15 Explore programs to support environmental justice. Take Action.	16 Purchase Fair Trade Products.	17 Support local farmers.
	18 Teach children the difference between needs & wants.	19 Be informed about the impact of current projects and planning on environment and poor communities.	20 Support Conservation and eco-justice organizations.	21 Support Conservation and eco-justice organizations.	22 Volunteer. EARTH DAY	Don't stop now. Continue to protect GOD'S CREATION. Plant a tree on Arbor Day April 20.	
	Virtual Ecumenical Environmental Advocacy Days (usually in Washington, DC)						

Thank you to the Islamic Center of South Jersey for inspiring this guide.