

# Tread Lightly for Lent



Lent is a time to reflect on what it means to live based on Christ's ministry. As part of this reflection we repent, often giving up an item or two that we consider a treat. This Lenten Calendar urges us to take this spiritual discipline a step further: to refrain from some practices that damage the earth, while learning about earth care issues and taking action that will honor Christ's teachings about caring for creation.

Over the 40 days of Lent we will learn about eco-justice (caring for creation and all humans it in) and be challenged to take action on the issues of waste, energy, water, consumption, and food. There are ideas for action by congregations as well as individuals.

Our call to eco-justice is rooted in Genesis 2:15 *"And the lord God took the man and put him into the garden of Eden to till it and to keep it,"* and Christ's teachings to work on behalf of the most vulnerable, for environmental impacts are felt most by those living in poverty. The more we do our part to till and keep the garden, the more we work for eco-justice.

To share about your journey while Treading Lightly for Lent go to

[www.facebook.com/pages/Louisville-KY/Presbyterian-Environmental-Ministries/148843727935?ref=ts](https://www.facebook.com/pages/Louisville-KY/Presbyterian-Environmental-Ministries/148843727935?ref=ts)

For more ideas for action and for Lenten and Easter reflections surrounding earth care, visit Presbyterians for Earth Care's website at

[www.prcweb.org/DOCS/PRCLentenResource.pdf](http://www.prcweb.org/DOCS/PRCLentenResource.pdf)

For more information contact:

Presbyterian Church (U.S.A.) Environmental Ministries

General Assembly Mission Council

[www.pcusa.org/environment](http://www.pcusa.org/environment)

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>February 17</p> <p>Pledge to <b>save energy</b> at home during Lent. Go to <a href="http://www.epa.gov/climatechange/emissions/ind_calculator.html">www.epa.gov/climatechange/emissions/ind_calculator.html</a> to calculate your home's carbon footprint &amp; learn how to reduce it.</p>	<p>18</p> <p><b>Wash clothes with a full load and use cold water.</b> Washing full loads can save 3,400 gallons of water a year. Heating water accounts for 90% of the energy your washing machine uses.<sup>1</sup></p>	<p>19</p> <p>Pledge to not drink from a disposable water bottle during Lent. <b>Carry a reusable water bottle with you.</b> Keep this up after Lent!</p>	<p>20</p> <p>Ask your grocery store to supply more <b>locally grown food</b>. This will support the local economy &amp; cut down on carbon emitted to transport the food.</p>
<p>21</p> <p>Ask your church to order <b>Eco-Palms</b> for Palm Sunday. Eco-Palms are harvested in a sustainable way and workers are paid a fair wage. Learn more &amp; order at <a href="http://www.pcusa.org/palms">www.pcusa.org/palms</a></p>	<p>22</p> <p>Learn more about <b>eco-justice: assuring justice for creation &amp; all humans that live in it</b> at <a href="http://nccecojustice.org">http://nccecojustice.org</a> Share what you have learned.</p>	<p>23</p> <p>Avoid buying anything with <b>extra packaging</b> on your next trip to the grocery store.</p>	<p>24</p> <p>End "phantom" loads: use a <b>power strip</b> to turn off electronics that use energy even when they are off, like TVs, DVD players, and computers.</p>	<p>25</p> <p>Place a plastic bottle full of water in your toilet tank to <b>reduce the amount of water used when you flush.</b></p>	<p>26</p> <p>Carry a <b>non-disposable bag</b> with you to avoid using plastic bags.</p>	<p>27</p> <p><b>Skip eating meat once this week.</b> It takes 12,009 gallons of water to produce 1 pound of beef.<sup>2</sup> <b>Learn about food choices</b> in <i>Just Eating</i>: <a href="http://www.pcusa.org/food/justeating.htm">www.pcusa.org/food/justeating.htm</a></p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	March 1	2	3	4	5	6
<p>Organize an <b>Earth Day Celebration</b> for your church on the Sunday before or after Earth Day, April 22. Find resources at <a href="http://www.pcusa.org/environment/earthday.htm">www.pcusa.org/environment/earthday.htm</a></p>	<p>Learn about <b>environmental racism</b> &amp; research related issues in your community. Start at <a href="http://nccecojustice.org/resources/index.php#environmentaljusticeresources">http://nccecojustice.org/resources/index.php#environmentaljusticeresources</a></p>	<p>If you pack a lunch, pack in <b>reusable containers</b>. If you buy your lunch, avoid Styrofoam.</p>	<p><b>Replace one incandescent light bulb with a CFL.</b> CFLs use 75% less energy than incandescent light bulbs.<sup>3</sup> If you already have replaced all of your bulbs, offer one to a family member or friend.</p>	<p>Take a <b>shorter shower</b> today. Make this a routine &amp; <b>buy a low flow shower head</b>. Older showers use 7 gallons of water a minute, versus 2.5 gallons a minute for low flow models.<sup>4</sup></p>	<p>Buy coffee from the <b>Presbyterian Coffee Project</b> through Equal Exchange. This coffee is raised in a sustainable manner &amp; farmers are paid a fair price. <a href="http://www.pcusa.org/coffee/order.htm">www.pcusa.org/coffee/order.htm</a></p>	<p>Find <b>local food sources</b> at <a href="http://www.localharvest.org">www.localharvest.org</a>.</p>
7	8	9	10	11	12	13
<p>Organize an <b>energy audit for your church</b>. A Do It Yourself audit can be found at <a href="http://www.climateandenergy.org/CEPPProject/IPLresources/Index.htm">www.climateandenergy.org/CEPPProject/IPLresources/Index.htm</a></p>	<p>Learn about <b>mountaintop removal</b> &amp; see if your coal comes from mountaintop removal at <a href="http://www.ilovemountains.org">www.ilovemountains.org</a></p>	<p><b>Reuse something</b> that you would have thrown away today.</p>	<p><b>Turn down your thermostat 2 degrees.</b> For each degree you lower the thermostat, you can save 5% on your home heating costs.<sup>5</sup></p>	<p><b>Do not put fats, oils, or grease down the drain</b>, even if you have a garbage disposal. This can lead to clogged pipes.<sup>6</sup></p>	<p>Go through your closet and <b>donate unneeded clothes to a local ministry</b>. When shopping, only buy the clothing that you need.</p>	<p><b>Try to eat food that is in season.</b> Food that is out of season often travels hundreds or thousands of miles to get to you, using large amounts of fossil fuels for transportation.</p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>14</p> <p>Ask your church to use <b>reusable dishes</b> instead of disposables.</p>	<p>15</p> <p>Learn about <b>Fair Trade</b> and how to support it at <a href="http://www.pcusa.org/trade/ft.htm">www.pcusa.org/trade/ft.htm</a>.</p>	<p>16</p> <p><b>Use cloth napkins</b> at home instead of paper napkins.</p>	<p>17</p> <p><b>Check your doors and windows for leaks</b> with a ribbon or feather &amp; add weather stripping if necessary. Learn more about home sealing at <a href="http://www.energystar.gov/index.cfm?c=diy.diy_index">www.energystar.gov/index.cfm?c=diy.diy_index</a>.</p>	<p>18</p> <p><b>Check your toilet for leaks</b> by putting a drop of food coloring in the tank. If the toilet bowl water changes color without flushing, there is a leak. A leaky toilet can waste 200 gallons of water a day.<sup>7</sup></p>	<p>19</p> <p><b>Switch to non-toxic cleaning products</b> like baking soda. This is eco-friendly, healthier for you, &amp; cheaper. Learn more at <a href="http://www.eartheasy.com/live_nontoxic_solutions.htm">www.eartheasy.com/live_nontoxic_solutions.htm</a></p>	<p>20</p> <p><b>Compost food scraps</b> &amp; use them for gardening rather than sending them to the landfill. Learn more about composting at <a href="http://www.howtocompost.org/">www.howtocompost.org/</a></p>
<p>21</p> <p><b>Learn about incorporating environmental issues into your worship</b> at <a href="http://www.webofcreation.org">www.webofcreation.org</a>.</p>	<p>22</p> <p>Today is <b>World Water Day</b>. Learn about the 2010 theme: Clean Water for a Healthy World at <a href="http://www.worldwaterday2010.info">www.worldwaterday2010.info</a></p>	<p>23</p> <p><b>Recycle as much as you can.</b> Research local recycling drop off sites at <a href="http://earth911.com">http://earth911.com</a> if your community does not have curbside recycling.</p>	<p>24</p> <p><b>Walk, bike, or take public transportation</b> as much as possible. If you drive, <b>combine trips, car-pool, and accelerate and stop slowly.</b></p>	<p>25</p> <p><b>Dispose of hazardous materials properly.</b> Improper disposal of items like paint, motor oil, &amp; pesticides can affect water quality.<sup>8</sup> Find a disposal site: <a href="http://earth911.com/hazardous/">http://earth911.com/hazardous/</a></p>	<p>26</p> <p><b>Some personal care &amp; cosmetic products contain toxic ingredients.</b> Search to see if the products you are using are safe at <a href="http://www.cosmeticsdatabase.com">www.cosmeticsdatabase.com</a></p>	<p>27</p> <p><b>Be mindful of how much food you waste &amp; decrease this.</b> On average, Americans waste 1400 calories of food a day,<sup>9</sup> while 49 million Americans were food insecure in 2008.<sup>10</sup></p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	April 1	2	3
See if anyone at your church would like to organize a <b>care for creation group</b> to integrate earth care into all facets of church life. Environmental Ministries can help you get started.	Learn about how to become involved with <b>Presbyterians for Earth Care</b> , an Eco-Justice Network that cares for God's Creation at <a href="http://www.presbyearthcare.org">www.presbyearthcare.org</a>	Take a walk and <b>collect all the trash you see</b> and recycle it (or throw if necessary).	<b>Check your tire pressure</b> to be sure that your tires are properly inflated. Properly inflated tires can improve your gas mileage by 3.3%. <sup>11</sup>	<b>Fix any leaky faucets.</b> A faucet that drips once per second can waste 3,000 gallons of water in a year. <sup>12</sup>	<b>Stay up to date on environmental legislative issues</b> from the Presbyterian Washington Office. Subscribe to the e-newsletter at <a href="http://www.pcusa.org/washington">www.pcusa.org/washington</a>	<b>Plant seeds for a garden</b> , even a window garden. If it is too early to plant in your region, plan for your garden at <a href="http://www.almanac.com/content/beginners-vegetable-garden">www.almanac.com/content/beginners-vegetable-garden</a>

## For Further Learning and Action

- Sign up for the Eco-Notes e-newsletter from Environmental Ministries at <http://www.pcusa.org/environment/subscribe.htm>.
- Organize a service project at your local food bank.
- Organize a stream clean up in your area. American Rivers can help with this at <http://www.americanrivers.org/our-work/restoring-rivers/national-river-cleanup/>.
- Organize an event surrounding environmental issues at your church.
- Look into serving fair trade coffee through the Presbyterian Coffee Project at your church at <http://www.pcusa.org/coffee/church.htm>.
- Organize a light bulb swap to change out incandescent light bulbs with CFLs in a low income neighborhood. The National Council of Churches Eco-Justice Program offers tips for this at <http://www.nccecojustice.org/carbonreduction/crcyouthgroupcfl.php?>
- Start a recycling program at your church.

## Sources:

- <sup>1</sup> *Top 10 Tips for Renters: Energy Star*. Accessed 19 January 2010. <[http://www.energystar.gov/index.cfm?c=products.es\\_at\\_home\\_tips\\_renters10](http://www.energystar.gov/index.cfm?c=products.es_at_home_tips_renters10)>
- <sup>2</sup> Johnson, Holly. *Just Eating? Practicing Our Faith at the Table, Middle School Version*. Advocate Health Care, Church World Service, and Presbyterian Hunger Program. Accessed 19 January 2010. <<http://www.pcusa.org/food/downloads/justeating-ms.pdf>>
- <sup>3</sup> *Energy Star Frequently Asked Questions*. Accessed 19 January 2010. <[http://energystar.custhelp.com/cgi-bin/energystar.cfg/php/enduser/std\\_adp.php?p\\_faqid=5284](http://energystar.custhelp.com/cgi-bin/energystar.cfg/php/enduser/std_adp.php?p_faqid=5284)>
- <sup>4</sup> *Community Science Action Guides*. Accessed 19 January 2010. <<http://www.fi.edu/guide/schutte/howmuch.html>>
- <sup>5</sup> *How You Can Save Energy*. Accessed 19 January 2010. <<http://www.tvakids.com/electricity/conservation.htm>>
- <sup>6</sup> *Prevent Sewer Blockages*. Accessed 19 January 2010. <<http://www.butlercountydes.org/html/wastewater/PreventSewerBlockages.cfm>>
- <sup>7</sup> *Watersense, An EPA Partnership: What You Can Do*. Accessed 19 January 2010. <[http://www.epa.gov/watersense/water\\_efficiency/what\\_you\\_can\\_do.html#fix](http://www.epa.gov/watersense/water_efficiency/what_you_can_do.html#fix)>
- <sup>8</sup> *US EPA Source Water Protection: Quick Things You Can Do*. Accessed 19 January 2010. <<http://cfpub.epa.gov/safewater/sourcewater/sourcewater.cfm?action=Quick>>
- <sup>9</sup> *The Progressive Increase of Food Waste in America and Its Environmental Impact*. Accessed 20 January 2010. <<http://www.plosone.org/article/info:doi/10.1371/journal.pone.0007940>>
- <sup>10</sup> Nord, Mark, Margaret Andrews, and Steven Carlson. "Household Food Security in the United States, 2008." *ers.usda.gov*. Accessed 20 January 2010. <<http://www.ers.usda.gov/Publications/ERR83/ERR83.pdf>>
- <sup>11</sup> "Keeping Your Car in Shape." Accessed 19 January 2010. <<http://www.fueleconomy.gov/feg/maintain.shtml>>
- <sup>12</sup> *Watersense, An EPA Partnership: What You Can Do*. Accessed 19 January 2010. <[http://www.epa.gov/watersense/water\\_efficiency/what\\_you\\_can\\_do.html#fix](http://www.epa.gov/watersense/water_efficiency/what_you_can_do.html#fix)>

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