



THE CHURCH
OF ENGLAND

Diocese of St Edmundsbury
and Ipswich

Environmental Lent Challenge

Our Lent Challenge this year is all about raising awareness of environmental issues in line with the Archbishop of Canterbury's Lent Book 'Saying Yes to Life'.

It is not about raising money. We hope it will be a fun way in which you and your family can think about ways in which we can all protect God's creation.

Each day you can gain points depending on what you, your family, and your church are doing to help the environment. Perhaps there are somethings for you to try that you aren't doing yet? Award yourself points based on:



I know about this but I need to act upon it.






I'm doing this, but I could do better.

















I'm doing this really well!















Colour in the stars each day and see how well you are doing at the end of Lent. There are no prizes, other than a warm glow if you discover that you are doing what you can to look after God's creation.

<p>Wed 26 Feb</p> 	<p>It's Ash Wednesday. With Christian Aid's help, women in Ethiopia are making and selling stoves that burn less wood. Use less power by using a steamer or only boiling the amount of water you need.</p>	
<p>Thurs 27</p> 	<p>Women in Africa often make soap as an extra source of income. Swap your single-use plastic bottle of shower gel for a bar of soap.</p>	
<p>Fri 28</p> 	<p>Preparing for the weekend shop? Find your nearest shop that sells refills and loose goods you can store in jars and shop there instead. You won't have to throw all that packaging away!</p>	
<p>Sat 29</p> 	<p>Climate change is seriously affecting people in developing countries. Campaigning makes a difference. Is there a climate march or strike near you during Lent that you can join?</p>	
<p>Sun 1 Mar</p> 	<p>Micah 6:8 ...<i>'do justice, love kindness and walk humbly with your God.'</i> Fairtrade products do less damage to the environment. Are you a Fairtrade church? Could you become one?</p>	
<p>Mon 2</p> 	<p>Yes it's Monday morning - back to work. But you could feel better if you were doing your bit by sharing a lift to work or cycling and taking one more car off the road!</p>	
<p>Tues 3</p> 	<p>Trees soak up carbon dioxide. Change your search engine to Ecosia and let your searches plant trees around the world www.ecosia.org/</p>	





<p>Weds 4</p> 	<p>It's a whole week into the challenge – are you on a roll? Toilet paper is often wrapped in plastic. Search for companies that wrap their rolls in paper and ditch the plastic! Recycled or bamboo papers are even better.</p>	
<p>Thurs 5</p> 	<p>Remember that advert, 'Take two bottles into the shower'? Why take any plastic bottles into the shower? Convert to shampoo and conditioner bars and do away with single-use bottles.</p>	
<p>Fri 6</p> 	<p>Meat is a treat in Tanzania. Farm animals produce methane, a greenhouse gas. Could you become a vegetarian or at least eat meat only 1 or 2 days a week?</p>	
<p>Sat 7</p> 	<p>Many people in Africa don't live in democracies like ours. Make the most of what we have. Write a letter to your MP about climate change.</p>	
<p>Sun 8</p> 	<p>Psalm 24:1 <i>'The Earth is the Lord's and all that is in it.'</i> Is your church an Eco-church? If not, could it be? Visit: ecochurch.arochoa.org.uk/</p>	
<p>Mon 9</p> <p>R R R</p>	<p>School again today? Do you know your three Rs: Reduce, Reuse and Recycle? Make a list of ways you could do more of each of these and discuss it with your family.</p>	
<p>Tues 10</p> 	<p>Where do all the plastic ballpoint pens go? Probably to landfill! Save the planet by using refillable pens, or pencils.</p>	

<p>Weds 11</p> 	<p>Aid agencies in Ethiopia are helping to fund solar power in remote areas. If you have solar panels on your house give yourself five stars! If not consider them!</p>	
<p>Thurs 12</p> 	<p>People in Africa often shop in markets. We also have markets, as well as shops, selling loose fruit and veg. Find a place near you where you can take your own bags and cut out more plastic.</p>	
<p>Fri 13</p> 	<p>Some women and children in Africa walk many miles to get water from a spring or river. We get clean drinking water from a tap. Could you give up buying water and other drinks in plastic bottles?</p>	
<p>Sat 14</p> 	<p>Local papers are great ways of reaching people. Write a letter to your local paper about the climate crisis and what needs to be done?</p>	
<p>Sun 15</p> 	<p>Colossians 1:16 - 17 <i>'For by him all things were created: things in heaven and on Earth, visible and invisible'</i>. Pray for rapid action by our world leaders to combat the climate crisis.</p>	
<p>Mon 16</p> 	<p>Thinking about the summer holidays? A four hour flight produces 250kg of CO2. How about planning a holiday that doesn't involve flying?</p>	
<p>Tues 17</p> 	<p>Planning a business trip? Do you really need to travel? Consider using skype, facetime or video-conferencing instead. Save CO2 and spend more time with your friends and family.</p>	

<p>Wed 18</p> 	<p>OK, you've got to fly, there is no other option. Look online to find a carbon offset company to plant trees and soak up the CO2 your flight has produced, or plant some trees yourself.</p>	
<p>Thurs 19</p> 	<p>Our link diocese of Kagera planted 350,000 trees in 2019 which are busy soaking up CO2. Plant a tree or two in your garden this Spring, and/or some insect friendly flowers.</p>	
<p>Fri 20</p> 	<p>Today is the Spring Equinox. The days are getting longer and hopefully warmer! Turn the thermostat down by a degree saving the planet and some money?</p>	
<p>Sat 21</p> 	<p>Clothes shopping? Buy clothes made with natural fibres and stop plastic microfibres entering the environment every time you wash your clothes.</p>	
<p>Sun 22</p> 	<p>Mothering Sunday! Pray for the many mothers who work hard on cocoa farms in Ghana. Why not honour that work by buying a box of Fairtrade chocolates for someone who cares for you?</p>	
<p>Mon 23</p> 	<p>Work again? Have you got your refillable cup with you? If you don't have one yet, now's the time to get one. No more disposable cups to end up in landfill!</p>	
<p>Tues 24</p> 	<p>Are you still using cling film? Buy some reusable food covers and save a bit more plastic from going in the bin.</p>	

<p>Wed 25</p> 	<p>Facebook, Twitter and Instagram are great ways to get a message to family and friends. Could you post something today about the climate crisis?</p>	
<p>Thurs 26</p> 	<p>Here's a bright idea! Save money and the planet - change now to LED bulbs in your home. There are plenty of different types to choose from online or in the shops.</p>	
<p>Fri 27</p> 	<p>It's the last Friday of the month, is it your pay day? If you have some money to invest why not invest it ethically? You could avoid fossil fuel companies and choose renewables.</p>	
<p>Sat 28</p> 	<p>Tonight the clocks go forward, so you get an hour less in bed. This is a good time to change your heating and lighting timers so you don't waste energy.</p>	
<p>Sun 29</p> 	<p>Look at your churchyard. Is the grass mowed to within an inch of its life? Ask your churchwarden if you could invite Suffolk Wildlife Trust to advise on creating a haven for wildlife? It's free!</p>	
<p>Mon 30</p> 	<p>Renewable energy accounts for about 30% of electricity production in the UK. If you haven't already, you could switch to a renewable energy supplier or a green tariff at home.</p>	
<p>Tues 31</p> 	<p>Ask your PCC if your church uses a renewable electricity supplier or a green tariff. If it doesn't could you persuade them to do so?</p>	

<p>Wed 1 April</p> 	<p>It's April Fool's Day! Pray for wisdom for our politicians and world leaders so that they will take effective action to deal with the climate crisis.</p>	
<p>Thurs 2</p> 	<p>Palm trees are scarce in Suffolk, but there are lots of native trees that soak up CO2 and provide places for animals and birds. Ask your PCC to put bird boxes, bug hotels and hedgehog houses in your churchyard.</p>	
<p>Fri 3</p> 	<p>70% of food waste comes from our homes. If you are planning your food shop tonight, think carefully about what you want to cook this week and try to buy only what you need.</p>	
<p>Sat 4</p> 	<p>Clothes shopping again? Do you really need new clothes? Look in the charity shops for good second-hand clothes and save the Earth's resources?</p>	
<p>Sun 5</p> 	<p>Hosanna! It's Palm Sunday! John 12:1-19. You might not be able to ride a donkey to church today, but could you ride a bike or walk or share a lift?</p>	
<p>Mon 6</p>  	<p>We hope you've enjoyed this challenge. You'll notice we haven't been asking for any money this year. However why not make a donation to Christian Aid, or A Rocha who are working to protect God's creation?</p>	
<p>Tues 7</p> 	<p>Read Genesis 1 and, if you have time, go for a walk and think and pray for our beautiful world.</p>	

<p>Wed 8</p> 	<p>Read Genesis 3 and, if you have time, go for a walk and think of all the ways we have used our knowledge to damage God's creation. Ask for God's forgiveness.</p>	
<p>Maundy Thursday</p> 	<p>'Maundy' comes from the Latin for commandment, reflecting Jesus' words "<i>I give you a new commandment.</i>"</p> <p>Read John 13:34-35. Think about how loving one another involves looking after the environment.</p>	
	<p>Total stars:</p>	

How many green stars did you score?

200 to 160 Brilliant!

You're really working hard for the environment. See if you can persuade others to do the same.

159 to 120 Well done!

You're making a real difference towards protecting the environment. What are you going to do next?

119 to 80 OK

You've made a start. Why not make this year the year you, your family, and your church go green? Use this challenge to help you!

Less than 79

Sounds like you could do with some help and advice on environmental matters. Why not contact our Diocesan Environment Officer? Please contact the Revd Canon Sandie Barton on: environment@cofesuffolk.org or by phoning 01638 720770.