

<p>For Anglicans Lent is the time when we remember the 40 days that Jesus spent in the wilderness, facing challenge and temptation. It is a time when we reflect on God's purpose for our life. This is a challenge to give up single-use plastics-to reduce the actions which damage God's Creation. Over 8.3</p>	<p>ASH WEDNESDAY ISAIAH 24:4-5 'The earth dries up and withers, the world languishes and withers: the heavens languish together with the earth. The earth lies polluted under its inhabitants...'</p>	<p>2. Give up disposable cups & drinks in plastic bottles. Carry a travel mug or water bottle. Get a reusable bottle, fill it up with tap water before leaving the house, and refill it wherever you happen to be.</p>	<p>3. Bring your own reusable bags Plastic bags and produce bags in particular are often used for minutes before being discarded. Most plastic bags are not recycled, ending up in landfills.</p>	<p>4. Carry your own non-plastic cutlery Plastic disposable cutlery and straws are among the worst plastic pollution culprits. Get in the habit of carrying your own cutlery with you and leaving a set in the car.</p>
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<p>F O O D & D R I N K B A T H R O</p>	<p>5 Sunday Psalm 104:25-30 'There is the sea, vast and spacious, teeming with creatures beyond number - living things both large and small." By 2050 we could have more plastic than fish by weight) in</p>	<p>6. Buy in bulk to minimize or eliminate packaging This goes for food and drink as well as cleaning supplies, toiletries, hardware items- anything that may come in plastic packaging.</p>	<p>7. Avoid overpackaged, processed, canned and frozen convenience foods. Stay clear of the three tomatoes sitting on a Styrofoam tray and covered in plastic cellophane.</p>	<p>8. Buy fresh bread that comes in either paper bags or no bags This eliminates plastic wrapping waste from shop bought bread and you help support local businesses.</p>	<p>9. Choose milk in returnable glass bottles Some areas have local dairies that provide milk in returnable glass bottles rather than plastic- or plastic-coated cardboard.</p>	<p>10. Use non-plastic containers for food- Lunches, leftovers, freezing, storage, take-out, travelling... Request takeaways use your container instead of their disposable one. Take a container</p>	<p>11. Shop at markets Fresh food markets are not only often cheaper and fresher than supermarkets but they sell fruit and vegetables loose. Don't forget to take your reusable bags.</p>
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<i>the sea.</i>					<i>when you buy meat, fish or cheese.</i>	
<p>Sunday <i>Everyday millions of microplastics enter the sea from toiletry products</i> <i>Start a conversation or ask to talk about how you are taking action on plastics at church</i></p>	<p>13. Look around your bathroom and see what plastics you can replace <i>Do you have plastic bottles sitting in the shower? Find a brand you like and try and get it in bulk. If it's not available in bulk-ask the manufacturer to offer it.</i></p>	<p>14. Use a razor with removable blades <i>Disposable razors and razor blades are two of the biggest contributors to plastic waste.</i></p>	<p>15. Check labels of toiletries <i>Did you know some facial scrubs & toiletry products contain tiny plastic beads? Avoid anything with 'polyethylene' listed as an ingredient.</i></p>	<p>16. Use a bamboo toothbrush or a toothbrush with recyclable heads and try to find dental floss that doesn't come in plastic packaging.</p>	<p>17. Use bar soap instead of liquid hand soap. <i>This is an easy change to make, if you are feeling keen you can even make your own soap bars.</i></p>	<p>18. Choose lotions and lip balms in plastic free containers <i>Some shops will now refill glass toiletry containers or give you a discount if you return old packaging.</i></p>
<p>Sunday Colossians 1:16-17 <i>'For by him all things were created; things in heaven and on</i></p>	<p>20. Look around your kitchen and see what plastics you can replace <i>Use a dish brush with a wooden handle and</i></p>	<p>21. Use natural cleaning cloths instead of plastic & synthetic sponges <i>Compressed natural cellulose</i></p>	<p>22. Use a blender made of glass <i>If you find yourself needing to purchase a new blender in</i></p>	<p>23. Buy glass and/or stainless-steel containers for food storage <i>Glass works well for freezer storage as well,</i></p>	<p>24. Avoid foil wrapped crisps and chocolate <i>Some sweet wrappers are now recyclable but don't forget</i></p>	<p>25. Share your leftovers or unwanted food. <i>Reduce waste by joining a food sharing network like Olio.</i></p>

<i>earth, visible and invisible.'</i> <i>Consider organising a community litter pick.</i>	<i>compostable bristles.</i>	<i>sponges are often sold without any plastic packaging.</i>	<i>the future, try and go for a glass alternative if possible.</i>	<i>just ensure you leave room at the top of the jar</i>	<i>to check</i>	
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Sunday Job 28:12-13 <i>'But where can wisdom be found? Where does understanding dwell? Do you use disposable cups at church? Can you encourage people to bring their own mug?'</i>	27. Choose natural fibres <i>Synthetic fabrics create microfibre pollution when washed. When buying new clothes look for organic cotton, wool, and other natural fibres.</i>	28. Alter and modify old shoes and clothing into new <i>Do you have old clothes and shoes that you never wear because they don't fit or are out of style? Take them to a tailor or cobbler for alteration.</i>	29. Buy clothing second-hand <i>Buying clothes second hand not only saves you money but ensures that the secondhand clothes you purchase have an extra-long lease of life.</i>	30. Do a clothes swap <i>Look online for advice on how to set up your own. Take a look at sites like Get Swishing for ideas.</i>	31. Invest in quality <i>By doing this you are minimising the demand for cheap items that end up in landfill. In the long run it will save you money.</i>	32. Request zero plastic packaging <i>If you're buying clothes online ask the retailer if they can reduce or remove plastic packaging.</i>
Sunday Psalm 24:1-2 <i>'the earth is the Lord's and all that is in it, the world, and those who live in it.'</i>	34. Put a 'No Junk Mail' sticker on your letterbox. <i>This will reduce the number of letters with plastic windows.</i>	35. Make it from scratch. <i>Try and cook as much as possible from scratch and take your own sandwiches and snacks when you</i>	36. Avoid wet wipes <i>These contain plastic fibres so don't break down like toilet roll, despite often being</i>	37. Acquire necessary plastic items used instead of new. <i>Check second-hand shops etc. Look for sharing groups locally.</i>	38. Buy second-hand plastic-free furniture <i>There's lots of advice about repairing, upcycling and finding good</i>	39. Don't buy new CD's and DVD's <i>Stream or download music, shows and films online or borrow them from the</i>

	<i>It will also reduce your paper waste!</i>	<i>go out.</i>	<i>described as flushable.</i>		<i>wooden or metal furniture online.</i>	<i>library or friends. Does your church have books, CD's etc. to borrow?</i>
<i>Sunday Micah 6:8</i> <i>'He has shown you O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.'</i>	<i>41. Avoid plastic pens and giveaways.</i> <i>Try using a refillable fountain pen or pencils.</i>	<i>42. Bring your own toiletries.</i> <i>Skip the free travel size shampoos, soaps, and lotions offered by hotels. Instead fill up your own reusable travel-size containers at home.</i>	<i>43. Avoid the Mini bar snacks and drinks.</i> <i>Not only incredibly expensive but they all come in plastic packages or bottles. Even if you can't avoid plastic entirely you can resist single-serving sizes.</i>	<i>44. What lasting changes are you going to make?</i> <i>Do you find yourself looking at plastics in a different way? List three things you are going to commit to changing.</i>	1. 2. 3.	<i>Join the A Rocha Portugal Plastic WasteReduction Campaign, The UN's Clean Seas campaign and/or Greenpeace's Plastic Pledge. Find out your own plastic footprint.</i>

I am aware that some of these suggestions maynot be available in your country/area. However, there may be something else which is closer to home. If so, please could your share it with me so that I can pass it on to others? Any ideas please to Elizabeth