



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

13

Ask your church to order **Eco-Palms** for Palm Sunday. Eco-Palms are harvested in a sustainable way, and workers are paid a fair wage. Learn more and order at [www.pcusa.org/palms](http://www.pcusa.org/palms).



20

**Organize an Earth Day Celebration** for your church on a Sunday near Earth Day, April 22. Find resources at [www.pcusa.org/environment/](http://www.pcusa.org/environment/).



14

Pledge to **rethink, reduce, reuse, and recycle** during Lent. Adding “rethink” to the traditional 3 R’s can help us avoid activities that are harmful to God’s earth.



21

Have a “**Meatless Monday**” today. Eating less meat can improve your health and the earth’s. It is estimated that the meat industry contributes nearly 1/5 of manufactured greenhouse gas emissions.<sup>4</sup> Learn more at [www.meatlessmonday.com](http://www.meatlessmonday.com).

15

Pledge to **stop drinking bottled water**. Eighty-six million barrels of oil were used to produce and transport plastic water bottles in 2007.<sup>2</sup> Take the Bottled Water Pledge at <http://presbyearthcare.org/advocacy-h20.html>.

22

Observe **World Water Day** today by participating in the Tap Project to support UNICEF’s efforts to bring clean water to children around the world. Visit a participating restaurant March 20–26 or contribute \$1 to UNICEF at [www.tapproject.org](http://www.tapproject.org).



9

Prepare your heart and mind to “Tread Lightly for Lent.” **Share your plans** for this Lenten Season with your family and your congregation. Urge others to join you on the journey.



16

Learn more about **eco-justice: assuring justice for creation and all humans who live in it** at <http://ncccojustice.org>. Share what you have learned.



23

Learn about how to become involved with **Presbyterians for Earth Care**, an eco-justice network that cares for God’s Creation at [www.presbyearthcare.org](http://www.presbyearthcare.org).



10

Pledge to **save energy** at home during Lent. Go to [www.energystar.gov/yardstick](http://www.energystar.gov/yardstick) to assess your home energy use and get ideas to increase energy efficiency.



17

**Replace one incandescent light bulb with a CFL**. 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.



24

Walk, bike, or take public transportation as much as possible. If you drive, **pledge to be idle free**. Idling for over 10 seconds uses more gas than turning off the engine and restarting it.<sup>5</sup>

11

**Do a water audit** of your home: check for leaky faucets and fix them, and test your toilet for leaks by putting a drop of food coloring in the tank. If the toilet bowl water changes color without flushing, there is a leak.



18

**Contact your member of Congress** about an environmental issue. Use the PC(USA) Office of Public Witness website to do so: [www.pcusa.org/washington](http://www.pcusa.org/washington).

25

Order **fair trade chocolate** at <http://interfaith.equalexchange.com> for Easter and other occasions to ensure that child labor was not used and that the chocolate was grown sustainably.

12

**Collect your personal trash and recyclables** throughout the day. At the end of the day, survey your waste and think of ways to reduce. On average, Americans create 4.6 pounds of waste a day.<sup>1</sup>



19

**Take an Energy Sabbath** for at least one hour today. Turn off electronic gadgets, and take time to enjoy God’s earth and people around you. Think of ways to expand this Sabbath time in your life.



26

**Take time to experience God’s creation today**, wherever you are. Share what you experience with others.



Sunday

27

The **One Great Hour of Sharing** offering is collected on Easter. Learn more about the PC(USA) OGHS programs: Disaster Assistance, Hunger, and Self- Development of People, which care for God's earth in many ways. Learn more and give: [www.pcusa.org/oghs](http://www.pcusa.org/oghs).

3

Work with your congregation to protect God's creation and become an **Earth Care Congregation**. Learn about the program at [www.pcusa.org/environment](http://www.pcusa.org/environment).



10

Have your next church event at a **Presbyterian Camp and Conference Center** and experience God's creation. [www.bookaretreat.com](http://www.bookaretreat.com).



Monday

28

Plant a tree in 2011, which is the **International Year of Forests**. Learn more at [www.un.org/forests](http://www.un.org/forests) and about the Presbyterian Ministry at the United Nations at [www.pcusa.org/un](http://www.pcusa.org/un).



4

Find ways to **reduce your use of paper**: stop unwanted catalogs at [www.catalogchoice.org](http://www.catalogchoice.org), request online billing, and request that companies stop sending you junk mail.

11

**Switch to non-toxic cleaning products** like baking soda. It's eco-friendly, healthier for you, and cheaper. Learn more at [www.eartheasy.com/live\\_nontoxic\\_solutions.htm](http://www.eartheasy.com/live_nontoxic_solutions.htm).

Tuesday

29

Place a plastic bottle full of water in your toilet tank to **reduce the amount of water used when you flush**.



5

**Do your laundry with a full load and use cold water**. 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>7</sup>



12

**Take a shorter shower today**. Make this a routine and buy a low-flow showerhead. Older showers use 7 gallons of water a minute, versus 2.5 gallons a minute for low-flow models.<sup>9</sup>



Wednesday

30

Learn about **"Just Living"** – answering God's call to do justice and living simply so that others may simply live – from Enough for Everyone at [www.pcusa.org/justliving](http://www.pcusa.org/justliving).

6

Learn about **conflict minerals** that are sometimes used in electronics. Find places that responsibly recycle electronics, and learn which companies are concerned about conflict minerals. <http://earth911.com/news/2010/08/03/new-legislation-monitors-conflict-minerals-in-gadgets/>.

13

Learn about **environmental racism** and research related issues in your community. Start at [www.ncccojustice.org/justice](http://www.ncccojustice.org/justice).



Thursday

31

**Turn down your thermostat 2 degrees**. For each degree you lower the thermostat, you can save 5% on your home heating costs.<sup>6</sup>



7

**Check your tire pressure** to be sure that your tires are properly inflated. Inflation can improve your gas mileage by 3.3%.<sup>8</sup>



14

End "phantom" loads: use a **power strip** to turn off electronics that use energy even when they are off, like TVs, DVD players, and computers. Unplug cell phone chargers when they are not in use.



Friday

1

As much as possible, **eat local produce that is in season**. 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. Find local food sources at [www.localharvest.org](http://www.localharvest.org).

8

Buy coffee from the **Presbyterian Coffee Project**, [www.pcusa.org/coffee](http://www.pcusa.org/coffee), through Equal Exchange. This coffee is raised in a sustainable manner and farmers are paid a fair price.

15

Learn about the Presbyterian Hunger Program's **Campaign for Fair Food** at [www.pcusa.org/fairfood](http://www.pcusa.org/fairfood). Ask grocery stores to address exploitative wages and working conditions for farm workers.

Saturday

2

Do some spring cleaning today and **give unwanted items to a local ministry** for reuse. If you need a new item or clothing, **buy secondhand**.



9

If you have a lawn, learn about **low-impact landscaping and using native plants** at [www.plantnative.org/](http://www.plantnative.org/). **Stop using pesticides and herbicides**, which damage water quality.



16

**Plant seeds for a garden, even a window garden**. If it is too early to plant in your region, plan for your garden at [www.almanac.com/content/beginners-vegetable-garden](http://www.almanac.com/content/beginners-vegetable-garden).



Sunday

17

**Find resources for incorporating earth care into your worship** from the Web of Creation at [www.webofcreation.org/Worship/resources.htm](http://www.webofcreation.org/Worship/resources.htm).

Monday

18

Help reduce the number—approximately 100 billion—of single use plastic bags used each year in the U.S.<sup>10</sup> Carry **reusable bags** with you.

Tuesday

19

**Never dump anything down a storm drain, and find a proper disposal site for household hazardous wastes** like paints, motor oil, and pesticides at [www.earth911.com/hazardous](http://www.earth911.com/hazardous).

Wednesday

20

**Take action to end the root causes of hunger**, many of which are linked to environmental justice issues. Visit the Presbyterian Hunger Program Take Action page at [www.pcusa.org/hunger/take-action](http://www.pcusa.org/hunger/take-action).



Thursday

21

**Check your doors and windows for leaks** with a ribbon or feather and add weather stripping if necessary. Learn more about home sealing at [www.energystar.gov/index.cfm?c=diy.diy\\_index](http://www.energystar.gov/index.cfm?c=diy.diy_index).



Friday

22

**Compost food scraps** and use them for gardening rather than sending them to the landfill. Learn more about composting at [www.howtocompost.org](http://www.howtocompost.org)



Saturday

23

**Contemplate the environmental lifestyle changes** that you have made throughout Lent, and make a plan to integrate these into your life in the long term. Share about your journey with friends and family.



Sources:

1. Wastes—Non-Hazardous Wastes—US EPA. [www.epa.gov/epawaste/nonhaz/index.htm](http://www.epa.gov/epawaste/nonhaz/index.htm)
2. Bottled Water, Bad for People and the Environment—Food & Water Watch. [www.foodandwaterwatch.org/water/bottled/facts/bottled-water-bad-for-people-and-the-environment/](http://www.foodandwaterwatch.org/water/bottled/facts/bottled-water-bad-for-people-and-the-environment/)
3. Light bulbs (CFLs): Energy Star. [www.energystar.gov/index.cfm?fuseaction=find\\_a\\_product.showProductGroup&pgw\\_code=LB](http://www.energystar.gov/index.cfm?fuseaction=find_a_product.showProductGroup&pgw_code=LB)
4. Why Meatless? [www.meatlessmonday.com/why-meatless/](http://www.meatlessmonday.com/why-meatless/)
5. Myths and Facts—Idle Free Louisville—Louisvilleky.gov. [www.louisvilleky.gov/APCD/ldling/MythsAndFacts.htm](http://www.louisvilleky.gov/APCD/ldling/MythsAndFacts.htm)
6. How You Can Save Energy. [www.tvakids.com/electricity/conservation.htm](http://www.tvakids.com/electricity/conservation.htm)
7. Top 10 Tips for Renters: Energy Star. [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)
8. Gas Mileage Tips—Keeping Your Car in Shape. [www.fueleconomy.gov/feg/maintain.shtml](http://www.fueleconomy.gov/feg/maintain.shtml)
9. Community Science Action Guides. [www.fi.edu/guide/schutte/howmuch.html](http://www.fi.edu/guide/schutte/howmuch.html)
10. Resuseit.com. [www.reuseit.com/learn-more/top-facts/plastic-bag-facts](http://www.reuseit.com/learn-more/top-facts/plastic-bag-facts)

For Further Learning and Action

- Sign up for the Eco-Notes e-newsletter from Environmental Ministries at [www.pcusa.org/eco-notes](http://www.pcusa.org/eco-notes).
- Lead a study on the biblical and theological basis for eco-justice at your church with resources at [www.pcusa.org/environment](http://www.pcusa.org/environment).
- Look into serving fair trade coffee through the Presbyterian Coffee Project at your church at [www.pcusa.org/coffee](http://www.pcusa.org/coffee).
- 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 [www.ncccojustice.org/carbonreduction/crcyouthgroupcfl.php?](http://www.ncccojustice.org/carbonreduction/crcyouthgroupcfl.php?)
- Find a more complete list of ideas for church earth care activities in the Earth Care Congregations guide at [www.pcusa.org/earth-care-congregations/](http://www.pcusa.org/earth-care-congregations/).



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