



FEBRUARY 2024

Going Greener for Lent

Lent begins on 14th February until 30th March this year, a forty-day period of self-reflection, exploration, and discovery. When we try to grow nearer to the Heart of God and recapture our sense of wonder.

These 40 days could give us the chance to commit to giving up something that brings a real benefit to nature and helps address climate change.

Here are some changes you could make that will help the environment. Take time to pray, reflect and consider these options – pick a few or make up your own.

- **Plastic free.** Even if you can't become totally plastic-free, make it your goal to at least reduce your use of plastic.
- **Buy second hand.** Wander to your local charity shop to invest in second hand clothing and toys rather than buying new things – it's cheaper too.
- **Buy local food.** Try to buy unwrapped fruit and vegetables, at your local market, try a waste free mini market such as the Good Life on Bridge Street – just take your own containers and have them filled with lots of goodies.
- **Going for zero waste.** Try to reduce your waste a bit every week. A church we recycle paper, plastic and foil we also collect used stamps, used batteries, empty tablet packets and plastic bags that can be recycled in a supermarket.
- **Invite wildlife into your garden.** Hang a bird feeder, plant a wild flower area or make a 'pond' from a washing up bowl (see our March Eco Church Newsletter)
- **Vegetarian Meal.** If you love meat, then just try to have one day a week meat free.
- **Help Out.** Join our Eco Church team – see Janet for more details.

We are all different: what matters is that you take the first step. So, choose a change to make – be gentle on yourself and realistic – but challenge yourself too!

And finally, we say... enjoy creation!

On 14th February put one item in a bin bag or box each day that can go to charity. Then on 30th March chosen charity and deliver it to them.



Clothes, household items, ornaments, pictures, book etc if you pay tax make sure you tell them so that you can gift aid the items too.

OR

You could put an item of nonperishable food in a box or bag each day and take it to the food bank.



Let Janet know if you need help with delivering you items.