



40 Ways to spring clean your life in Lent!

Welcome to St Matthew's Lent 2021 Eco-challenge

Have a look overleaf at our five week calendar.











Don't expect to be able to do everything! We are all at different stages, facing different challenges. That's why there are a lot of things to choose from. Feel free to do what you can, when you can, perhaps more than once.

Some things will take more time than you have in the 40 days. It will be enough to make a start, perhaps by thinking, researching and planning, then seeing it through to completion beyond Lent.

When you've achieved something – have the satisfaction of putting a big cross through it but don't think that's the end of it! This is about developing habits for life – ours and the planet's! Also please send a photo to Helen at teamrector@stmatthewskt6.org or on WhatsApp (07818 095728) so we can celebrate successes during the coming weeks in our Sunday services and on our website to encourage others to take part too.

Enjoy!

You've spotted it, there are only six items a week giving you time to rest on the Sabbath. But for those wanting more choices, here are the other 10:

-  Talk to your boss about making your workplace more sustainable.
-  Read Psalm 104 or 111 and think about the meaning of 'stewardship'.
-  Write to your MP about climate change: template letters are at www.hftf.org.uk
-  Join a campaign aiming to end food poverty: no more food banks or wage subsidies!
-  Check your clothes stock: too much artificial fibre? Can you repair and recycle the old?
-  Try buying second hand where possible, whatever the item.
-  Try washing things less often – use machines less.
-  Think about making your next car an electric one, perhaps second-hand.
-  Think about installing solar panels, perhaps through a neighbourhood scheme.
-  Find a silent place and listen to the silence.



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	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	Sabbath Rest	Screen-free day (or part-day) Walk, read, listen to music, do some gardening or just rest	Bark Rubbing Find some interesting tree bark Make a drawing or rubbing	Clean-up! Take gloves and a bag and pick up litter while you walk.	Dress warmly Turn the heating down by a few degrees.	Learning day Find out about how your everyday habits affect the environment, at www.footprint.wwf.org.uk	Star-gazing On a clear night, check how many stars you can see in the sky.
Week 2	Sabbath Rest	Meat- or dairy-free day (or an extra one!) Plan your menus and buy only what you need.	Get counting Count the different birds, trees or flowers you can see from your window, in the garden or park	Plan an energy-saving switch to LED lights inside and outside the house	Experiment Try recycled loo rolls, kitchen roll, printer paper and lots more!	Saving water day How can you use less, in bathroom, kitchen and garden?	Thankful day Praise and thank God from your heart for every good thing you notice this day
Week 3	Sabbath Rest	Car-free day Walk, cycle, run, or (if allowed) use bus or train instead	Saving electricity Switch off all appliances you're not using, including lights	Try LOAF shopping Buy Local, Organic, Animal-friendly and Fairly-traded	Gardening day Plant some seeds or something bee-friendly, start composting, plan a water butt or bug hotel	Poison-free day Check your cleaning and gardening products. Can you find non-toxic alternatives to use in future?	Water day Spend time just looking at water, in glass, rain, puddles, stream or river
Week 4	Sabbath Rest	No single-use plastic day especially bags, bottles, tea bags. (Leaf tea is cheaper, nicer and compostable!) Big supermarkets recycle plastic wrapping	End fat monsters in the sewers Make a fat trap to collect used cooking fat/oil - for example an old lidded jar, for disposal with general waste	How green is your energy supplier Should you think about switching?	Spread the word Start a conversation about protecting the environment. Perhaps email or text a '40 ways' idea to a friend	A draught-free day Check your house or flat for gaps that need filling or covering	Think about supporting a charity or campaign which helps the poor around the world who are those hardest hit by climate change
Week 5	Sabbath Rest	Sharing day Clear out your cupboards and see what you can give away, or upcycle. www.upcyclethat.com	Food leftovers day Be creative about recipes! Freeze any surplus for another day	Plan Try to replace bottled soap and shampoo with bars – they're cheaper, with fewer chemicals too	Crafty day Make a card, a present or an Easter garden using materials you collect or have already	Volunteer with and/or become a member of a local wildlife conservation group	Think about your favourite wild place, and the things you like best about it