



THE ANGLICAN PARISH OF ST STEPHEN AND ST MARY  
SOCIAL JUSTICE AND MISSION COMMITTEE PRESENT

# 2019 CARBON FAST FOR LENT



## LESS PLASTIC FOR LENT



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PLASTIC BOTTLES &amp; LIDS</b> 			<b>MARCH 6</b> <b>ASH WEDNESDAY</b> Giver of Life, in the midst of poisoned water, I weep with creation. In the midst of polluted air, I weep with creation. In the midst of mountains of waste, I weep with creation.	<b>7</b> <b>Use your own water bottle.</b> An estimated 1-million plastic bottles are bought around the world every minute. Commit to using your own glass or re-useable bottle.	<b>8</b> <b>Refuse plastic lids.</b> Ask for take away drinks without a plastic lid or bring your own cup. These lids are unlikely to get recycled and infact are likely to outlive you by a couple of 100 years.	<b>9</b> <b>Community Action:</b> Are you recycling at home? Set up a recycling bin system. Does your church recycle? Write to them to set up a recycling system.	<b>10</b> <b>Isaiah 24:4-5</b> '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.'
<b>FOOD SHOPPING</b> 	<b>11</b> <b>No Foam takeaways.</b> Ask for alternative – or bring own lunch box.	<b>12</b> <b>Refuse Straws.</b> Ask for no straw or a paper straw. It is estimated that by 2050, there will be more plastics than fish (by weight) in the oceans.	<b>13</b> <b>Don't use single use plastic shopping bags.</b> Save money and the environment and bring your own!	<b>14</b> <b>Plastic cutlery.</b> Buy a set of affordable cutlery for catering events and share with others. Carry a teaspoon with you.	<b>15</b> <b>Avoid buying vegetables in plastic packaging.</b> Buy from plastic free stores, local traders or bulk stores. Alternatively bring your own boxes/bags for veg.	<b>16</b> <b>Community Action:</b> Choose One issue – straws or single use plastic bags – visit your supermarket/restaurant and ask them/email them to stop using single use plastic bags & straws.	<b>17</b> <b>Psalms 104: 25-30</b> 'There is the sea, vast and spacious, teeming with creatures beyond number—living things both large and small.'
<b>BATHROOM</b> 	<b>18</b> <b>Plastic liquid soap dispensers.</b> Use soap in a bar form or refill plastic dispensers instead of throwing away every time.	<b>19</b> <b>Hunt for non-plastic products!</b> Look for cardboard ear buds, wooden toothbrushes and others. Share new products on social media!	<b>20</b> <b>Avoid products with micro beads.</b> Often used as an exfoliant in soaps, body wash, toothpastes. Avoid anything with "polyethylene" listed as an ingredient.	<b>21</b> <b>Look out for boxed packaging alternatives instead of plastic.</b> Often, products like laundry detergent come in cardboard which is more easily recycled than plastic.	<b>22</b> <b>Go for large sizes of shampoo, conditioner etc.</b> Avoid the travel sizes. You can even buy shampoo in a bar form in some shops.	<b>23</b> <b>Community Action:</b> Catering policy for big events. Ban polystyrene/foam at your church/school /community group. Discuss reusable alternatives that will also save money	<b>24</b> <b>Colossians 1:16-17</b> 'For by him all things were created: things in heaven and on earth, visible and invisible.'
<b>KITCHEN</b> 	<b>25</b> <b>Use natural cleaning cloths.</b> Avoid using single use wet wipes. Choose long last cloths (made from cotton) or make your own from scrap material.	<b>26</b> <b>Buy glass and/or stainless steel containers for food storage.</b> Glass works well for freezer storage as well, just ensure you leave room at the top of the jar. Reuse coffee jars or jam jars.	<b>27</b> <b>Bin lining – use newspaper or old paper packets to line your bin.</b> One big one for recycling and a small 'sin bin' for what goes on landfill.	<b>28</b> <b>Look around your kitchen.</b> See what plastics you can replace when they wear out. Replace with wooden or metal.	<b>29</b> <b>Lose the clingfilm and ziplock bags.</b> Keep food in a container with a lid or explore other options such as beeswax covers.	<b>30</b> <b>Community Action:</b> water policy at church and home. No more bottled water and cool drinks – start making ecobricks.	<b>31</b> <b>Jeremiah 2: 7</b> 'I brought you into a fertile land to eat its fruit and rich produce. But you came and defiled my land and made my inheritance detestable.'
<b>CLOTHING</b> 	<b>APRIL 1</b> <b>Choose natural fibres.</b> Synthetic fabrics create microfibre pollution when washed. Look for organic cotton, wool, and other natural fibres.	<b>2</b> <b>Old Shoes and Clothing into New.</b> Take clothes to a tailor for alteration if they don't fit/aren't in style rather than throwing them away.	<b>3</b> <b>Buy second-handclothes.</b> This not only saves you money but ensures that the clothes you purchase have an extra long lease of life. Do a clothes swap.	<b>4</b> <b>Avoid bargain plastic items.</b> These often break easily, like cheap accessories.	<b>5</b> <b>Request zero plastic packaging</b> If you're buying clothes online ask the retailer if they can reduce or remove plastic packaging.	<b>6</b> <b>Community Action:</b> Organise Church clean up in the community. Not just the church building but the grounds also. Photograph the items you find most of of and post them on social media tagging the company eg @cocacola clean up your mess #isthisyours	<b>7</b> <b>Revelation 22:1-2</b> 'Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb, through the middle of the street of the city.'
<b>KIDS</b> 	<b>8</b> <b>Give an experience rather than a plastic gift (for kids)</b> take them on an outing.	<b>9</b> <b>Help them look</b> at the plastic in products and choose for themselves. And recycle. Eg suckers.	<b>10</b> <b>Bake goods with your children</b> for their lunch boxes. Instead of buying plastic packaged snacks.	<b>11</b> <b>Organise a toys swap</b> for kids at school or Sunday school.	<b>12</b> <b>Don't use wetwipes.</b> Try using reuseable cloths instead or make your own wipes.	<b>13</b> <b>Community Action:</b> Make your voice heard: Share what you are doing with friends, family and community. Ask your MP what they are doing to tackle single use plastics. Ask your ward councillor.	<b>14</b> <b>PALM SUNDAY.</b> <b>John 12:13</b> 'They took palm branches and went out to meet him, shouting, "Hosanna!" Blessed is he who comes in the name of the Lord!' Plant a tree for palm sunday.