

Because the world *can* change a lot in 40 days.

# Lenten Creation Care 2021

Lent is a time for prayer, fasting, and more intentional sharing. This year, let's join with many others in heeding the call to be stewards of God's Creation throughout this season. May this calendar remind us to be more mindful of the ways that our daily habits impact both our common home and all those with whom we share it. On behalf of future generations and all living in poverty — those most harmed by our damaged climate — may we answer God's call to be faithful stewards, speaking out for Creation care.

Events and resources sponsored by...



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Week Theme: Energy - How Much Energy Do You Use?</b>						
<b>FEBRUARY 14</b> <b>Prayer:</b> Mother Earth, you bring light and life for all the world. Help us to listen, learn, and love until your light and life fill every community. Amen	<b>Watch: 15</b> <i>The Water Front</i> by Liz Miller Can you Imagine living by one of the world's largest bodies of freshwater and not being able to afford to use it? Register for the event at <a href="https://bit.ly/3aBOgyI">bit.ly/3aBOgyI</a>	<b>16</b> Tune in to VAIPL's Environmental Justice Now! every Friday @ 12PM on Facebook Live! <a href="https://facebook.com/VAIPL">facebook.com/VAIPL</a>	<b>Ash Wednesday 17</b> "By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; For dust you are and to dust you will return." - Genesis 3:19	<b>18</b> Begin your Lenten observance by removing one light bulb in your home. Live without it during Lent as a reminder of your use of electricity.	<b>19</b> VA has the 6th highest energy bills in the nation. VAIPL supports policies to lower bills for VA families. Learn more at <a href="https://facebook.com/VAIPL/videos">facebook.com/VAIPL/videos</a>	<b>20</b> Try getting one piece of solar equipment; a light, phone charger, etc. <b>Event:</b> Bridging the Gap VA Fundraiser. Register for the event at <a href="https://bit.ly/UpliftingBlackJoy">bit.ly/UpliftingBlackJoy</a>
<b>Week Theme: Energy (Part 2)</b>						
<b>Prayer: 21</b> I am abundantly grateful for the wind and the sun. For they are gifts for clean energy sources. May we all accept this as reality and protect our common home.	<b>Meatless Monday: 22</b> Mass production of livestock accounts for more than 14% of global greenhouse gas emissions. A meatless diet could cut those emissions by 63%.	<b>23</b> Clean or replace car and household air filters as recommended. Replacing a dirty HVAC filter can save 15% of the energy used!	<b>24</b> Caulk and weatherstrip around doors and windows to plug air leaks. Insulate your walls and ceilings; this can save 25% of your home heating and cooling costs.	<b>25</b> Set large appliances to the lowest possible setting. Turn off and unplug appliances when not in use. Contact VAIPL for light switch reminders!	<b>26</b> Income spent on electricity is unaffordable for 75% of VA homes, burdening low-income communities. Learn more at <a href="https://facebook.com/VAIPL/videos">facebook.com/VAIPL/videos</a>	<b>27</b> Take a break from the TV and internet. Turn off everything, and unplug it if you can. Play a game, go for a walk, or read a book.
<b>Week Theme: Are You Mindful of Water's Life?</b>						
<b>Prayer: 28</b> Let us recognize that water is a gift and it is living. Guide us to use it wisely, learn from its humility, consume it sparingly, and protect its purity.	<b>MARCH 1</b> <b>Meatless Monday:</b> Organic farming uses less water. Use free-range eggs and organic dairy. Just one egg requires 53 gallons of water to produce.	<b>2</b> Time how long it takes you to shower, and set a goal of reducing that time (use an alarm to make sure you're on track).	<b>3</b> Install low-flow fittings on your shower head and sink faucets to limit your water use without sacrificing function.	<b>4</b> Re-wear clothes that aren't dirty and only run your washing machine when you have a full load. Use the same practice for your dishes. This saves water!	<b>5</b> Inequitable access to water due to affordability challenges is a VA issue. VAIPL is working to ensure equitable access to water for all: <a href="https://facebook.com/VAIPL/videos">facebook.com/VAIPL/videos</a>	<b>6</b> Turn off the water when brushing your teeth. A running tap uses about 4 gallons per minute.

URLs that begin with bit.ly are case-sensitive; all other links are not.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Week Theme: How Do You Think About Transportation?</b>						
<b>Prayer:</b> Help us to see the need for justice in our communities. Help us to imagine what a “just public transit system” would look like. <b>7</b>	<b>Meatless Monday:</b> An average family of 4 emits more greenhouse gases because of the meat they eat than from driving 2 cars. <b>8</b>	Check your tire pressure. Low tire pressure means high energy/fuel consumption. <b>9</b>	Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by about 4 mph, regardless of the vehicle size. <b>10</b>	Get involved in supporting mass transit for all, higher miles per gallon standards for vehicles and incentives for electric/hybrid vehicles. <b>11</b>	VA public transit isn’t sustainable for the communities who use it the most. VA IPL is currently working to improve this <a href="http://vaip.org/ga2021/">vaip.org/ga2021/</a> <b>12</b>	Transit accounts for the largest emissions in VA. Try not to use your vehicle today and walk, bike or take public transportation instead. If you must drive, mask up and carpool with a friend! Do this whenever possible. <b>13</b>
<b>Week Theme: What Can You Do to Reduce, Reuse, Recycle?</b>						
<b>Prayer:</b> Help us to confront the pain of the world with a vision to transform it. May the universe bring us the truth of love within us and for all people. <b>14</b>	<b>Meatless Monday:</b> If the grain fed to animals were consumed directly by people instead of animals, we could feed at least twice as many people. <b>15</b>	Purchase and use travel dishware. Plastic bottles and Styrofoam disposables to not decompose efficiently in landfills. <b>16</b>	Carry a small bag in your pocket or purse rather than rely on new plastic and always take cloth or reusable bags with you when shopping. <b>17</b>	Make a list of the things you throw away today. Identify wasteful items you can eliminate from your daily habits. <b>18</b>	Most landfills exist in communities of color that are overburdened. Learn about a VA EJ community fighting this at <a href="https://www.facebook.com/VAIPL/videos">facebook.com/VAIPL/videos</a> <b>19</b>	Take time today to repair or mend something that you might otherwise have replaced. Sew on buttons, hem, or alter clothes instead of buying more. Try something used or thrifted! <b>20</b>
<b>Week Theme: Are You Mindful of the Gifts of Nature that Surrounds You?</b>						
<b>Prayer:</b> Hosanna means “help”, “rescue”, or “save”. What is your hosanna prayer? Help us love our neighbor Earth. <b>21</b>	<b>Meatless Monday:</b> How might you and your community provide things that aren’t food for which you hunger (love & acceptance) to feed people in mind, body, & spirit? <b>22</b>	Find a space outdoors, close your eyes & take three deep breaths. What do you hear from nature? When you finish take time to reflect on something that made you smile. <b>23</b>	“The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also.” - Harriet Ann Jacobs <b>24</b>	Begin a new project or activity that gets you to spend time outdoors more frequently. You can start a garden, purchase a bird feeder, or go for bike rides just to name a few ideas! <b>25</b>	Many EJ communities exist in urban areas with less green space for public use, leading to higher temps creating heat islands. Visit <a href="http://richmondtreestewards.org">richmondtreestewards.org</a> <b>26</b>	Last Saturday was Spring Equinox! Take a walk and see how many plant species including trees you can identify that have begun sprouting and/or budding. <b>27</b>
<b>Week Theme: Food Justice for Our Neighbors</b>						
<b>Palm Sunday</b> <b>28</b> <b>Prayer:</b> May we remain mindful that the food we eat is life. Thank you Mother Earth for your gifts that sustains all living creatures.	<b>Meatless Monday:</b> Buy organically grown produce which is pesticide and fertilizer-free. <b>29</b>	Utilize local shops or farmers markets where available instead of driving to the supermarket. <b>30</b>	Buy in bulk when possible to avoid extra packaging. Don’t forget your reusable bags. <b>31</b>	<b>APRIL Maundy Thursday 1</b> Chemical fertilizers severely harm soil and waters. Fertilize with mulch, compost and manure. Send a postcard to neighbors inviting them to compost and use mulch.	<b>Good Friday 2</b> Many low income, rural and communities of color live in a food desert, with limited access to affordable and healthy foods that are close by. Donate to a food bank.	<b>Holy Saturday 3</b> Reflect with gratitude on the holiday. Don’t forget to replace the light bulb you removed at the start of your Lenten observance with an LED bulb!

#### 4 Easter Sunday

“For the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labor pains until now.” - Romans 8:20-22a

Creation is depending upon us to repent and restore our relationship as stewards and caretakers of Earth and all our living neighbors. Environmental justice is taking seriously this responsibility to protect and care for communities overburdened by polluting industries.



Take some time today to reflect on all of the activities that you have performed during Lent, and how they have brought you into greater harmony with the earth and with all life. Conclude your Lenten Creation care practice by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.