



United
Methodist
Women

FAITH · HOPE · LOVE IN ACTION

2019 Creation Care Lenten Calendar

New Mexico Conference United Methodist Women

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>This Creation Care Lenten Calendar has been designed as a Lenten practice to help us all become more aware how the daily choices we make about how we live our lives impact people both locally and around the world.</i></p> <p><i>You are invited to consider ways you and your family might be more faithful in becoming better stewards of God's creation. As you read and act on the suggestions in this Calendar, do so with a prayer.</i></p>			<p>March 6</p> <p>ASH WEDNESDAY</p> <p>Have a meatless meal with your family and discuss what you can do to decrease your family's carbon footprint.</p> <p><i>See 3.epa.gov/carbon-footprint-calculator.</i></p>	<p>March 7</p> <p>Create a paper-free kitchen. It's easy. Substitute cloth towels for paper towels and use cloth napkins instead of paper napkins.</p>	<p>March 8</p> <p>Ensure that your small appliances including your cell phone charger are unplugged when not in use. Many appliances and electronics continue to draw power even when they are off.</p>	<p>March 9</p> <p>Set a timer for 5 minutes before your shower, and see how your normal shower length compares. Try to finish your next shower before the timer goes off. Take another green step and install a low-flow shower head.</p>
March 10 Put out some bird food. Birds will almost certainly find it wherever the location. Enjoy the gift of these and other creatures on God's Earth. <i>Prayer:</i> <i>God of all, instill in me the knowledge that I am called upon to tend and care for your garden. Grant me the wisdom to cultivate it for the good of all so that all of your creatures may be fed from the bounty of your creation as we insure that even those without access may be nourished.</i>	March 11 As you plan your garden, consider planting New Mexico friendly and native plants that require less water. For vegetables and flowers, purchase organic seeds from your local nursery. For assistance contact your county extension office.	March 12 Check that all electrical equipment is switched off rather than on standby when not in use. Use a power strip to turn off computers, TVs and other electronic equipment at the end of the day. Screen savers do not save electricity.	March 13 Give thanks for all the people who harvest the fields, mill the flour and bake the bread you consume. Utilize local shops or farmers' markets. Check labels and purchase products which have traveled the shortest distance.	March 14 Find ways to save paper. For example, set your computer printer to print on both sides. Save paper printed on one side and feed it back in to print on the second side. Use recycled paper as often as possible.	March 15 Purchase permanent cloth or canvas bags and use them for your future grocery shopping. Save plastic bags and donate them to a local animal shelter for re-use, or recycle them at grocery stores.	March 16 <u>earth911</u> provides recycling centers by item and location, just enter your zip code.



United
Methodist
Women

FAITH · HOPE · LOVE IN ACTION

2019 Creation Care Lenten Calendar

New Mexico Conference United Methodist Women

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>March 17</p> <p>Reflect on the energy you have used this week. Think about how you are using up our resources at an unsustainable rate. Consider that the richest 20% of the world's population consumes 80% of its resources, while 80% of the population has to make do with the remaining 20% of its resources,</p> <p><i>Prayer:</i> <i>God, Creator of all light and power, open my eyes to the ways I can conserve energy and strengthen my resolve to make them daily habits.</i></p>	<p>March 18</p> <p>Run your dishwasher only with a full load. Don't use heat when drying your dishes. Doing this can cut dishwasher energy use 15-50% depending on the machine.</p>	<p>March 19</p> <p>When boiling or heating water on the stove, use a pan with a lid. Only heat as much water as you need.</p>	<p>March 20</p> <p>Support Fair Trade coffee from Equal Exchange. A contribution to UMCOR is made by Equal Exchange from coffee purchased. For more information visit: <u>Interfaith Equal Exchange</u>.</p>	<p>March 21</p> <p>Make a point of switching off all lights as you leave the room. Only light the room you are occupying. Help your children and grandchildren learn this important energy-saving habit.</p>	<p>March 22</p> <p>Remember to take containers from home for leftovers when eating out to discourage use of single-use plastic and styrofoam.</p>	<p>March 23</p> <p>Obey the speed limit when driving. Every 10 mph over the limit reduces fuel economy by about 4 mpg, a figure that remains fairly constant regardless of vehicle size.</p>
<p>March 24</p> <p>Think about the environment Jesus lived in and how it affected his ministry. Reflect on the beauty and goodness of creation. Consider your place in the cycle of nature.</p> <p><i>Prayer:</i> <i>Loving Creator of our beautiful world, motivate me by compassion, empathy and the recognition to act with love and care for all you call sacred, Help me learn to live in harmony with nature.</i></p>	<p>March 25</p> <p>Turn down your water heater; 120 degrees is usually hot enough. Wrap your water heater in an insulating jacket if the water heater is over 5 years old or has no internal insulation.</p>	<p>March 26</p> <p>Have a meatless meal with your family and discuss what you can do to decrease your family's carbon footprint. See <u>3.epa.gov/carbon-footprint-calculator</u></p>	<p>March 27</p> <p>Consider installing a programmable thermostat. Turning your thermostat back 10-15 degrees for 8 hours can save 5%-15% a year on your heating bill.</p>	<p>March 28</p> <p>Check your tire pressure. Low tire pressure means high energy/fuel consumption. Save gas by reducing the number of times you have to drive by thinking ahead. Try to consolidate errands and appointments.</p>	<p>March 29</p> <p>Do not accept a plastic straw when dining out. Bring your own paper or reusable straw.</p>	<p>March 30</p> <p>Celebrate Earth Hour today! Join people around the globe taking action on climate change by doing something quite simple. Turn off your lights for one hour today at 8:30pm local time. For more information visit: <u>earthhour.org</u></p>



United
Methodist
Women

FAITH · HOPE · LOVE IN ACTION

2019 Creation Care Lenten Calendar

New Mexico Conference United Methodist Women

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 31 <i>Prayer: God of all, I confess that I have not been a good steward of your creation. Help me to live in the light, walk gently on your earth, always looking for ways I can replenish what has been taken away, to heal what has been damaged.</i>	April 1 Insulate your heating ducts. In a typical house, 20%-30% of the air going through the duct system is lost due to leaks.	April 2 Reuse items, repair them, donate them, sell them. Reusing is even better than recycling.	April 3 Watch a movie or documentary about faithful environmentalism and/or energy climate change. We recommend this 12 minute video on Youtube. <u>Plastic Free: One Month Without Using Single-Use Plastics</u>	April 4 Stop unwanted junk mail to save trees, cut down on carbon emissions, and to reduce waste. Look into these websites. <u>directmail.com/mail-preference</u>	April 5 Just say no to bottled water and Styrofoam cups. Carry your own mug and refillable water bottle with you as often as possible.	April 6 Join a faith-based environmental organization such as New Mexico Interfaith Power and Light or Texas Interfaith Power and Light and sign up for their e-mail newsletter. For more information, contact NMIPL at nm-ipl.org or TXIPL at txipl.org
April 7 The Bible says that in God all things were created, and He called them good. Reflect on what you have learned so far. How has it changed what you do and how you relate to the world around you. <i>Prayer: Great God, Creator of all that is, I give joyful thanks for all I am discovering during this Lenten practice. Keep me mindful that how I live and what I use affects the earth, its' people and resources. Give me courage to take responsibility for renewing your creation through study, prayer and action.</i>	April 8 If your family has more than one car, use your most fuel efficient vehicle for most trips, and the larger, less fuel efficient one only when needed. When making your next car purchase, choose one that gets good gas mileage, or consider a hybrid or electric car.	April 9 Contact your local utility to find out what resources are available to help you become more energy efficient. Many utilities offer free or reduced cost energy audits, rebates on energy saving appliances, low-cost weatherization programs, or other energy services.	April 10 Turn the water off while brushing your teeth. If you have children, teach them to do the same.	April 11 Turn your air conditioner thermostat up by one degree during the warmer months and your central heating thermostat down by one degree or more during the cooler months. Replacing a dirty filter can save 15% of the energy used.	April 12 Grow plants indoors. Did you know house plants improve indoor air quality by helping remove chemicals such as formaldehyde and carbon monoxide?	April 13 Plant a tree. A single tree will absorb 1 ton of carbon dioxide over its' lifetime. No place to plant a tree? Learn how to plant one in a national forest. <u>Visit: nature.org</u>



United
Methodist
Women

FAITH · HOPE · LOVE IN ACTION

2019 Creation Care Lenten Calendar

New Mexico Conference United Methodist Women

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 14 <p>We are called to worship God with all our being and all our actions, and to treat His Creation as sacred. Reflect on what you bought and consumed this week. Were they needs or wants? Begin to educate yourself as a consumer. Where did the product come from? How was it manufactured or produced? Under what conditions for the workers?</p> <p><i>Prayer:</i> <i>Creator of all, help me to treat your creation as sacred in everything I do.</i> <i>Give me insight to change any attitudes that encourage consumption which is destructive to the web of life. Help me to live simply that others may simply live.</i></p>	April 15 <p>Buy rechargeable batteries and compact fluorescent light bulbs (CFLs) for your home. Replace as many incandescent bulbs as you can with CFLs and LED bulbs. They use 20-25% of the energy of traditional incandescent bulbs.</p>	April 16 <p>If a single decision in Congress can either enhance or undo literally millions of individual acts of Christian caring for the Earth, we can and must try to influence such decisions. Take time to write or call an elected official about climate change or another creation care issue.</p> <p><i>Find your State and Federal Representatives at mynewmexicohouse.gov or mytexashouse.gov.</i></p>	April 17 <p>Clean your dryer filter. Don't forget the tubing. Use the long nozzle on your vacuum periodically to clean out particles that get beyond the filter.</p>	April 18 <p><u>Maundy Thursday</u></p> <p><i>Reflect on all you have done this Lenten Season to participate in Creation Care activities. Have you become more aware of how your daily decisions impact people everywhere?</i></p>	April 19 <p><u>Good Friday</u></p> <p>Turn out all the lights while you reflect on the fact that God sent his only Son, Jesus, to be in the midst of this broken and hurting world. Where the earth has been mistreated and people suffer as a result, we affirm that God knows their pain and is present with them. Today we remember the self-giving love of God and how Jesus came that we might know healing, forgiveness and new life. Give thanks for Jesus, for the gift of salvation, and for the new creation that God is bringing about.</p>	April 20 <p>Prayerfully conclude your Creation Care Activities by making a personal pledge below to serve God and serve others by pursuing a more sustainable way of life.</p>
<p><i>I Pledge to:</i></p> <hr/> <hr/> <hr/>		<p><i>For further information about getting yourself, your family, your Church or your organization involved in Climate Care activities, please contact the office at Central United Methodist Church, 505-243-7834 or info@centraltolife.org and leave your contact information. A member of our United Methodist Women Green Team will return your call. Feel free to duplicate or adapt this Lenten Calendar.</i></p>				
		<p><i>Printed on recycled paper.</i></p>				