

The St Catherine's Challenge: Little actions which make positive changes

Lent: Be Aware! Calendar

Little actions can make positive changes. As we journey through Lent, why not make some changes to help the planet with out Lent Environmentally Aware Calendar.

Scripture SUN	Meat Free MON	Recycling TUE	Watch WED	Ditch Plastics THU	Pray FRI	Love Nature SAT
14 th February	15 th	16 th	17 th Start of Lent Check out YouTube: Louis Armstrong "What a Wonderful World"	18 th Washing up. Can you pledge to ditch some plastics from this task?	19 th Give thanks for the beauty of God's creation.	20 th Take a walk in a wood or countryside.
21 st Read Isaiah 24: 4-6, 21	22 nd Pledge to cook a meat free meal	23 rd Make yourself familiar with your councils recycling information.	24 th Check out YouTube: Peanuts Gang singing "What a Wonderful World"	25 th Take a look at your food storage. Can you pledge to ditch some plastic from this area?	26 th Pray that God will teach us to be good stewards of the world.	27 th Choose a nature program to watch. Enjoy!
28 th Read Psalm 104: 24-25						

February Notes

Check out these websites for more information

22nd: Meat free Mondays - www.meatfreemondays.com . If you are already a vegetarian/vegan, explore a new dish on Mondays.

23rd: Check out your local authority website - www.westberks.gov.uk or re3.fccenvironment.co.uk

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	1st March Cook a meat free evening meal	2nd Set up places to put streams of your domestic recyclable waste	3rd Check out YouTube: Coldplay's "Beautiful World"	4th Can you pledge to swap plastic toothbrushes for bamboo?	5th Pray for forgiveness for our neglect of the earth	6th Walk in the countryside. Appreciate and give thanks
7th Read John 1: 1-5	8th Continue Meat free Monday	9th Think of one item you don't recycle – start to recycle it	10th Check out YouTube: Michael Jackson's "Earth Song"	11th Can you pledge to exchange one personal care product for an earth friendly one?	12th Pray for help to limit our desire for consumerism and wastefulness	13th Engage in a physical activity. Note the benefits
14th Read Isaiah 42: 5	15th Continue Meat free Monday	16th Make a reciprocal arrangement with a friend to recycle one more item	17th Check out YouTube: David Attenborough's trailer for "A Perfect Planet" TV program	18th Food & drink to go – can you pledge to cut out some of the single use plastic involved?	19th Pray that we will grow in our love for God's fabulous creation	20th Sit still to appreciate birdsong, or dawn chorus if you are brave enough!
21st Read Psalm 96: 11-12	22nd Continue Meat free Monday	23rd Pledging to shop locally, not online, whenever possible You can cut out packaging.	24th Check out YouTube. USA for Africa. "We are the world".	25th Research & consider streaming your entertainment, DVDs etc. will all go to landfill	26th Pray that we may care more deeply and be mindful of the earth's preciousness	27th Pledge to plant native flowers in your garden.
28th Read Job 12: 7-10	29th Continue Meat free Monday. Can you pledge to continue this in the future?	30th Ditch that glitter- it's micro plastic. Pledge to buy glitter free cards, gift wrap and other celebration items	31st Check out YouTube: David. Attenborough's "New Year message" from "A Perfect Planet"	1st April Maundy Thursday Do a little happy dance, you have got to the end!		You've probably changed many things in your life. Pledge to continue in awareness and lifestyle changes!

March Notes

3rd: Video by mylessmyles

4th: There are many websites to look at. Some look into several brands, others just their own.

8th: www.violifefoods.com – simple vegan recipes. Also look at www.bbcgoodfood.com for easy recipes for both vegetarian and vegan

9th: Check out your local authority recycling site for ideas- www.westberks.gov.uk or re3.fccenvironment.co.uk

16th: Glass is not collected from the kerb side in Reading. Tetra packs are not collected from the kerb in West Berkshire.

18th: Can use bamboo or metal drinks containers. Can use paper or metal straws.

23rd: Try using your local supermarkets or hardware stores instead of the humongously large delivery company.

25th: Consider using BBCiplayer, Netflix or Spotify