








## Lenten Caring For Creation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>A lot can change in 40 days.</b> Small actions taken by many people can add up to big impacts.			22 Eat a vegetarian meal, and strive for 2 meatless days per week.	23 Get a programmable thermostat and turn it down by a degree or two.	24 Set a shower timer for 5 minutes.	25 Use the longer daylight hours to reduce your use of electric light.
26 Make a list of things you are thankful for and read it often.	27 Change or clean the air filters on your furnace.	28 Safely dispose of dead batteries.	1 Write a letter to your MPP or MP about an issue that concerns you.	2 Dim screens on electronics to reduce energy use.	3 Turn off lights when you leave the room.	4 Unplug electronics when not in use.
5 Take a walk through your neighbourhood. Look for signs of hope in creation.	6 Run your dishwasher only when it's full. Skip the drying cycle.	7 Check your tire pressure. Improperly inflated tires use more fuel.	8 Visit <a href="http://recyclemyelectronics.ca">recyclemyelectronics.ca</a> to learn where to recycle old electronics.	9 Find creative ways to use leftovers rather than wasting food. Check out <a href="http://ivaluefood.com">ivaluefood.com</a>	10                      11 When ordering takeout to eat at home, ask them to leave out utensils, condiments, and napkins.	
12 Embrace the silence today. Unplug from everything.	13 Carry lunch to work or school in reusable containers.	14 Check out the <i>Grand River Transit Trip Planner</i> site.	15 Purchase more mindfully. Do you really need it?	16 Use a feather to check windows and doors for drafts and seal any gaps.	17                      18 Carry a bag when you go for a walk so you can carry out your own trash and pick up litter as you see it.	
19 The environment is God's gift to everyone. How will your stewardship of it reflect your values?	20 Go to Citizens for Public Justice, to read about issues, resources, and actions. Go to " <a href="http://cpj.ca">cpj.ca</a> "	21 When planning your garden, research native plants which require less water. Check out <a href="http://reepgreen.ca">reepgreen.ca</a>	22                      23 Clean out your vanity and makeup bag. Don't put unwanted items down the drain or in the garbage. Take them to Walmart and place them in the collection box.		24 Purchase locally grown food. Support your local farmers' markets.	25 Cover pots on the stove to reduce energy use.

26 Take a walk in the woods and give thanks for the many expressions of life you see.	27 Check out <i>divestwaterloo.ca</i> for lots of information and additional resources about climate change and positive actions we can take.	28	29 Remember your reusable shopping bags when you go to the grocery store.	30 Refresh your memory about what can be recycled. Visit <i>regionofwaterloo.ca</i> , go to <i>waste management</i> and ask the <i>waste whiz</i> .	31	1 Get informed about composting at <i>regionofwaterloo.ca</i>
2 Get informed. Find an online <b>green organization</b> and sign up for their e newsletter.	3 Safely dispose of expired or unneeded medications at a pharmacy..	4	5 Clean out your closets. Donate gently used adult clothing to Emmanuel's outreach. Or put them in the box in the upper hall and let us know and we'll take them for you.	6		

Item		Where to take for disposal	More information
	Expired medication, Pill bottles	Pharmacies	
	Clothing items not suitable to donate		Clothing which is no longer wearable is not accepted by any of our local thrift stores.
	Worn out bedding, towels	Humane Society	

	Clothing items in good condition	Emmanuel United Church. Thrift on Kent.	Let Wendy W. or Shelley M know and we can deliver donated clothing brought to Parkminster (wendyjwatson@live.ca)
	Electronics	Best Buy	Check their website for a list of what is recyclable
	Dead batteries	Best Buy, Hazardous Waste kiosk at Regional Landfill	Both are free
	Empty containers from shampoo, cosmetics etc.	Walmart	<a href="https://www.walmart.ca/cp/shop/recycle-your-cosmetics/6000204750607">https://www.walmart.ca/cp/shop/recycle-your-cosmetics/6000204750607</a>