

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Instead of abstaining from something you enjoy, why not attempt to add a new planet-friendly habit to your daily life? Something that you could incorporate into your way of doing things long term. The following calendar shares some suggestions for you and your family. (With thanks to Virginia Interfaith Power & Light, [[vaipf.org](http://vaipf.org)]. We've made it regionally appropriate where possible.)

# WUM Climate Justice Calendar for Lent, 2020

**A Prayer from Psalm 51:**  
*Creator God, we begin this Lenten season asking for Your renewal.  
 Through prayer, fasting, and sharing over these 40 days,  
 we ask that our eyes be opened to the ways we can do better  
 in our relationships with You, Your Creation,  
 and all those with whom we share this, our common home.  
 Lord, help us to restore what has been damaged through our sinful over-consumption  
 and the systemic injustices that surround us,  
 returning to You with renewed spirits.*

**Friday, Feb. 28** Try eating vegetarian today and check out Oxfam's Eat for Good ([bit.ly/eat4good](http://bit.ly/eat4good)) for other ways to use your fast to bless others.

**Sunday, Mar. 1** Read Genesis 2:15. Plan a garden and start some seeds indoors, maybe an herb garden in your kitchen window?

**Tuesday, Mar. 3** Turn down your thermostat by at least 1 °F. Using less of our resources is a step in the right direction for our planet and might also save you money. Using a programmable thermostat helps lessen the memory load.

**Thursday, Mar. 5** Read Isaiah 58: 12b. Take time to repair something that you might otherwise have discarded and replaced. Reusing or repurposing things is another way to minimize the impact our consumption has on our planet.

**Saturday, Mar. 7** Consider composting your kitchen waste. If you can't do it in your own garden or backyard, there is more than one resource available to you in St. Louis. One is <https://compost.perennial.city/>. Check it out.

**Monday, Mar. 9** Another local support for compost also grows cut flowers here in St. Louis. Visit <https://blhfarm.com/> to find out about other composting options and maybe to get a jump on Easter flowers. You can sign up to get compost from them.

**Wednesday, Mar. 11** Explore your options for purchasing locally grown food. Check out Earth Dance farm (<https://earthdancefarms.org/>). They have a farm apprentice program, and give very kid-friendly private tours.

**Friday, Mar. 13** Read John 12:26a. Pray for all our neighbors who face environmental devastation and for the courage of Jesus to sustain your commitment to environmental justice. Find out about legal advocacy on behalf of the planet at <https://earthjustice.org/>

**Sunday, Mar. 15** Honor the Lord's day and the Lord's creation by walking, biking or taking public transport to church. Too far or complicated (St. Louis is not known for its public transportation)? Consider purchasing carbon offsets. Check out <https://www.climateneutral.org/> and find out what else they do to make sustainability economically profitable.

**Tuesday, March 17** In the US, more than 30% of all food is wasted. Reduce your food waste by planning well and eating leftovers. Patronize restaurants that work to minimize food waste and source their food locally. Check out <https://www.bigskycafe.net/>.

**Thursday, March 19** Read Matthew 5:43-48 and reflect on the call to love our "enemies." Pray for all those, especially business or elected leaders who stand in the way of climate action or perpetuate injustices. Call or write to express your concerns.

**Saturday, March 21** On average a family of four in the US uses 40 gallons of water per day just in the shower. Set a timer for 5 minutes and consider installing a low-flow shower head: <https://www.epa.gov/watersense/showerheads>

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**Monday, Mar. 23** Read Revelations 22: 2. Plant trees for healing our climate this spring. Find out what's native to your area: <http://nwf.org/NativePlantFinder>

**Wednesday, Mar. 25** Consider replacing any remaining incandescent or compact fluorescent light bulbs in your home with LEDs. Each bulb replaced will save you money and hundreds of pounds of climate pollution over time. [bit.ly/chooseLEDs](http://bit.ly/chooseLEDs)

**Friday, March 27** Tomorrow at 7:30 p.m. millions of people will switch their lights off for an hour to commit to climate action. Plan how you want to spend your hour.

**Saturday, March 28** At 7:30 p.m. join hundreds of millions of people around the world who will be switching off all lights for one hour to commit to global climate action and more mindful energy use: <https://www.earthhour.org/>

**Monday, March 30** Explore your options for products to support a zero waste lifestyle: <https://wellearthgoods.com/> There are more and more of these companies in the marketplace, which tells us that sustainable living might actually produce jobs. Visit local resources at <http://www.missouribotanicalgarden.org/sustainability/sustainability/green-resources.aspx> or [Kirkwood No Waste Facebook group](#)

**Wednesday, April 1** Read "Letter to a Young Climate Activist on the First Day of the New Decade" and reflect on the beauty that still surrounds us and the hope we can find through collective action: [bit.ly/RebeccaSolnitletter](http://bit.ly/RebeccaSolnitletter)

**Friday, April 3** Fast from meat today and read aloud Wendell Berry's "Prayer After Eating":

I have taken in the light  
that quickened eye and leaf.  
May my brain be bright with praise  
of what I eat, in the brief blaze  
of motion and of thought.  
May I be worthy of my meat.

**Palm Sunday, April 5** Rest today. Take a break from the TV and Internet. Turn off everything and unplug it if you can. Play a game, go for a walk, read a book! Check out Blessed Earth's resources on Sabbath living: [SabbathLiving.org](http://SabbathLiving.org)

**Maundy Thursday, April 9**  
Today we remember Jesus's last supper with his disciples. Following Jesus's example in the garden of Gethsemane, take time to pray outdoors, remembering all who suffer through drought and starvation.

**Good Friday, April 10** Read Matthew 27:51. Contemplate the destruction already caused by climate change through wildfires, floods, and more violent weather events.

**Easter Sunday, April 12** Read Colossians 1: 19-20.

Trusting in the words of Philippians 1:6, take time to give thanks for the changes of heart and habit you have taken on since Lent began. Reflect on how these activities have brought you into greater harmony with the earth and with all life. Make a personal pledge to serve God and others by pursuing a more sustainable way of life, with the hope of the resurrection always in your heart.

