

Welcome to the Holy Trinity Northwood Lent Eco-Challenge!

The idea is very simple. For each day of Lent, you are encouraged to take one new step towards a greener and more sustainable lifestyle as part of our Christian concern for the world. The purpose is to build up to a series of small but significant lifestyle changes, individually and as families, that are sustainable in the long term.

If you have children, please do include them as fully as possible. Look at the calendar the night before, so that the challenge becomes something to look forward to and plan towards each day! Adapt challenges so that you and your children can take part in a meaningful way.

We hope you enjoy this challenge. Please do share this with your friends and family so that they can join you in your Lent Eco-Challenge!

17

**Ash
Wednesday
10.30am &
7pm online**

What's the big deal? Watch a programme about climate change at the [BBC](#) or using [Wanderlust's guide](#).

18

Tell at least 3 friends about your Lent Eco-Challenge and encourage them to join in.

19

Have a time of prayer about the environment as a family to say 'thanks', 'sorry' and 'please' as we seek God's help.

20

21

Turn off lights and shut doors when leaving a room. Create a star chart or prizes for remembering!

22

Consider switching to a green energy provider or use Tearfund's [tool](#).

23

Map how often you use your car. Consider walking or public transport more for the rest of Lent.

24

Turn your thermostat down one degree if safe to do so or turn off a radiator in a room not used.

25

Catch up with friends doing the Lent Challenge to encourage one another.

26

Sign up to campaigns to add your voice to others' voices at [Christian Climate Action](#) and [Tearfund](#).

27

Keep track of how much food you discard this week and look for ways to reduce food waste.

28

Look through your food cupboards. Are there any foods you could buy Fairtrade?

MAR21

SUN

MON

TUE

WED

THU

FRI

SAT

01

Enjoy a meat-free Monday.

02

Plan a meal with food that has not had to travel by plane.

03

Learn about composting and or creating a wormery. Consider doing this if you don't already.

04

Find 5 vegetarian meals that you enjoy and plan these in to reduce eating meat.

05

Enjoy sustainably harvested fish. Consider how you can do this each Friday this Lent

06

Try washing clothes on a lower temperature setting.

07

Go back to an earlier challenge you didn't manage before or want to revisit.

08

Are you recycling all that you can? Get tips for how to recycle better from [Which?](#)

09

Find a creative way to re-use an item you would have thrown away, like a jam jar or a plastic yogurt container.

10

Try some 'green' cleaning – e.g. [Ecover refills](#), so you can re-use existing bottles or sprays to save on plastic.

11

Catch up with friends doing the Lent Challenge to encourage one another.

12

Check that everyone is turning off the tap when brushing their teeth to save water.

13

Create your compost or wormery, or go for a walk to see how much litter you can collect and recycle

14

Take a walk and be mindful of all your senses. Rejoice in all creation!

15

When boiling or heating water on the stove, use a pan with a lid. Only use as much water as you need.

16

Time your shower today, then see if you can take less time on future days.

17

Green your home with a new potted plant. It will spruce up a space and clean the air inside.

18

Buy wildflower seeds from a garden center or [wildflower.co.uk](#) to create a summer bee heaven!

19

Learn more about the impact of plastics on our oceans and the animals that live in them e.g. [BBC Blue Planet](#)

20

Make a plan to add a tree or shrub near your house to help wildlife or go on another litter collection walk!

21

Research on how to shop ethically on the High Street with [ethical consumer](#).

22

Write a letter to your favourite clothes shop sharing your concern the environment.

23

Investigate your local charity shops – donate unwanted clothes or buy new ones?

24

Pray for those most affected by climate change. You could use [Tearfund's guide](#).

25

Catch up with friends doing the Lent Challenge to encourage one another.

26

Use a refillable water bottle or coffee cup from now on instead of buying disposable.

27

Check your tyre pressure. Low pressure means higher fuel consumption.

28

Take a walk and be mindful of all your senses. Rejoice in all creation!

29

Go back to an earlier challenge you didn't manage before or want to revisit.

30

Explore your carbon footprint with the [WWF](#).

31

Review the challenges you have done. Begin to select those you will carry on.

APR 21

SUN

MON

TUE

WED

THU

FRI

SAT

01

Take some time to reflect on the Lent challenge. Make a pledge to live a more sustainable life.

02

Good Friday

03

04

Easter Sunday
Happy Easter!

