



United  
Methodist  
Women

FAITH • HOPE • LOVE IN ACTION

# 2020 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>February 26</p> <p><b>ASH WEDNESDAY</b> Have a meatless meal with your family and discuss what you can do to decrease your family's carbon footprint.</p> <p>See <a href="https://www.epa.gov/carbon-footprint-calculator">3.epa.gov/carbon-footprint-calculator</a>.</p>	<p>February 27</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>February 28</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>February 29</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>
<p>March 1</p> <p>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.</p> <p><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></p>	<p>March 2</p> <p>Use cold water for your laundry. 75% of the energy used in laundry comes from heating the water. Studies have shown that washing in cold water is just as effective as using warm water.</p>	<p>March 3</p> <p>Use lids on pots and pans to heat food more quickly. Cooking in uncovered pots and pans wastes enormous amounts of energy. Alternately, use a microwave which consumes 80% less energy than conventional ovens.</p>	<p>March 4</p> <p>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.</p>	<p>March 5</p> <p>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.</p>	<p>March 6</p> <p>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.</p>	<p>March 7</p> <p>Refresh your memory regarding which items your city/county allows for curbside recycling. Start adding items to your bin that you normally haven't recycled.</p> <p><a href="https://earth911.org/">earth911</a> provides recycling centers by item and location, just enter your zip code.</p>



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<p><b>March 8</b></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><b>March 9</b></p> <p><b>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.</b></p>	<p><b>March 10</b></p> <p><b>When boiling or heating water on the stove, use a pan with a lid. Only heat as much water as you need.</b></p>	<p><b>March 11</b></p> <p><b>Support Fair Trade coffee from Equal Exchange. A contribution to UMCOR is made by Equal Exchange from coffee purchased. For more information visit: <u><a href="#">Interfaith Equal Exchange.</a></u></b></p>	<p><b>March 12</b></p> <p><b>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.</b></p>	<p><b>March 13</b></p> <p><b>Remember to take containers from home for leftovers when eating out to discourage use of single-use plastic and styrofoam.</b></p>	<p><b>March 14</b></p> <p><b>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.</b></p>
<p><b>March 15</b></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><b>March 16</b></p> <p><b>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.</b></p>	<p><b>March 17</b></p> <p><b>Prevent contamination runoff. Don't use chemical pesticides or fertilizers on your lawn. On the driveway, avoid harmful cleaning products and take proper care of spilled oil. No matter where you live, the ocean is downstream.</b></p>	<p><b>March 18</b></p> <p><b>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.</b></p>	<p><b>March 19</b></p> <p><b>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.</b></p>	<p><b>March 20</b></p> <p><b>Do not accept a plastic straw when dining out. Bring your own paper or reusable straw.</b></p>	<p><b>March 21</b></p> <p><b>Join a faith-based environmental organization such as Interfaith Power and Light and sign up for their email newsletter. For more information visit: <a href="http://interfaithpowerandlight.org">interfaithpowerandlight.org</a></b></p>



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<p>March 22</p> <p><b>Prayer:</b> <i>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></p>	<p>March 23</p> <p>Insulate your heating ducts. In a typical house, 20%-30% of the air going through the duct system is lost due to leaks.</p>	<p>March 24</p> <p>Reuse items, repair them, donate them, sell them. Reusing is even better than recycling.</p>	<p>March 25</p> <p>Watch a movie or documentary about faithful environmentalism and/or energy climate change. We recommend this 12 minute video on Youtube.</p> <p><i>Plastic Free: One Month Without Using</i></p> <hr/> <p><u>Single-Use Plastics</u></p>	<p>March 26</p> <p>Stop unwanted junk mail to save trees, cut down on carbon emissions, and to reduce waste. Look into this websites.</p> <p><u>wikihow.com</u>, <i>How to Get Rid of Junk Mail.</i></p>	<p>March 27</p> <p>Just say no to bottled water and Styrofoam cups. Carry your own mug and refillable water bottle with you as often as possible. Water bottle stations are available in many places.</p>	<p>March 28</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 8:30 pm local time. For more information visit:</p> <p><u>earthhour.org</u></p>
<p>March 29</p> <p>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.</p> <p><b>Prayer:</b> <i>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></p>	<p>March 30</p> <p>If your family has more than one car, use your most fuel efficient vehicle for most trips and the 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.</p>	<p>March 31</p> <p>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.</p>	<p>April 1</p> <p>Turn the water off while brushing your teeth. If you have children, teach them to do the same.</p>	<p>April 2</p> <p>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.</p>	<p>April 3</p> <p>Grow plants indoors. Did you know house plants improve indoor air quality by helping remove chemicals such as formaldehyde and carbon monoxide?</p>	<p>April 4</p> <p>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.</p> <p><b>Visit:</b> <u>arborday.org</u> and <u>alivingtribute.org</u>.</p>



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<p>April 5</p> <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. 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>	<p>April 6</p> <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>	<p>April 7</p> <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 by calling 202.224.3121</i></p>	<p>April 8</p> <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>	<p>April 9</p> <p><b><u>Maundy Thursday</u></b></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> <p><i>Use this awareness to develop a family plan to reduce your carbon footprint.</i></p>	<p>April 10</p> <p><b><u>Good Friday</u></b></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>	<p>April 11</p> <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><b><i>I Pledge to:</i></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p style="text-align: right;"><b><i>Signature</i></b></p>			<p><b><i>For further information about getting yourself, your family, your Church or your organization involved in Climate Care activities, please contact the National office of United Methodist Women at 212.870.3900 or <a href="http://unitedmethodistwomen.org">unitedmethodistwomen.org</a>.</i></b></p> <p><i>Printed on recycled paper.</i></p>			