


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 <p style="font-size: 2em; color: green; text-align: center;"><i>Greening Our Plastic Footprint</i></p> <p style="text-align: center; font-weight: bold; color: green;">for Lent 2021</p>		<p style="text-align: right; color: green;">Feb 17</p> <p style="text-align: center; font-weight: bold; color: green;">ASH WEDNESDAY</p> <p style="font-size: 0.8em;">Giver of life, in the midst of poisoned water, polluted air and mountains of waste I weep with creation.</p>	<p style="text-align: right; color: green;">18</p> <p>Use Your Water Bottle An estimated 1 million plastic bottles are bought around the world every minute. Commit to using your own glass or reusable bottle during Lent.</p>	<p style="text-align: right; color: green;">19</p> <p>Take the Next Step in Recycling at Home Start or increase your plastics recycling. Consider a big bin for recycling and a small bin for landfill refuse.</p>	<p style="text-align: right; color: green;">20</p> <p><i>Community Action</i> Share What You Are Doing with friends, family, community.</p>	<p style="text-align: right; color: green;">21</p> <p style="text-align: center; font-weight: bold; color: green;">Isaiah 24: 4-5</p> <p>The earth dries up and withers. The world languishes and withers; the heavens languish together with the earth. The earth lies polluted under its inhabitants.</p>
Food Shopping	<p style="text-align: right; color: green;">22</p> <p>No Styrofoam. Buy paper, bamboo or other biodegradable items rather than styrofoam. Don't accept styrofoam carryout containers; ask for an alternative or bring your own lunch box.</p>	<p style="text-align: right; color: green;">23</p> <p>Refuse Plastic Straws & Lids Ask for no straw or a paper straw. Ask for carry-out drinks without a plastic lid or bring your own cup.</p>	<p style="text-align: right; color: green;">24</p> <p>Avoid Single Use Plastic Bags Save money and the environment by bringing your own.</p>	<p style="text-align: right; color: green;">25</p> <p>Avoid Plastic Cutlery Carry a teaspoon with you. Buy a set of affordable cutlery for events and share with others.</p>	<p style="text-align: right; color: green;">26</p> <p>Avoid Single Serving Packaging Single serving packets of jelly, mustard, butter, hot sauce, etc. All of this becomes trash that clogs, chokes animals on land and critters in the lakes and rivers for a century or more.</p>	<p style="text-align: right; color: green;">27</p> <p><i>Community Action</i> Let Food Sellers Know You're Watching Send a note of praise to those reducing plastic or recycling properly.</p>	<p style="text-align: right; color: green;">28</p> <p style="text-align: center; font-weight: bold; color: green;">Psalm 104:25-30</p> <p>There is the sea, vast and spacious, teeming with creatures beyond number—living things, both large and small.</p>
Bath	<p style="text-align: right; color: green;">March 1</p> <p>Reduce Plastic Dispensers Use soap, shampoo, toothpaste in a bar or powder form or refill from bulk size dispensers.</p>	<p style="text-align: right; color: green;">2</p> <p>Choose Reusables & Non-Synthetics Razors, Ear Buds, Tooth Brushes, etc. are available in metal, paper, bamboo, wood...</p>	<p style="text-align: right; color: green;">3</p> <p>Check Ingredients to Avoid Microbeads They're exfoliants in soaps, toothpaste & listed under ingredients as polyethylene, acrylate copolymer & polypropylene. They don't degrade and fish mistake them for food.</p>	<p style="text-align: right; color: green;">4</p> <p>Choose Biodegradable Packaging Often, products like laundry detergent & toilet paper come in paper or cardboard, which is more easily recycled than plastic.</p>	<p style="text-align: right; color: green;">5</p> <p>Avoid Wet Wipes & Baby Wipes & Never Flush Them They pollute the water and damage wildlife. If flushed, they mix with grease and other refuse, causing major sewer blockages. They take more than 100 years to biodegrade.</p>	<p style="text-align: right; color: green;">6</p> <p><i>Community Action</i> Tell Policymakers to Maintain and Improve Our Water Infrastructure. If people (e.g., in Flint) trust their water, they'll buy fewer plastic water bottles.</p>	<p style="text-align: right; color: green;">7</p> <p style="text-align: center; font-weight: bold; color: green;">Colossians 1:16-17</p> <p>For by him all things were created: things in heaven and on earth, visible and invisible.</p>
Kitchen	<p style="text-align: right; color: green;">8</p> <p>Use Natural, Long Lasting Cleaning Cloths (non-synthetic) or make your own from old T-shirts & sweatshirts.</p>	<p style="text-align: right; color: green;">9</p> <p>Avoid Vegetables in Plastic Shop at fruit stands & farmers' markets and bring your own boxes/bags for vegetables.</p>	<p style="text-align: right; color: green;">10</p> <p>Choose Glass, Stainless Steel Containers for Food Storage (Glass works well for freezer storage if you leave room at the top of the jar.) Reuse coffee & jam jars.</p>	<p style="text-align: right; color: green;">11</p> <p>Imagine What You Might Do Look around your kitchen. See what plastics you can replace when they wear out, replace with wood or metal.</p>	<p style="text-align: right; color: green;">12</p> <p>Lose the Cling Film & Resealable Bags. Keep food in a container with a lid or explore other possibilities like beeswax covers.</p>	<p style="text-align: right; color: green;">13</p> <p><i>Community Action</i> Join CCD's Green Team and add your voice and service to strengthen our ministry in the name of environmental justice.</p>	<p style="text-align: right; color: green;">14</p> <p style="text-align: center; font-weight: bold; color: green;">Jeremiah 2:7</p> <p>I brought you into a fertile land to eat its fruit and rich produce. But you came and defiled my land and made my inheritance detestable.</p>
Clothes	<p style="text-align: right; color: green;">15</p> <p>Shop Second-Hand Stores.</p>	<p style="text-align: right; color: green;">16</p> <p>Choose Better Quality Shoes & Clothing Then, take them to the cobbler and tailor as needed.</p>	<p style="text-align: right; color: green;">17</p> <p>Choose Natural Fibers Synthetic fabrics create microfiber pollution when washed. Look for cotton, wool and other natural fibers.</p>	<p style="text-align: right; color: green;">18</p> <p>Wash Clothing & Other Fabrics Sparingly & Use Cold Water This will cut down on micro-fibers polluting our lakes & oceans.</p>	<p style="text-align: right; color: green;">19</p> <p>Request Zero Plastic Packaging Even if you're buying clothes online, ask retailers if they can reduce or remove plastic packaging.</p>	<p style="text-align: right; color: green;">20</p> <p><i>Community Action</i> Act Local, Think Global Join the local branch of the Sierra Club or other earth justic organization to connect local to global.</p>	<p style="text-align: right; color: green;">21</p> <p style="text-align: center; font-weight: bold; color: green;">Revelation 22:1-2</p> <p>Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb, through the middle of the street of the city.</p>
Kids	<p style="text-align: right; color: green;">22</p> <p>Help Kids See the Plastic in products and choose for themselves.</p>	<p style="text-align: right; color: green;">23</p> <p>Give An Experience. Rather than a plastic toy, take kids on an outing.</p>	<p style="text-align: right; color: green;">24</p> <p>Eat Ice Cream Cones! In a cup, your ice cream needs that little plastic spoon. And don't chew gum, it's plastic!</p>	<p style="text-align: right; color: green;">25</p> <p>Bake With Your Kids for their lunch boxes rather than buying plastic packaged snacks.</p>	<p style="text-align: right; color: green;">26</p> <p>Model Behavior If you remember to bring your own coffee cup, takeout containers, straws, and bags when you're out, your kids will get into the habit, too.</p>	<p style="text-align: right; color: green;">27</p> <p><i>Community Action</i> Organize a Toy Swap for kids at school or in the neighborhood.</p>	<p style="text-align: right; color: green;">28</p> <p style="text-align: center; font-weight: bold; color: green;">PALM SUNDAY</p> <p style="text-align: center; font-weight: bold; color: green;">John 12:13</p> <p>They took palm branches and went out to meet him, shouted, Hosanna!" "Blessed is he who comes in the name of the Lord!"</p>

Why It Matters

Plastic Pollution Is a Local Issue

Sitting at the Detroit River, the health of the Great Lakes is a natural concern for Christ Church. The Great Lakes hold 20% of the world's fresh water and maintain a unique ecological system. The tons of plastic debris which pollute the Great Lakes come from storm water runoff, sewer systems

Far beyond what we are able to see, the plastic, with poisonous chemicals, breaks down to microscopic pieces which are found in every organism in the Great Lakes region, from the sturgeon to plankton to birds and turtles and even in us, and it never really goes away.

Alliance for the Great Lakes
<https://greatlakes.org/great-lakes-plastic-pollution-fighting-for-plastic-free-water/>

Plastic Damages Our Bodies

We breathe and drink microscopic particles of plastics with their toxins and the body is unable to rid its self of the tiny plastic particles. They stay in the lung tissue or enter the blood stream. Babies who crawl on the floor are the most vulnerable, and children more generally are most at risk as

their respiratory systems are still under development.

World Economic Forum (2018)
<https://www.weforum.org/agenda/2018/06/microplastic-pollution-in-air-pollutes-our-lungs/>

Plastic Contributes to Global Warming

Plastics are a major source of greenhouse gas emissions and therefore a serious contributor to climate change. In 2019 alone the production and incineration of plastic was expected to equal the emission from 189 coal power plants. And plastic production is on the rise. If the projected rate of increase continues, by 2050 that number will jump to 615 coal power plants & result in 20% of global oil consumption.

Center for International Environmental Law (2019)
<https://www.ciel.org/plasticandclimate/>

Plastic Pollution Is Expensive

A natural capital analyst calculated the "total natural capital cost of plastic in the consumer goods industry to be more than \$75 billion per year. The cost comes from a range of environmental impacts including the harm done by plastic litter to wildlife in the ocean and the loss of valuable resources when plastic waste is sent to landfill rather than being recycled".

Ocean Recovery Alliance (2014)
<https://www.trucost.com/trucost-news/companies-urged-disclose-data-plastic-cut-pollution-improve-resource-efficiency/>

Creator of our common home,
You fill the earth and sea and sky with life
Forgive us our neglect of your creation
The choking waste of our pollution
The damage done by careless habits
And our indifference to future generations.
Help us to amend our lives
To refuse more plastic if we can't reuse it
To lift our voice for lasting change
And to live well and gently on the earth
To the glory of your Son, the Living Word
Through whom you made this fragile world.
Amen.

Rt Revd Steven Croft
Bishop of Oxford, UK

Prayers

Giver of life,
In the midst of poisoned water,
I weep with creation.
In the midst of polluted air,
I weep with creation.
In the midst of mountains of waste,
I weep with creation.
Giver of life,
Walk with me and guide me on this Lenten journey, this pilgrimage,
as I set my heart and feet in new directions.
Author unknown

Ways to Use the Calendar

Put the calendar on your fridge or desk.

Notice items on it throughout Lent. Take a few seconds occasionally to pray.

- or -

Use the calendar for daily meditative study.

- Find a comfortable place where you won't be disturbed.
- Light a votive candle, if you wish.
- Choose a prayer (in the lower left)
- Read the day's suggestion and think about what it would mean for you. Google questions that come to mind, take notes.
- Close with prayer and extinguish the candle.

- or -

Use the calendar to take action.

- Of the dozens of weekday suggestions, choose one or a couple that you would like to make ongoing practices in your personal life.
- Note that Saturday suggestions focus on working with others to take action in the world. We must make changes in our homes, but plastic pollution infects the entire globe and we must also work together.

Each change we are able to make is a step to comfort the earth and heal our souls.

- and maybe -

Share your journey.

Give or email a pdf of the calendar to a friend and throughout Lent discuss your thoughts and progress.

Download from our website: <http://christcd.org/resources/>. (2 pgs., legal size.)

This calendar was prepared by the **Green Team** at Christ Church Detroit. Thanks to the Anglican Communion Environmental Network This calendar is adapted from their 2019 publication.

Greening Our Plastic Footprint

A Calendar for Lent 2021

A Plastics Fast

Covid-19 is pumping oceans of protective equipment, plastic grocery bags and increasing carryout meal refuse into our already pandemic levels of plastic waste.

We have traditionally regarded sin as being merely what people do to other people. Yet, for human beings to destroy the biological diversity in God's creation; for human beings to degrade the integrity of the earth by contributing to climate change, by stripping the earth of its natural forests or destroying its wetlands; for human beings to contaminate the earth's waters, land and air – all of these are sins.

*Bartholomew, Patriarch
Eastern Orthodox Church*



960 East Jefferson Avenue
Detroit, Michigan

*A Beacon of Hope
In the Heart of Detroit for 175 Years*

