

2008 Lenten Calendar

Treading Lightly on God's Creation

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6 Ash Wednesday Replace a regular bulb with an energy saving compact fluorescent bulb.	7 Save Energy Unplug idle appliances and electronic devices.	8 Is your car leaking fluids? – Antifreeze, battery acid, brake fluid, gasoline and motor oil can pollute waterbodies.	9 Take a walk on the beach or state park and enjoy God's creation.
10 Read the <i>Treading Lightly</i> article in this week's Steeple	11 Precycle by buying minimally packaged goods and choosing reusable over disposable.	12 Reduce the clutter in your life. Put items in a box and save for the UMW yard sale – Aug. 9 th	13 Clean your car at a commercial car wash. Washing a car in the driveway sends soap and other debris into storm drains.	14 Clean out your clothes closet and give away anything you have not worn in the last year.	15 Save Energy Minimize use of the clothes dryer by hanging up clothes to dry whenever possible.	16 Take a walk in your neighborhood and pick up litter along the way.
17 Read the <i>Treading Lightly</i> article in this week's Steeple	18 Recycle – donate used clothing to the clothes ministry at First Church (Drop off on Monday mornings).	19 Buy local food It's fresher and helps the climate – less carbon dioxide emissions.	20 Save energy Check furnace filter once a month and replace as needed.	21 Conserve Water Turn off faucet while brushing your teeth.	22 Plan a weekend without a trip to a fast food restaurant.	23 Volunteer to work at our Habitat house.
24 Read the <i>Treading Lightly</i> article in this week's Steeple	25 Save Gasoline Check your tire pressure once a month. Proper inflation can boost fuel economy by 3%.	26 Conservation Set your heating thermostat back – save money (1% for each degree) and reduce greenhouse gases.	27 Put off one major purchase for a month, then see if you still "need" it.	28 Pay your bills online and save paper and postage.	29 Share a newspaper or magazine subscription with a friend or neighbor.	1 Take a nature walk with your child or grandchild and let them explore the wonders of God's creation.

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March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 Read the <i>Treading Lightly</i> article in this week's Steeple.</p>	<p>3 Recycle those plastic grocery bags – better yet, take your own reusable bag to the store.</p>	<p>4 Conserve water Run your washing machine and dishwasher only when they are full.</p>	<p>5 Save Gasoline Consciously combine those weekly trips and errands.</p>	<p>6 Eat a vegetarian dinner once a week. Meat production is a major source of greenhouse gases.</p>	<p>7 Use rechargeable batteries rather than single duty alkaline batteries. Remember to dispose of batteries properly.</p>	<p>8 Create a backyard habitat --- add a birdfeeder, birdbath and hummingbird feeder.</p>
<p>9 Read the <i>Treading Lightly</i> article in this week's Steeple.</p>	<p>10 Turn off lights and electronics when you leave a room.</p>	<p>11 Reduce the waste associated with bottled water by using tap water and a refillable container.</p>	<p>12 Conserve water Install low-flow showerheads.</p>	<p>13 Direct your roof and patio runoff onto lawn and flower beds and not directly into storm drains or ponds.</p>	<p>14 Save Gasoline Turn off engine when idling for more than 30 seconds.</p>	<p>15 When planning your spring landscaping – consider native plants. They usually require less pesticides, fertilizers, and watering.</p>
<p>16 Palm Sunday Read the <i>Treading Lightly</i> article in this week's Steeple.</p>	<p>17 Inspect faucets and repair any leaks.</p>	<p>18 Save Gasoline and anxiety – drive less aggressively, accelerate gently and avoid rapid braking.</p>	<p>19 Buy products that use recyclable materials whenever possible.</p>	<p>20 Save Energy Turn off computers and the power strip overnight.</p>	<p>21 Good Friday Rid your home of toxic chemicals by using non-toxic and environmentally safe household cleaning products.</p>	<p>22 Provide food for butterflies by adding a butterfly bush to your yard. Butterflies are a barometer of the health of our environment.</p>
<p>23 Easter Read the <i>Treading Lightly</i> article in this week's Steeple.</p>						