

# St. Paul's Church, Bukit Tengah

## Lent Toolkit



GO GREEN FOR LENT  
BRIDGING FAITH & NATURE

“As people of faith, we don’t just state our beliefs – we live them out. One belief is that we find purpose and joy in loving our neighbours. Another is that we are charged by our creator with taking good care of his creation. The moral crisis of climate change is an opportunity to find purpose and joy, and to respond to our creator’s charge. Reducing the causes of climate change is essential to the life of faith. It is a way to love our neighbour and to steward the gift of creation.”

**ARCHBISHOP JUSTIN WELBY**

# GO GREEN FOR LENT 2022

Our mission this lent is to use the next 40 days to reflect on our roles as stewards and carers of creation as an integral part of following God faithfully. Below are some changes you could make that will help the environment. Take time to pray, reflect and consider these options – pick one or two or however many you'd like (you never know, the changes might just stick!)

- Go plastic free, or reduce the use of single-use plastic.
- Dispose face masks properly.
- Go vegetarian, vegan, or reduce meat consumption.
- Reduce food waste, or practice zero-waste.
- Spend more time in nature.
- Do a digital detox.
- Try the 'buy-nothing' challenge – become a conscious consumer.
- Take a step to save energy.

**Remember Earth Hour: March 26, 8.30-9.30 pm**

Print this out and tick the boxes as a way of making a pledge to practice some of these changes.

My little

# BITS OF GOOD

#FAST4EARTH



"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."  
~ Archbishop Desmond Tutu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			MARCH 2	3	4	5	6
			<b>Ash Wednesday</b> Prayer of confession	<b>Plastic Pledge</b> Commit to reduce plastic usage	<b>Food pledge</b> Commit to reduce food waste and to be good stewards when shopping	<b>Transport and energy pledge</b> Commit to reducing your carbon footprint	<b>Responsible Consumption</b> Sell your possessions, and give to the needy. Luke 12: 33-34 (SDG 12)
<b>CONSUMERISM</b>	7	8	9	10	11	12	13
	<b>Did you know?</b> "The real impact of Bargain clothes" #meatfreemondays	<b>'It's the last Straw'</b> Stop using Styrofoam, straws, single use plastic bags, plastic cutlery.	<b>Eco gifts</b> Plan presents for kids – avoid plastic toys and gift them with an experience	<b>Packaging?</b> Is it recyclable or biodegradable? Check the packaging before purchase	<b>Shop challenge!</b> Take action and challenge your local store (eg stop using plastic bags, stop selling food in Styrofoam etc)	<b>Give Away Day!</b> Go through your closets and give away all unused clothing	<b>Clean Energy</b> Some trust in chariots and some in horses, but we trust in the name of the LORD our God... Psalm 20:7 (SDG 7)
<b>ENERGY/TRAVEL</b>	14	15	16	17	18	19	20
	<b>Find out more!</b> All about Hydrogen #meatfreemondays	<b>Switch it off!</b> Commit to switching off devices.	<b>The more the merrier!</b> Make arrangements to use public transport, lift club or cycle.	<b>Power down!</b> Turn down temperature on your thermostat/ Use cold water for washing machine	<b>Games night!</b> Invite friends round for board games. Turn off electronics #fish4friday	<b>Be the change!</b> Say no to new oil and gas explorations. Sign a petition or join a protest	<b>Clean Water</b> For the Lord your God is bringing you into a good land—a land with brooks, streams Deut 8:7 (SDG 6)
<b>WATER</b>	21	22	23	24	25	26	27
	<b>Find out more!</b> What is groundwater? #meatfreemondays	<b>World Water Day</b> Morning or evening prayer	<b>Water wisely</b> Avoid the hosepipe (carwash /watering) and water early morning or evening	<b>Just say no!</b> Say no to the single use plastic bottle. Buy a reusable one	<b>20 Litre Challenge</b> Can you survive on 20 litres per person per day? #fish4friday	<b>Pick it up!</b> Walk through your community and pick up litter. Prevent waste from ending up in stormwater.	<b>Zero Hunger</b> Share your food with the hungry, and give shelter to the homeless. Isaiah 58:7 (SDG 2)
<b>FOOD</b>	28	29	30	31	APRIL 1	2	3
	<b>Find out more!</b> How to start a herb garden.	<b>Dignity for waste pickers</b> Make a plan on how you deal with food waste, separate it from recyclables.	<b>Bring your own bag</b> Make a plan to avoid fruit and veg in thin plastic. (take your own small bags)	<b>Yummy Vegetarian Day</b> Make and share your favorite vegetarian recipe	<b>Support your local vendor</b> Source your fruit and veg locally #fish4friday	<b>Sharing is caring</b> Create gift packages of the food in your cupboard that you wont eat before the best before date	<b>Life on Land</b> The mountains and hills will burst into song before you... Isaiah 55: 12 (SDG15)
<b>NATURE</b>	4	5	6	7	8	9	10
	<b>Find out more!</b> Research indigenous/alien plants in your area	<b>Plant a Celebration Tree</b> For next birthday or anniversary plant a tree at home or at church	<b>Share the beauty!</b> Take photos of nature this week and post with hashtag #godscreation	<b>Movie day</b> Watch a nature documentary/movie this week with family or friends.	<b>Green gifts!</b> Buy some native plants/succulents and grow them to give as presents. #fish4friday	<b>Sunrise, sunset</b> Plan a devotion or picnic during sunset or sunrise	<b>Palm Sunday</b> Put a palm or other branch on your door.

# Ways to establish sustainable habits:

Use this 40-day period as a time to experiment and establish sustainable lifestyle habits. Here are some helpful tips to help you start.

- ❖ **Use** biodegradable rubbish bags.
- ❖ **Go** vegetarian, vegan; reduce meal consumption or abstain meat on Fridays.
- ❖ **Remove** unwanted items in the house and donate what can be used. Recycle what can't be used.
- ❖ **Practice** a healthy morning routine, such as a walk outdoors. You could use this time to listen to nature, and to meditate in silence.
- ❖ **Switch off** the electricity/plugs which are not in use. Remember EARTH HOUR on March 26 and switch off all non-essential appliances.
- ❖ **Bring** a potted plant to church or plant a tree (or more). But make sure to take care of them!
- ❖ **Reduce** your use of single-use plastic bags, or better yet, go plastic-free. Some of the ways you can do this is by using reusable shopping bags, and to give up plastic bottled water.
- ❖ **Digital detox** – improves your physical and mental wellbeing, but also helps reduce stress. Try not to use your phone or other gadgets during meal times. Instead spend it on your own, maybe read a book, or you could spend it with family or friends in a safe environment.
- ❖ **Become** a conscious consumer, which means that your decision to buy products is driven by your commitment to have a positive social, economic, and environmental impact.

Being a conscious consumer simply means to be aware of what you are buying, and to be mindful of whether your actions result in a more positive or negative impact on the environment.

- ❖ **Practice** disposing our used face masks properly:
  - a) It is important to cut off the strings, as these can harm marine life.
  - b) If you have Covid-19, do ensure that you place your used masks in a sealed bag, before disposing it into the rubbish bin.
  - c) However we want to encourage you to **invest in reusable or cloth face masks** as this is an eco-friendlier option.

For more resources visit:

Anglican Alliance  
Eco Church: An A Rocha UK Project  
Anglican Communion Environmental Network  
Zero Waste Malaysia

# Who We Are:

We are a 126-year-old Anglican Church in Bukit Tengah, Penang. The Church advocates the 'Five Marks of Mission' as part of our commitment to Christ's mission.

## The Five Marks of Mission:

### **The mission of the Church is the mission of Christ**

1. To proclaim the Good News of the Kingdom
2. To teach, baptise and nurture new believers
3. To respond to human need by loving service
4. To transform unjust structures of society, to challenge violence of every kind and pursue peace and reconciliation
5. **To strive to safeguard the integrity of creation, and sustain and renew the life of the earth.**

(Anglican Communion, 2022)

Join us in our mission to bridge Faith and Nature by the understanding of, and committing to, God's integral and holistic mission.

Connect with us today to see how you can be a part of creating an Eco-Church at St. Paul's.

#### **Contact Us:**

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