

Parish Church of St Mary the Virgin , East Preston with Kingston

THE PLASTIC-LESS LENT CHALLENGE



Would you like to find a way to reduce the amount of plastic in your life? Then join Fr Andrew and Rev Emma in doing a Plastic-Less Lent this year.

The idea is simple: over the course of Lent (26th February – 11th April), we will take steps to use less plastic – we will do this together as a Parish, encouraging each other and learning along the way.

How do we do this?

It's almost impossible to avoid all plastic products, so we need to be realistic and do what we can, each deciding on how much is possible.

Here are three options you might like to consider suggested by the environmental theologian Ruth Valerio:

1. Easy

You might decide to fast from one thing – for example, single-use water bottles or disposable coffee cups – and resolve to do without that item for Lent (even if it means having to forgo a cup of coffee at the station because you forgot your re-usable cup that day).

2. Moderate

You might decide that each week you will fast from one thing, building it up over the six weeks. Maybe single-use water bottles... then disposable coffee cups... then plastic bags.

3. Go for it!

You might want to go further and take as many steps as you can for the entire season of Lent.

Why do this at Lent?

Lent is an excellent opportunity to focus on a particular discipline for a set period. It's a time to break out of bad habits and, in particular, to reflect on the things that are wrong in our lives as we lead up to the events of Holy Week and Easter.

Ideas to help you cut back on plastic

- 1. Carry a reusable water bottle**
- 2. Say no to plastic straws**
- 3. Carry a reusable coffee cup**
- 4. Avoid excessive food packaging**
- 5. Switch to buying unpackaged fruit and vegetables**
- 6. Use refill stations for detergents**
- 7. Say no to disposable cutlery**
- 8. Get your milk delivered in glass bottles**
- 9. Carry a shopping bag**
- 10. Switch to soap and shampoo bars to avoid plastic bottles**
- 11. Choose toilet paper that's not wrapped in plastic**
- 12. Switch to washing powder in cardboard boxes**
- 13. Switch from tea bags to tea leaves – many tea bags contain plastic**
- 14. Switch to bamboo toothbrushes**

More ideas can be found at <https://www.churchofengland.org/environment>

Join the Plastic-less Lent Facebook group for more ideas and sharing of experiences:

Ruth Valerio is the author of *The Archbishop of Canterbury's Lent Book 2020, Saying Yes to Life*. She is giving the Lent Lecture at Chichester Cathedral on Wednesday 25th March at 6:30pm. Tickets are free, but must be booked here: <https://www.ticketsource.co.uk/whats-on/west-sussex/vicars-hall-chichester-cathedral/lent-lecture-2020-dr-ruth-valerio/2020-03-25/18:30/t-qqjqov>

