Because the world can change a lot in 40 days



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LENTEN COMMITMENT TO MINDFUL PURCHASING 2017

Our congregation is joining many others in committing to purchasing more mindfully during Lent, in a manner that respects our finite resources and reduces waste and the greenhouse gases that contribute to climate change. These ideas are from one part of lowa IPL's new program, **The Good Life Redefined** - How our cultural obsession with stuff is driving climate change, and how our faith traditions call us to reconnect with what is meaningful to live in harmony with each other and the earth. The added bonus of "less is more" is added meaning to your life with more focus on family and friends, community service and quiet time.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"Many people know that our current progress and the mere amassing of things and pleasures are not enough to give meaning and joy to the human heart	yet they feel unable to give up what the market sets before them." Pope Francis.	MARCH	Studies show that as materialism goes up, happiness goes down.Watch this short http://bit.ly/2kdbE8M	Consider a sabbath from buying once a week during Lent. Let it prompt a new awareness about your buying habits.	Protect yourself from advertising. Mute TV during commercials, use Ad Block on your computer, unsubscribe from catalogs online and in your mailbox.	Practice buyer resistance: analyze the next commercial you see for how it is designed to make you want their product.
Talk with others at your church about ordering "eco palms" for Palm Sunday. The palms help improve workers lives and protect forests in Mexico and Guatemala. EcoPalms.org	Give up disposable plastics for Lent. The average American throws away 182 pounds of plastic per year. Watch Bag It: is your life too plastic? www.bagitmovie.com Show it at your congregation.	7 Refuse straws when dining out. Small steps add up.	8 Shop with reusable tote and produce bags. Make them from cast off garments http://bit.ly/2j/wv]4z Or these bags keep produce fresh longer http://bit.ly/2kypWEu	Avoid the use of K-cups to make coffee. Use reusable products to make coffee instead. Compost paper filters and grounds.	Many caring Christians are working to protect the most vulnerable from the worst affects of climate change. Sign up for lowa Interfaith Power & Light's newsletter to join the effort. www.iowaipl.org	Think about the difference between your needs and wants. Make a list and discuss with your family.
Have an "embrace the silence" Sunday: give yourself a rest from the noise of our busy modern lives. See if you find yourself calmer and more present to the moment.	Read The More of Less: Finding Your Life You Want Under Everything You Own, Joshua Becker. At your local library or through interlibrary loan.	Use a reusable water bottle instead of purchasing plastic bottles of water. American buy over 70 billion bottles of water a year.	Use vinegar to disinfect, and baking soda to scrub. Nontoxic, cheap, effective. Reduces the toxins and petroleum in commercial cleaning products.	Use reusable dishes , cups, flatware for gatherings . Consider cloth napkins, find them in abundance at resale shops.	Use memory sticks and external drives rather than CDs which cannot be recycled.	Avoid the use of stryrofoam/polystyrene carry out containers. Bring your own containers when you order carry out. Polystyrene production creates powerful greenhouse gases.

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Help your congregation make the switch to reusable coffee cups rather than disposables. Read about one lowa congregation that has made the switch. http://bit.ly/2kvOkEd	Celebrate the spring equinox. Take a walk to see signs of the coming spring.	Control impulse buying by waiting 24 hours before deciding if you need that new electronic device, shoes, sofa, etc. It's amazing what a new day will bring.	Buy locally grown flowers in season. Most cut flowers are grown far away with toxic chemicals that emit greenhouse gases. Find local flowers here: http://bit.ly/2kSjWF2	Planned Obosolescense: stuff is designed to break or become outdated quickly. Choose things that last. www.buymeonce.com	Use microfiber cloth rather than disposable swiffer cloths, also a good replacement for paper towels or sponges for cleaning, old clothes make good rags too.	25 Celebrate Earth Hour! At 8:30pm join hundreds of millions of people around the world and switch off your lights for one hour to remind yourself of how much energy you use. earthhour.org
Help your congregation replace the use of plastic water bottles with drinking fountains and reusable cups and pitchers of water at gatherings.	Reduce your use of aluminum foil, it has a heavy manufacturing footprint. Bake with casserole dishes with a lid.	Donate cast off items to keep them out of the landfill where they create methane as they rot, which is a powerful greenhouse gas.	At the coffee shop ask for reusable cups for your coffee, glasses for cold drinks. Some shops give you a discount if you bring your own.	Compost kitchen scraps and yard waste. You reduce the methane this waste would produce at the landfill. www.howtocompost.org	Wearing used clothing is chique. Have fun scoping out your local resale shop. It's easier on the budget and the planet.	April 1 Watch the 2-minute story of children in a toy story, Happiness . www.pbslearningmedia .org/resource/ lpsc10.sci.life.happy/ happiness
Start or restart your congregation's Care for Creation Committee or Green Team. Iowa IPL has information on how to get your congregation involved .lowalPL.org/Talk	Buy your eggs in carbboard boxes (recyclable). Styrofoam is very energy intensive to make.	Plan ahead for more mindful lawn care without chemicals that create greenhouse gases. Google "Yards for Kids, UNI" for Yard Care tips.	Purchase more mindfully. Use a "Wallet Buddy" to ask yourself questions before buying: act.newDream.org/page/ signup/walletbuddy	Consider "new to you" clothes for Easter, rather than buying brand new. Learn how "fast fashion" is harmful to the earth. huff.to/ 2d7thcG	Read books from your library, rather than buy them. Donate your books to the library for others to enjoy.	Count how many pairs of shoes you own. You may be surprised! Average CO2 per pair of shoes is 30 pounds. It might help you think twice about another pair.
Are the faith communities in your area ready form an lowa IPL Chapter to care for creation together? To get started contact programs@iowaipl.org	Start a tradition of reusing Easter Baskets every year. If you need one, your favorite resale shop has a wide array.	Think reusable and compostable Easter basket grass - paper grass, a pretty scarf, a leaf of kale! Grow real grass in a basket.	Purchase fair trade chocolates for your Easter baskets. No child labor and supports farmer communities. FairTradeAction.org	Wrap your Easter gifts the Japanese way with a scarf from your closet or a resale shop. http://bit.ly/ 2aGhK0C	Make Cascarones, confetti filled eggshells, for your Easter egg hunt. Compostable! Youtube has many instructional videos.	Learn more about creating a more meaningful life and mindful purchasing. Bring The Good Life Redefined to your area. Contact programs@iowaipl.org

Easter "Jesus' appearance **changed the world**. His disciples were being asked: speak truth to power, love your enemies, but most of all love God and your neighbor. This was a new way of being in relationship. Today's seemingly 'impossible appearance' is that humans are changing the climate. This calls for a new way of being in the world, to relate differently to each other and to nature. There are great glimmers of hope on the horizon." —The Rev. Canon Sally G. Bingham, president and founder, Interfaith Power & Light

