





March 2025

Climate Justice Lenten Calendar sponsored by United Women in Faith

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5 Ash Wednesday Use cloth napkins and placemats instead of paper.	6 Turn off water when brushing teeth.	7 Indoor house plants—Plant herbs, rubber plants, or succulents which use less water.	8 Take a shower instead of a bath.
9	10 Go for a walk admiring nature's beauty.	11 Turn off lights when not in use.	12 Eat leftovers instead of putting them in the garbage.	13 Go Dark for a day. Unplug from electronics and non-essential appliances for a day.	14 Buy loose tea and an infuser instead of tea bags.	15 Have coffee with friends in your home.
16	17 Invite birds to your yard—bird feeders, flowers.	18 Stop drinking from plastic water bottles; carry a reusable metal water bottle.	19 Shut down a computer when not in use. This cuts home energy consumption by 85%.	20 Recycle printer ink cartridges at Walmart.	21 Use back of junk mail envelopes to write lists such as TO DO or grocery lists.	22 Use bamboo toothbrushes. Bamboo is sustainable.
23	24 Recycle card fronts, calendars and pictures in magazines for UWF Memory Books.	25 Give clothes and small items to Thrift stores instead of putting in landfill.	26 Compost food scraps for use in your garden or flower beds.	27 Plan menu for week and then shop the menu.	28 Use biodegradable garbage bags.	29 Plant native grasses, native flowers and native crops. No pesticides.
30	31 Choose cardboard egg cartons which are made from recycled newsprint.		"Try to be a rainbow in someone's cloud." Maya Angelou			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Run dishwasher only when it is full. More water efficient than handwashing.	2 Adjust your thermostat to save energy.	3 Carpool whenever possible.	4 Properly recycle the plastic you use.	5 Reduce your consumption of plastics. Harmful to environment and you.
6	7 Declutter by hosting a clothing swap.	8 Check out closet and mix and match clothes for a new look instead of buying more clothes.	9 Shop local stores and artisans. Reduces carbon emissions from shipping and supports local economy.	10 Buy clothing made with natural fibers such as cotton, linen, bamboo, flax, jute, wool, silk, and alpaca.	11 Start a garden—plants that require minimum water; flowers that attract bees and butterflies.	12 Instead of plastic Easter eggs, dye real eggs with natural dyes. How-to handout available.
13 Palm Sunday 	14 Buy fruit and vegetables loose. Saves on packaging and plastic bags.	15 Participate in a river or park cleanup. Glenwood Springs is April 26.	16 Schedule a professional home energy assessment..	17 Maundy Thursday PRAY 	18 Good Friday Spend time with a friend in nature. 	19 Participate in planting a tree—new habitat for wildlife; cleans the air; replaces resources.
20 Easter 	21	22 Earth Day Pass on Styrofoam. It is not recyclable.	23	24	25	26 Spring River Cleanup in Glenwood Springs from 8-11am.
27	28	29	30	"You see things and say, Why? But I dream that never were and say, Why not?" George Bernard Shaw		