



2019	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This project was originally conceived as a Lenten reflection from the Church of England on our use and misuse of the plastics in our lives, and a hopeful look toward ways our plastic use can be curtailed. We have changed it in collaboration with non-Christian and secular organizations for accessibility and collaboration. We hope you will find that this “Pilgrimage to Earth Day” is also a “Pilgrimage to Easter” (especially since Easter and Earth Day—happily and rarely—fall on almost the same day), and that you will find it useful in your journey.</p>				<p><b>06 Isaiah</b> “The earth dries up and withers, the world languishes and withers; the heavens languish together with the earth. The earth lies polluted under its inhabitants ...”</p>	<p><b>07 Give up disposable cups &amp; drinks in plastic bottles</b> Carry a travel mug or water bottle. Get a reusable bottle, fill it with tap water before leaving the house, and refill it wherever you happen to be.</p>	<p><b>08 Bring your own reusable bags</b> Plastic bags and produce bags in particular are often used for minutes before being discarded. Plastic bags are extremely difficult to recycle.</p>	<p><b>09 Carry your own non-plastic cutlery</b> Plastic disposable cutlery and straws are among the worst plastic pollution culprits. Get in the habit of carrying your own cutlery with you and leaving a set in the car.</p>
<b>Food &amp; Drink</b>	<p><b>10 Jacques Cousteau</b> “Water and air, two essential fluids on which all life depends, have become global garbage cans.” By 2050 we could have more plastic than fish (by weight) in the sea.</p>	<p><b>11 Buy in bulk to minimize or eliminate packaging</b> This goes for food and drink as well as cleaning supplies, toiletries, hardware items – anything that may come in plastic packaging.</p>	<p><b>12 Avoid over packaged, processed, canned and frozen convenience foods</b> Stay clear of the three tomatoes sitting on a Styrofoam tray and covered in plastic cellophane.</p>	<p><b>13 Buy fresh bread that comes in either paper bags or no bags</b> This eliminates plastic wrapping waste from shop bought bread and you help support local businesses.</p>	<p><b>14 Choose milk in returnable glass bottles</b> Some areas have local dairies that provides milk in returnable glass bottles rather than plastic or plastic-coated cardboard. Ask your grocer about options.</p>	<p><b>15 Use non-plastic containers for food—lunches, leftovers, freezing, storage, take-out, travelling... Request takeaways use your container instead of their disposable one. Take a container when you buy meat, fish or cheese.</b></p>	<p><b>16 Shop at markets</b> Farmer’s markets can be cheaper and fresher than supermarkets. They also they sell fruit and vegetables loose. Don’t forget to take your reusable bags.</p>
<b>Bathroom</b>	<p><b>17 Every day millions of microplastics</b> enter the sea from toiletry products. Start a conversation or ask to talk about how you are taking action on plastics at church.</p>	<p><b>18 Look around your bathroom and see what plastics you can replace</b> Plastic bottles in the shower? Find a brand you like and try and get it in bulk. If it’s not available in bulk – ask the manufacturer to offer it.</p>	<p><b>19 Use a razor with removable blades</b> Disposable razors and razor blades are two of the biggest contributors to plastic waste.</p>	<p><b>20 Check labels of toiletries</b> Did you know some facial scrubs &amp; toiletries products contain tiny plastic beads? Avoid anything with “polyethylene” listed as an ingredient.</p>	<p><b>21 Use a bamboo toothbrush or a toothbrush with recyclable heads</b> and try to find dental floss that doesn’t come in plastic packaging.</p>	<p><b>22 Use bar soap instead of liquid hand soap</b> This is an easy change to make, if you are feeling keen you can even make your own soap bars.</p>	<p><b>23 Choose lotions and lip balms in plastic-free containers</b> Some shops will now refill glass toiletry containers or give you a discount if you return old packaging. Research to find shops near you.</p>

<b>Kitchen</b>	<p><b>24 Jane Goodall</b> “Only if we understand will we care. Only if we care will we help. Only if we help shall we all be saved.”</p>	<p><b>25 Look around your kitchen and see what plastics you can replace</b> Use a dish brush with a wooden handle and compostable bristles.</p>	<p><b>26 Use natural cleaning cloths instead of plastic &amp; synthetic sponges</b> Compressed natural cellulose sponges are often sold without any plastic packaging.</p>	<p><b>27 Use a blender made of glass</b> If you find yourself needing to purchase a new blender in the future, try and go for a glass alternative if possible.</p>	<p><b>28 Buy glass and/or stainless steel containers for food storage</b> Glass works well for freezer storage as well, just ensure you leave room at the top of the jar.</p>	<p><b>29 Avoid foil wrapped treats.</b> Some sweet wrappers are now recyclable but don't forget to check. This includes Hershey's Kisses and Reese's Peanut Butter Cups.</p>	<p><b>30 Share your leftovers or unwanted food</b> Reduce waste by joining a food sharing network like Olio.</p>
<b>Clothing</b>	<p><b>31 Job</b> ‘But where can wisdom be found? Where does understanding dwell?’  Do you use disposable cups at church or coffee shops? Can you encourage people to bring their own mug?</p>	<p><b>01 Choose natural fibres</b> Synthetic fabrics create microfibre pollution when washed. When buying new clothes look for organic cotton, wool, and other natural fibres.</p>	<p><b>02 Alter and Modify Old Shoes and Clothing into New</b> Any old clothes and shoes that you never wear because they don't fit or are out of style? Find a tailor or cobbler for alteration.</p>	<p><b>03 Buy clothing second-hand</b> Buying clothes second hand not only saves you money but ensures that the second hand clothes you purchase have an extra long lease of life.</p>	<p><b>04 Do a clothes swap</b> Look online for local events or get advice on how to set up your own. Take a look at sites like Get Swishing.</p>	<p><b>05 Invest in quality</b> By doing this you are minimising the demand for cheap items that end up in landfill. In the long run it will save you money.</p>	<p><b>06 Request zero plastic packaging</b> If you're buying clothes online ask the retailer if they can reduce or remove plastic packaging.</p>
<b>Home</b>	<p><b>07 Robin Wall Kimmerer</b>  ‘The land knows you, even when you are lost’.</p>	<p><b>08 Contact Metro about ending junk mail</b> This will reduce the number of letters with plastic windows. It will also reduce your paper waste.</p>	<p><b>09 Make it from scratch</b> Try and cook as much as possible from scratch and take your own sandwiches and snacks when you go out.</p>	<p><b>10 Avoid wet wipes</b> These contain plastic fibres so don't break down like toilet roll, despite often being described as flushable.</p>	<p><b>11 Acquire necessary plastic items used instead of new</b> Check second-hand shops, Freecycle or Buy Nothing. Look for sharing groups locally.</p>	<p><b>12 Buy secondhand plastic-free furniture</b> There's lots of advice about repairing, upcycling and finding good wood or metal furniture online.</p>	<p><b>13 Don't buy new CDs and DVDs</b> Stream or download music, shows, and films online or borrow them from the library or friends.</p>
<b>Travel</b>	<p><b>14 Micah</b> ‘What is required of you? To act justly and to love mercy and to walk humbly...’</p>	<p><b>15 Avoid plastic pens and giveaways</b> Try using a refillable fountain pen or pencils.</p>	<p><b>16 Bring your own toiletries</b> Skip the free travel size shampoos, soaps, and lotions offered by hotels. Instead, fill up your own reusable travel-size containers at home.</p>	<p><b>17 Avoid the Mini bar snacks and drinks</b> They all come in plastic packages or bottles. Even if you can't avoid plastic entirely, resist single-serving sizes.</p>	<p><b>18 What lasting changes are you going to make?</b> Do you find yourself looking at plastics in a different way? List three things you are going to commit to changing.</p>	<p><b>19 How does your stuff travel?</b> Avoid packing peanuts when shipping things. Ask online retailers you patron to avoid them as well.</p>	<p><b>20 Pilgrimage</b> Join others on a trip around the Portland area to see hurting sites and healed sites. Carpool leaves the First UMC parking lot at 10 am. Email <a href="mailto:jkingsley@fumcpdx.org">jkingsley@fumcpdx.org</a> with questions.</p>

