



A Journey through Lent with **TLC**

By: Teri Salmons

*“Remember you are earth and earth
you shall become.”*

Lent begins with these words taken from the creation story in Genesis, “*You are dust, and to dust you shall return.*” The words are followed by the action of being marked by the Sign of the Cross. This Lent we ask you to imagine Lent as a journey to reconnect with the earth. The season offers a chance to see ourselves as a deep part of the earth and to offer it some **Tender Loving Care**. Let’s face the truth, the earth is fragile and needs some **TLC**! We invite you to reflect upon our relationship with the earth, then choose ways to act that put the care of Creation at the **heart** of our common life. Consider your daily act of *Earth-loving kindness* as a form of embodied prayer – a compassionate way to work for the future of our **beloved** planet. This Lent, let us journey together as we travel towards the hope of sharing resurrection life for ourselves and for all of creation.

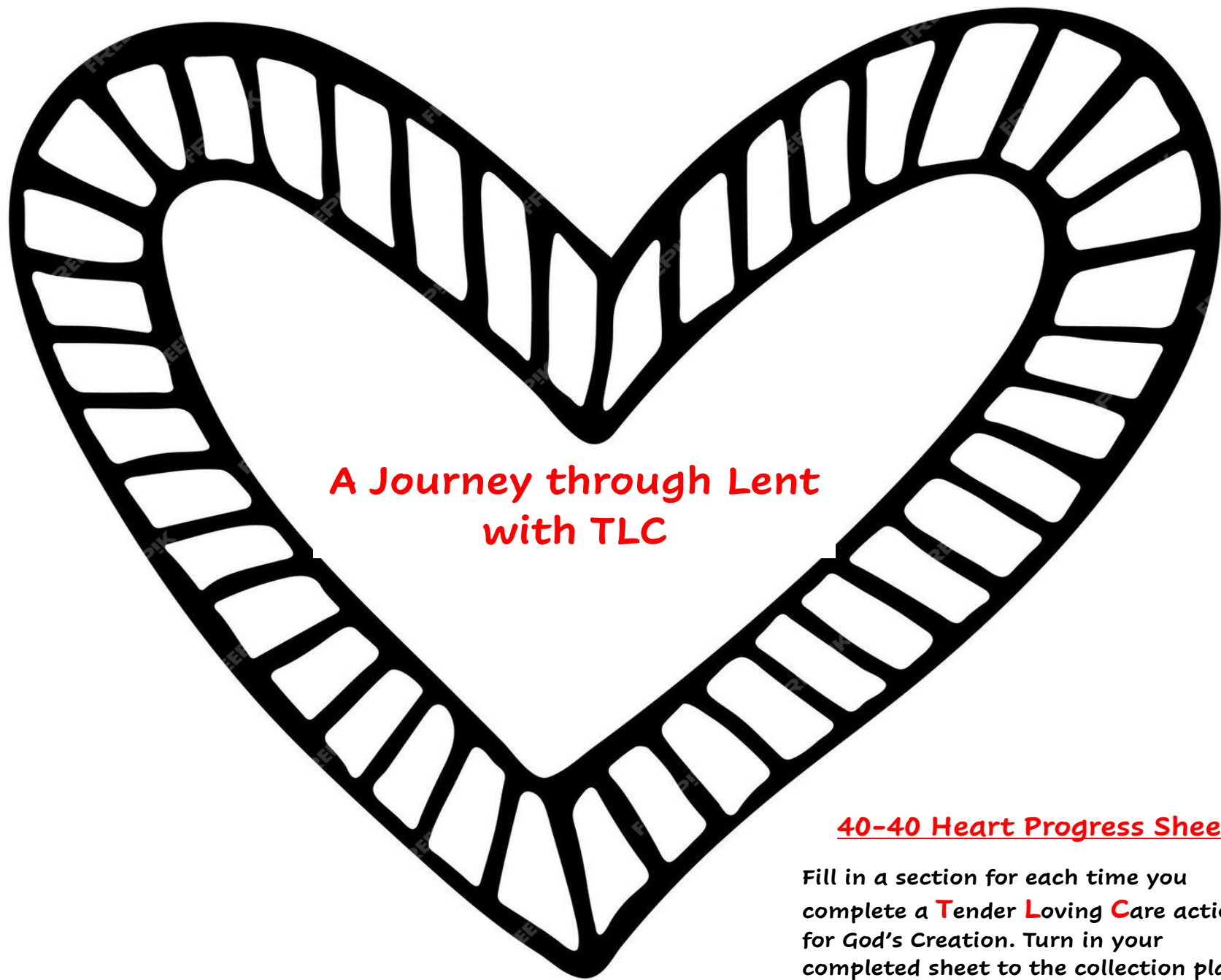
What little thing can you do today for love of the earth?

Beginning March 5th on Ash Wednesday, we ask you to commit to forty acts of *Creation Care* during the forty days of Lent. This means there will be a total of 40 actions that you will complete by the end of Lent. Each week we will provide you with some ideas in eBlessings to help with your daily action. **TLC** Suggestions for Week 1 are attached but you may be creative and think of your own ideas. Repetition of your actions are definitely acceptable! As you or your family complete an action, color in one of the sections on the Heart Progress Sheet. There are actually 44 days between Ash Wednesday and Holy Thursday, so if you miss a day just double up the next day. Just like the Bagzilla Challenge, we hope this leads to a daily ritual to show your kinship with our planet and how you “*Love the Lord your God with all your heart...*”

Attachments

40-40 Heart Progress Sheet

40-40 **TLC Suggestions for Week 1**



**A Journey through Lent
with TLC**

40-40 Heart Progress Sheet

Fill in a section for each time you complete a **T**ender **L**oving **C**are action for God's Creation. Turn in your completed sheet to the collection plate.

Name _____

What little thing can you do today for our beloved planet?



40-40 **TLC** Suggestions for Week 1

What little thing can you do today for our beloved planet?

Take Action & Make a Difference



Taking action, large or small, can make a real difference. The Live Green Howard website strives to bring the “green” resources in Howard County, MD together in one place and inspire you to make a difference locally and beyond.

What is Live Green Howard?

Live Green Howard is a project of Howard County Government in Maryland. Sustainability, environment, and being “green,” is a part of so many agencies and areas outside the government that they have attempted to bring it all together in one place. To learn more click:

[What is Live Green Howard? - Live Green Howard County](#)



For extensive information on recycling opportunities in Howard County, click: HowardCountyRecycles.org.

Howard County has all the information you need to recycle at home or at work. Learn which products can go in your blue bins, the best way to recycle grass clippings, how to recycle electronics and even how to compost. You will find information on topics such as Specialty Item Recycling or the Feed the Green Bin Program and much more.

Start recycling and help the planet, and our community, get healthier today!

40-40 TLC Suggestions for Week 2: Take Action

What little thing can you do **today** for our beloved planet?

“From food waste to single-use items, the average person sends 1.6 pounds of waste to the landfill every day. That’s about a global total of 2 **billion** tons of waste each year!” The goal of Zero Waste is to create minimal waste in our everyday lives. To see how much waste you can reduce in a week just click on the following link: [A Zero Waste Challenge for Kids - Earth.Org Kids](#). It’s easier than you might think!

5R CONCEPTS OF ZERO WASTE

Buy products with less packaging, purchase in bulk, and think critically about what you truly need before making a purchase.

REDUCE



REFUSE

This minimizes waste at the source. For example, you can refuse single-use plastics like straws and utensils.

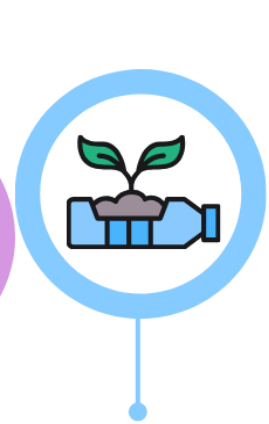
Recycling conserves resources and reduces pollution. Follow local recycling guidelines for effective recycling.

RECYCLE



REUSE

Reuse, or donate items instead of discarding them. Using reusable bags and containers also fits this principle.



REPURPOSE

Repurposing, or finding new uses for old items, not only saves money but also diverts waste from landfills.

40-40 TLC Suggestions for Week 3: Zero Waste

What little thing can you do today for our beloved planet?



Whether you consider yourself a tree hugger, planet saver or just someone who cares about the environment, you don't have to give up a lot of time. Every little minute can make a big difference. For example: sign up to help during St. John's Campus Cleanup, clean up the cul-de-sac in your neighborhood, plant a garden at your home or school with native plantings, or scan your neighborhood for litter.

Check out this website to see how easy it is to get to be green in five minutes or less! [Ways Kids Can Help Save the Planet in 5 Minutes or Less | The Healthy](#)

40-40 TLC Suggestions for Week 4: Going Greener

What little thing can you do today for our beloved planet?

Trash to Treasure: Upcycling!!

While you're most likely familiar with how to recycle, you may not be familiar with upcycling, also known as creative reuse. Upcycling has grown increasingly popular in the world of sustainability. And it's definitely a trend we want to keep around.

To "upcycle" means to recycle or reuse something in a way that increases the original object's value. In other words, upcycling is taking something old and creating something new.

Upcycling is incredibly beneficial for the planet. It accomplishes several things at once: It reuses materials we already have, and it creates something new. Giving used products a new life reduces the need to use unsustainable materials, like plastic, to create new products. Not only does upcycling plastic prevent a build-up of plastic waste, but it also provides n without using new resources. Check out the links below!

[47 Ingenious Upcycling Ideas You'll Find Easy to Make - Craftsy Hacks](#)
[13 Incredible Artists Using Recycled Materials in Their Art - Causeartist](#)



40-40 **TLC** Suggestions Week 5: Trash to Treasure



What little thing can you do **today** for our beloved planet?

Let's **Keep Taking Action** & **Make a Difference**



**NexTrex
Bagzilla
Challenge**



A Zero Waste Challenge for Kids
- Earth.Org Kids

Ways Kids Can Help Save the Planet in 5 Minutes or Less | The Healthy



Upcycling!!



40-40 TLC Suggestions for Week 6 Keep Taking Action