

for interviews appropriately dressed - this gives folks the confidence that they are looking their best. Donating household items allows people who have lost everything in fires or floods to recoup their losses.

3. Vintage and gently loved clothing are also quite popular with Millennials and Gen-X.

Week 7

Environmental projects, Beach Sweeps or join a Park clean-up crew for the town you live in.

How do I help?

1. Trinity does twice yearly clean-ups of Welsh Park. What does this do?

- a. Builds community and allows for socialization of the church members.



- b. Makes people aware of what happens in a local park and this awareness shows how we should respect the environment.

- c. Church clean up days help keep the church looking clean, as well as builds church community.

2. Beach Sweeps can be found each spring and summer at the Jersey shore.

- a. Do you know that cigarette butts are the most littered item globally? Also, the cigarette butts are the number one item cleaned up in the sweeps.

- i. They are not biodegradable as they are 98% plastic, and filters collect toxic chemicals from the cigarette such as arsenic, nicotine (a common rat poison), and heavy metals.
- ii. One single butt can contaminate 100's of liters of water - poisoning fish and wildlife.

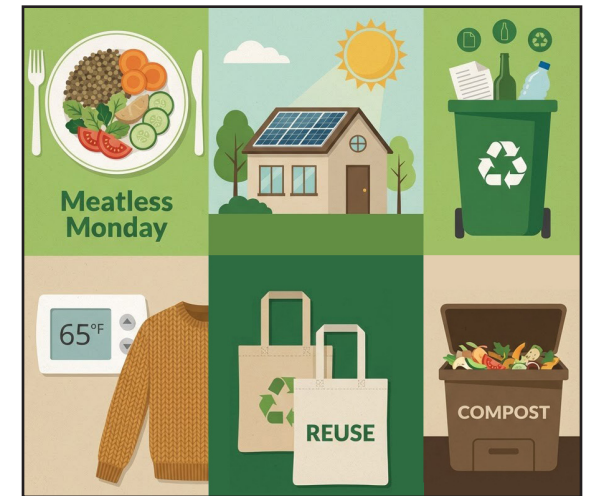
Trinity's Earth Shepherds (TES) guides Trinity's efforts to serve God's creation through mission, environmental education, and setting a good example for others to follow. We have been recognized for our efforts by the denomination (PCUSA) for more than 10 years, and GreenFaith. We welcome new members and meet on the fourth Tuesday of most months. Contact Richard Zielinski at rzielinski@comcast.net if interested.



367 Cranbury Road
East Brunswick, NJ 08816
Trinity-pc.org

Trinity Earth Shepherds

LENTEN CHALLENGES



As people of faith, we seek to “serve and preserve” God’s world. However, some of our collective choices have led to a changing global climate. To turn this tide, we must commit to treading lightly on God’s Earth. Lent is the time to reflect on Christ’s ministry, death, and resurrection. We slow down, take time, and examine our internal spiritual lives and the way we live out our Christian faith in the world around us.

Therefore, during Lent, the Trinity Earth Shepherds will be posting a weekly challenge in the Bulletin.

Week 1

This week the challenge will be to have a meatless meal at least one day/week - we call it "Meatless Monday".

Why are "Meatless Mondays" important for the environment?



1. The meat industry uses large amounts of fossil fuels, water and grain to feed livestock. Eating less meat would reduce the need for, and use of these resources. Especially in the U.S., where we consume more animal products than the rest of the world.
2. About 1,850 gallons of water are needed to produce a single pound of beef, compared to 39 gallons of water per pound of vegetables. A vegetarian diet alone could dramatically reduce water consumption by 58% per person!
3. Meat production is a major contributor to greenhouse gas emissions, which is tied to climate change.
4. Some benefits of eating plant-based once a week include:
 - a. Saving 133 gallons of water with each Meatless meal.
 - b. Reducing your carbon footprint by eight pounds each "Meatless Monday" you participate in.
 - c. Committing to "Meatless Monday" each week equates to the same reduction of emissions as cutting out 348 miles of driving.



Week 2

Home Temperature - Turn it down.

Why turn it down.

1. Many homes are much warmer than necessary in the winter. Try turning the heat down a bit.
2. Every degree Fahrenheit you reduce the heat, you save nearly 5 % on your heating bill and significantly help reduce energy use.
3. If you feel chilly, put on a sweater or do some chores - both will make you feel warmer.



Week 3

Tidy Fridge

What does this mean?

1. Cleaning out your fridge regularly minimizes the amount of food that needs to be kept cool.
2. By keeping the fridge tidy, you can find what you are looking for quickly.
3. You lose up to 30% of the cool air in the refrigerator every time you open the door, the faster you find stuff and close the door the better it can be.



Week 4

Multi meals

What is a multi meal?

1. If you are going to cook from scratch, try preparing enough for two or more meals. Refrigerate what you don't use for the first meal and heat later.
2. Some people feel reheating tastes better.
3. Doing one prep and cook will dramatically reduce the amount of energy you and your oven have to put into having the meal a second time.

Week 5

Reusable bags - Keep them in the car.

We already do this in NJ - so why?

1. Having a shopping bag with you will prevent you from taking a paper bag, which many places offer or yet another reusable bag.
 - a. A paper bag uses more energy even with 30% recycled pulp. Paper will use 2X the energy to make than plastic bags although recyclable and compostable, paper is certainly not a perfect answer to plastic.
2. A reusable bag can become a status symbol. Trader Joe bags have become the latest fad.
3. Insulated bags allow you to make a stop on the way home from the grocery store on a hot day, they are also generally more heavy duty than non-insulated.

Week 6

Clean out that closet, or donate things you don't want.

What does this do?

1. Makes you free of a messy house or crowded closet, don't be that TV hoarder, we don't need all these material things.
2. Donating clothing and stuff to Goodwill or another similar place. The sale of these items help support education, job training and a fresh start. Yes, we know about the stories about clothes that are shipped overseas but are never distributed. Instead, give to local charities which give to those in need right here, such as Dress for Success. By giving a suit, dress or other work type outfits to people who cannot afford them, they can go

