

A Rocha UK's Easy Eco Tips 2024 Calendar

JANUARY

Make 'enjoying nature' your priority.

From bird watching to writing about or drawing something that inspires you in nature, growing your own fruit or vegetables, or exploring an area of outstanding natural beauty in the UK, be sure to fall in love with nature in a new way this coming year and allow it to lead your thoughts towards God our Creator. Further ideas can be found at arocha.org.uk/ideas-to-enjoy-nature/

FEBRUARY

Go green for Lent. The weeks leading up to Easter are a time for self-reflection, repentance and emulating Jesus' obedience to the Father. Is there something you'd like to give up or take up during Lent that will enable you to reflect on God, contribute to our planet's well-being and enhance others' lives through sustainable, eco-friendly living? Explore some of these changes at arocha.org.uk/go-green-for-lent/

MARCH

Celebrate Spring. Immerse yourself in the sights and sounds of the season – breathe in the fragrance of blossoms, observe budding catkins, note different bird songs, spot footprints, or use the PL@ntNet app to identify spring flowers. Nature can boost our happiness, so spend time in your garden, on your balcony, and in local green spaces. Dedicate quality time to appreciate creation's beauty, and thank God for the hope that spring can bring with our Lent resources at arocha.org.uk/connect-with-gods-creation-over-lent/

APRIL

Fit more active travel into your day and daily routine. Reevaluate your journeys: explore walking or cycling options, or modify your route to include some form of active travel, i.e. disembark a stop early and complete the remaining part of your journey on foot, indulge in a leisurely stroll, or opt for a bike ride along a cyclist-friendly route. Consider connecting with your local Ramblers or cycling group for shared experiences. Use the extra steps or the changed travel arrangements as a prompt to pray for God's creation, nature's preservation and the reduction in fossil fuel usage.

MAY

Say no to the mow. Mowing your lawn less and letting parts grow long saves you time and helps give nature a home. If you want to make an even bigger impact on wildlife, wait to mow your lawn or a section of it until August to support even more animals. Contribute to citizen science and get to know what (and who!) lives in your church's green space – sign up to take part in Churches Count on Nature (8–16 June 2024) at caringforgodsacre.org.uk/churches-count-on-nature-faqs/.

JUNE

Join #30DaysWild. One of A Rocha UK's firm beliefs is that we are more likely to nurture and defend God's creation if we spend time enjoying it. The Wildlife Trusts' 30 Days Wild challenge is a great opportunity to engage with nature as an individual, household, or with your church community throughout June. Find some wild ideas at wildlifetrusts.org/30-days-wild

JULY

Taste the benefits of seasonal and local food. Plan to incorporate locally grown produce into your diet and shopping list throughout the seasons, as it is harvested at its peak ripeness, ensuring superior flavour compared to imported alternatives that have travelled thousands of miles. If saying grace before a meal is a regular practice in your household, this month, include giving thanks for your local food producers.

AUGUST

Assist local wildlife during hot weather. Provide hedgehogs with a juicy snack like mealworms or canned dog food as their prey of slugs, snails and worms diminishes, and ensure a safe exit for them and other small mammals if you have a garden pond. Help garden birds by maintaining a filled bird bath and supplying supplementary food including black sunflower seeds, pinhead oatmeal, soaked sultanas, raisins, currants, mealworms, waxworms, and a nutritious seed mixture, when natural supplies become scarce. More tips can be found at arocha.org.uk/looking-after-wildlife-in-the-heat/

SEPTEMBER

Step outside this Season of Creation (1 September – 4 October). Connect with nature and dedicate this time to God as the Creator and sustainer of all life. Choose an idea or two from our resource and encourage your church family to take part too! Free to download at arocha.org.uk/step-outside-this-season-of-creation-resource/

OCTOBER

Contribute to wildlife conservation. Clean bird feeders to prevent diseases spreading to winter migrants. Install a nest box well before breeding season to provide a cosy retreat for small birds during cold winter nights. Prepare to support more birds next year, with more tips at arocha.org.uk/give-a-bird-a-home. As you observe the local birds reflect on this verse, 'I know every bird in the mountains, and the insects in the fields are mine.' Psalm 50:11.

NOVEMBER

Green your home. Combat climate change and reduce heating costs by identifying and sealing drafts around your home. Find the gaps that let the cold air in and warm air out (think keyholes, letterboxes, cracks around the edges or bottoms of windows and doors, loft hatches, floorboards, etc.) and fix these gaps using the correct materials and online tutorials. Additionally, place foil or radiator panels to reflect heat into your room. Pray for those who might be experiencing the cold this winter.

DECEMBER

Celebrate a Greener Christmas. Find ways to make your Christmas festivities both a joyous celebration of Christ's coming and environmentally conscious. Explore A Rocha UK's twelve tips for a greener Christmas at arocha.org.uk/our-twelve-tips-for-a-greener-christmas.

Visit arocha.org.uk/wild-christian for more eco tips

