

Lent2021 ...7 mini challenges

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This Lent the Diocese of Chester, led by the diocesan Environment Forum, is inviting you to join in with a Lenten journey and to think about how we might all play our part in living more sustainably. Let's think about what we might change in our daily lives to show our love for God's creation and the environment.

Cut out single-use plastics

Try to avoid buying items that cannot be easily recycled.

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Keep it local

Cut back on packaging and food miles by shopping at local greengrocers, butchers and farm shops.

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Introduce meat-free days

Especially try to limit red meat.



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Stop food waste

Don't leave anything on the plate and resist overstocking the fridge.

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Resist fast fashion

Refrain from buying any new clothes in Lent.

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Reduce energy consumption

Try to turn the thermostat down a couple of degrees and reduce car journeys.

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Encourage biodiversity

Plant trees and flowers that will help local wildlife and organise a litter pick.