

SAVING WATER FOR LENT!

Many people take on fasting as a spiritual practice during Lent. This means that they pick something special to give up or use less of, as a way of getting closer to God. Some people give up luxuries like chocolate or butter, or they may choose to keep a vegan diet for Lent. Other people give up habits that distract them from being their best self, like gossiping. Some people try *new* habits for Lent, like writing down three things they are thankful for each day, or volunteering at an animal shelter.

We are inviting our church school families to explore the ways that we can build up love in the world through service, and join together in a **special Lenten fast for water conservation!**

Take a look at the list below, or [click this link](#) for one hundred ways (both big and small) to save water in our daily lives.

Help us spread the word (and the love) by taking a photo or video of one of the ways you conserve water this Lenten season, and sharing it on social media with the hashtag **#UPsavewaterchallenge**. If you tag us in the photo, we'll re-post it on our account and share it in worship!

twitter: @UPbrookline

instagram: @unitedparishinbrookline

facebook: @UnitedParish

- **Shower Bucket.** Instead of letting the water pour down the drain, stick a bucket under the tap while you wait for your shower water to heat up. You can use the water for flushing the toilet or watering your plants.
- **Turn off the tap while brushing your teeth.** Water comes out of the average tap at 6 litres per minute. Don't let all that water go down the drain while you brush! Turn off the tap after you wet your brush, and leave it off until it's time to rinse.
- **Turn off the tap while washing your hands.** Do you need the water to run while you're scrubbing your hands? Save a few gallons of water and turn the tap off after you wet your hands until you need to rinse.
- **If it's yellow, let it mellow.** This tip might not be for everyone, but the toilet is one of the most water-intensive fixtures in the house. Do you need to flush every time?
- **Fix your leaks.** Whether you go DIY or hire a plumber, fixing leaky taps can mean big water saving.

- **Re-use your pasta/potato cooking liquid.** Instead of dumping that water down the drain, try draining your pasta/potato water into a large pot - cool it then water your plants.
- **Head to the car wash.** If you feel compelled to wash your car, take it to a car wash that recycles the water, rather than washing at home with the hose.
- **Cut your showers short.** Speed things up in the shower for some serious water savings. Can you get squeaky clean in under 5 minutes?
- **Choose efficient fixtures.** Investing in a low-flow toilet, choosing efficient shower heads, and choosing water efficient dishwashers and washing machines can add up to big water savings.
- **Be careful of the detergents and chemical products that you are responsible for pouring down the drain because:**
Water fact: One in eight people worldwide does not have access to clean drinking water. Take a look in your kitchen and bathroom, and try to pick one product that you can replace with a chemical-free version!
- **Don't run the dishwasher or washing machine until it's full.** Those half-loads add up to gallons and gallons of wasted water.
- **Install a water butt to collect rain water from the roof** and use it for the garden and outdoor cleaning.
- **Flush with less.** Older toilets use a lot of water. You can reduce your usage by putting a one litre plastic bottle, filled with water, into the cistern.
- **Water outdoor plants in the early morning.** You'll need less water, since cooler morning temperatures mean losing less water to evaporation and direct the water to the roots where it is needed.
- **Hand-washing a lot of dishes?** Fill up your sink with water, instead of letting it run the whole time that you're scrubbing.
- **Use less electricity.** Power plants use thousands of gallons of water to cool. Do your part to conserve power, and you're indirectly saving water, too!
- **Wash Fido outdoors with water from a water butt.** That way, you're watering your yard while you're cleaning your pup. Just make sure that the soap you're using isn't harmful to your plants!
- **Skip the shower from time to time.** Do you really need to shower multiple times a day or even daily? Skipping even one shower a week adds up to big water savings.
- **Re-use grey water.** You can do things like re-route the runoff from your clothes washer and use that water for things like flushing the toilet.