

# A Rocha UK's Easy Eco Tips 2025 Calendar

## JANUARY

### Start 2025 with Nature's Calendar.

This citizen science project from the Woodland Trust is a long-term study of wildlife trends. Thousands of volunteers have been recording, for example, the date when they saw the first leaf appear or when the first bluebell flowered. There are now years of data helping scientists to see how the seasons are shifting. This is a great way to get outdoors even in the colder months and contribute to valuable wildlife recording.

See [naturescalendar.woodlandtrust.org.uk](https://naturescalendar.woodlandtrust.org.uk) to find out more.

## FEBRUARY

### Plan this year's holidays, with creation in mind.

At this time of year, our thoughts can often turn to the hope of warmer weather and planning a summer holiday. Visiting new places and seeing God's creation is a great way to be refreshed and rested. Yet how we travel and where we stay, can either be positive or negative for the very environment we care about. Use these simple prompts to help you plan a greener break this year: [www.panda.org/act/live\\_green/travel/on\\_vacation](https://www.panda.org/act/live_green/travel/on_vacation).

## MARCH

### Take time to reconnect with God and creation during Lent.

Delve deeper into the Bible to see how we are not apart from creation but a part of it. There are lots of excellent resources to support you, including The Whole Easter Story: Why the cross is good news for all creation at [arocha.org.uk/the-whole-easter-story](https://arocha.org.uk/the-whole-easter-story). This new resource for Lent 2025 invites us to explore the broader impact of the Easter story for all of creation through Bible readings, reflections, and stories from A Rocha's global conservation efforts.

## APRIL

### Spend time in nature.

Spending time appreciating God's creation can be an act of worship. Nature can be experienced when we notice an insect, hear a bird sing, feel the earth beneath our hands or even when we watch a documentary. There is strong evidence that nature is also good for our mental health. Try to immerse yourself in nature every day, even for just a few minutes and give thanks to God for His good creation. Further ideas can be found at [arocha.org.uk/ideas-to-enjoy-nature/](https://arocha.org.uk/ideas-to-enjoy-nature/)

Visit [arocha.org.uk/wild-christian](https://arocha.org.uk/wild-christian) for more eco tips

## MAY

### Support pollinators.

Nothing says Spring like the buzz of a bee! But bees are declining because of habitat loss, climate change and agricultural intensification. Tuesday 20 May is World Bee Day, so look around to see how you can improve habitats for bees and other pollinators – even small efforts make a difference.

Read more about bees, butterflies and habitats that support them such as wildflowers, in our Target 25 resources at [arocha.org.uk/what-we-do/target-25](https://arocha.org.uk/what-we-do/target-25) and pray for the rejuvenation of these crucial pollinators.

## JUNE

### Join in with a nature and climate initiative.

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. Joining in with wider initiatives also reminds us of the power and encouragement of being part of communities and taking action together. Churches Count on Nature, 30 Days Wild, and The Great Big Green Week all take place across June. Join an awareness-raising event or nature count as an individual, with your household or church. Find out more at [caringforgodsacre.org.uk/churches-count-on-nature-faqs](https://caringforgodsacre.org.uk/churches-count-on-nature-faqs), [wildlifetrusts.org/30-days-wild](https://wildlifetrusts.org/30-days-wild) and [greatbiggreenweek.com](https://greatbiggreenweek.com).

## JULY

### Plastic Free July.

This is a great opportunity to review where you might be able to reduce single-use plastics in your life. Being part of Plastic Free July will help you find great alternatives that can become new habits forever.

Paying attention to what we consume and its effect on God's earth, can lead us not into guilt, but into action and prayerful determination to see change where it's possible. Read more about the effects of plastic at [arocha.org.uk/plastic-summer](https://arocha.org.uk/plastic-summer).

## AUGUST

### Private gardens, churchyards and other outdoor spaces can make a significant contribution to nature.

We can take action to care for plants, wildlife and soil in the places where we live and around our churches. Caring for the earth was the first instruction God gave to humans. This doesn't mean we all need to be professional gardeners, but perhaps try to learn one new thing this month that you can do for a garden space. Read more about nature-friendly gardening at [www.woodlandtrust.org.uk/blog/2024/04/environmentally-friendly-gardening-10-top-tips](https://www.woodlandtrust.org.uk/blog/2024/04/environmentally-friendly-gardening-10-top-tips).

## SEPTEMBER

The **Season of Creation (1 September – 4 October)** is dedicated to God as the creator and sustainer of all life. During this period of the church calendar, many churches celebrate Harvest, thanking God for His provision through the land and food that is grown. It's a time when churches and congregations are called to pay special attention to the responsibility of humanity for the Earth and for all that lives upon it, and to pray for our world. Explore A Rocha UK's season of creation resources at: [arocha.org.uk/what-we-do/season-of-creation](https://arocha.org.uk/what-we-do/season-of-creation).

## OCTOBER

### Taste the difference!

Local and seasonal food not only tastes great but is better for the planet too. Think about incorporating 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, include giving thanks for your local food producers this month.

## NOVEMBER

### Measure your carbon footprint.

Take an audit of your individual or household carbon footprint and repeat each year to see if you can reduce it! There are lots of ways to do this, from switching energy suppliers to changes in your diet. Some great tools to use are available, for example the carbon calculators provided by Climate Stewards at [climatestewards.org/carbon-calculators](https://climatestewards.org/carbon-calculators), and Creation Care creationcare.org.uk, offers a specific resource for households giving ideas and helping you track your progress. As you look at different areas of your life, offer each area or action to God as an offering.

## DECEMBER

### Celebrate a simpler and greener Christmas.

As Advent begins, let us turn our gaze to the true meaning of Christmas – God with us, Emmanuel. The humble birth of a child in a stable may seem distant from the way we celebrate today, but it offers a profound reminder of simplicity. This season, let's reflect on the story that we wish our actions and choices to tell. Consider A Rocha UK's blog on journeying towards a zero-waste Christmas [arocha.org.uk/journeying-towards-a-zero-waste-christmas](https://arocha.org.uk/journeying-towards-a-zero-waste-christmas). May our hearts and our celebrations align with the simplicity and beauty of the Christmas story.

