



FAST FOR THE EARTH

#FAST4EARTH



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 PREPARATION				FEBRUARY 26 ASH WEDNESDAY CONFESSION	27 Pledge to fight plastic this Lent	28 Pledge to reduce meat consumption this Lent.	29 Pledge to reduce energy/fuel this Lent
 FOOD	MARCH 1 First Sunday in Lent. Veggie Sunday	2 Meatless Monday	3 Buy Local. Find a local place to purchase fruit and veggies	4 Choose compassion. What happens to the chickens?	5 Start your own veggie patch	6 Have a junk-food free Lent	7 Consider the catering practices at your church
 WASTE	8 Second Sunday of Lent. Paper less Sunday	9 Spring Cleaning your Cupboard. Clear your closet and give away	10 Say NO to Styrofoam for ever.	11 Bring your own bag and buy one for your buddies.	12 Check out how much waste you have at home. How can you reduce it?	13 Look at use of paper at home, office and church. What can you change?	14 Does your church Recycle/ Compost?
 WATER	15 Third Sunday of Lent. Water of Life Sunday	16 Buy a refillable bottle. Say no to single-use water bottles.	17 Fix leaks at home and get number from municipality	18 Use gray water - bucket in shower.	19 Commit to only full loads in the clothes wash	20 Don't use a hosepipe	21 Do a river or beach clean up that is nearest to you
 ENERGY	22 Fourth Sunday of Lent. WORLD WATER DAY	23 Turn down water heater, thermostat and turn up the fridge.	24 Buy energy saving bulbs	25 Have a fast from electronics day	26 Plan a day once a week when you cycle or walk to work or church.	27 Romantic dinner at home with candles - appreciate electricity	28 EARTH HOUR: Plan an event with your youth
 NATURE	29 Fifth Sunday of Lent. Cycle or walk to Church Sunday	30 Commit to giving green gifts in 2020	31 Start a herb garden on your windowsill	APRIL 1 Take up a portion of your lawn and plant indigenous plants	2 Make your own weedkiller and cleaning materials	3 Start to grow a pot plant at home or office	4 Plan to take young people on a hike during the Easter Holidays
	5 Palm Sunday. Plant a Tree Sunday						

PSALM 24:1&2

The earth is the Lord's, and everything in it, the world, and all who live in it; for he founded it on the seas and established it on the waters.