# Build Forward Better #FAST4EARTH

## MONDAY

### REFLECTION

**FEBRUARY 17**

**Ash Wednesday**


### BODY

- Start getting fit. Make an exercise plan
- Plan a hike with friends or family
- Fast from junk food during Lent
- Move to a more plant based diet
- Drink more water and give thanks for the gift
- Volunteer in a community garden

### MIND & SPIRIT

**MARCH 1**

- Find or create a natural spot to pray and meditate
- Follow a Creation theologian or join an online bible study
- Read an environmental book
- Bring some pot plants into the home/office to heal the air
- Plant a memorial plant or tree for someone you lost in 2020
- Choose a creation based social media feed to follow.

### HOME & FAMILY

- As a family choose a project to support with the money saved from not eating junk food.
- Start a home garden or grow herbs on windowsill
- Kids challenge: help kids have fun making games and toys from recycled goods.
- Movie night: Watch an environmental movie with the family
- Have an Electronics Free Family day. Enjoy playing games together
- Romantic candle lit dinner for 2 or family dinner!

### COMMUNITY

- Find contacts for reporting dumping, water leaks etc and post them on your social media and church group
- Adopt your street – its not my rubbish but it is my street. Get the kids involved in a clean up.
- Pick up litter as you jog or walk the dog.
- Buy veg locally - healthy and no plastic. Also helps the local economy
- Let there be no waste. Make a plan for giving away your waste food before it goes off.
- Your junk is someone else’s treasure! Have a sort out day and give away unused clothes and other items.

### PLANET

- World Water Day
  - Check your water footprint http://bit.ly/3PHAEYt
  - Avoid use of energy at peak hour, turn down temperature on water heater
  - Commit to planting #birthdaytrees this year.
  - Invest in one solar item this year
  - Commit to moving one step further on the journey to a more plant based lifestyle.
  - Follow and support a young climate activist.

### Home & Family discussion: How can we get more fit and healthy?

### Family Sunday discussion: What can we do to care for our emotions and spirit?

### Family Sunday discussion: reflection on what we can do as a family to care for creation

### World Water Sunday

At family lunch discuss what is the link between water and faith to you?

## TUESDAY

### REFLECT

- Reflect How have I treated my body during 2020?
- Reflect How has my mind and heart been during 2020?
- Reflect How have I coped spiritually with 2020?

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## WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

### SUNDAY

For everything there is a season, and a time for every purpose under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance: • Ecclesiastes 3: 1 - 4

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**ANGELICAN COMMUNION**

**IN OUR 67 COUNTRIES**

**ENVIRONMENTAL NETWORK**