



Build Forward Better

#FAST4EARTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFLECTION			FEBRUARY 17 Ash Wednesday Carbon footprint http://bit.ly/footprint-test	18 Reflect How have I treated my body during 2020?	19 Reflect How has my mind and heart been during 2020?	20 Reflect How have I coped spiritually with 2020?	21 Take a pledge this Lent to care for body, mind, spirit, community and planet
BODY	22 Start getting fit. Make an exercise plan	23 Plan a hike with friends or family	24 Fast from junk food during Lent	25 Move to a more plant based diet	26 Drink more water and give thanks for the gift	27 Volunteer in a community garden	28 Family Sunday discussion: How can we get more fit and healthy?
MIND & SPIRIT	MARCH 1 Find or create a natural spot to pray and meditate	2 Follow a Creation theologian or join an online bible study	3 Read an environmental book	4 Bring some pot plants into the home/office to heal the air	5 Plant a memorial plant or tree for someone you lost in 2020	6 Choose a creation based social media feed to follow.	7 Family Sunday discussion: What can we do to care for our emotions and spirit?
HOME & FAMILY	8 As a family choose a project to support with the money saved from not eating junk food.	9 Start a home garden or grow herbs on windowsill	10 Kids challenge: help kids have fun making games and toys from recycled goods.	11 Movie night: Watch an environmental movie with the family	12 Have an Electronics Free Family day. Enjoy playing games together	13 Romantic candle lit dinner for 2 or family dinner!	14 Family Sunday discussion: reflection on what we can do as a family to care for creation
COMMUNITY	15 Find contacts for reporting dumping, water leaks etc and post them on your social media and church group	16 Adopt your street – its not my rubbish but it is my street. Get the kids involved in a clean up.	17 Pick up litter as you jog or walk the dog.	18 Buy veg locally - healthy and no plastic. Also helps the local economy	19 Let there be no waste. Make a plan for giving away your waste food before it goes off.	20 Your junk is someone else's treasure! Have a sort out day and give away unused clothes and other items.	21 World Water Sunday At family lunch discuss what is the link between water and faith to you?
PLANET	22 World Water Day Check your water footprint http://bit.ly/3pHAEYt	23 Avoid use of energy at peak hour, turn down temperature on water heater	24 Commit to planting #birthdaytrees this year.	25 Invest in one solar item this year	26 Commit to moving one step further on the journey to a more plant based lifestyle.	27 Follow and support a young climate activist.	28 Palm Sunday Reflect with the family on what you have learned and what you will do going forward.