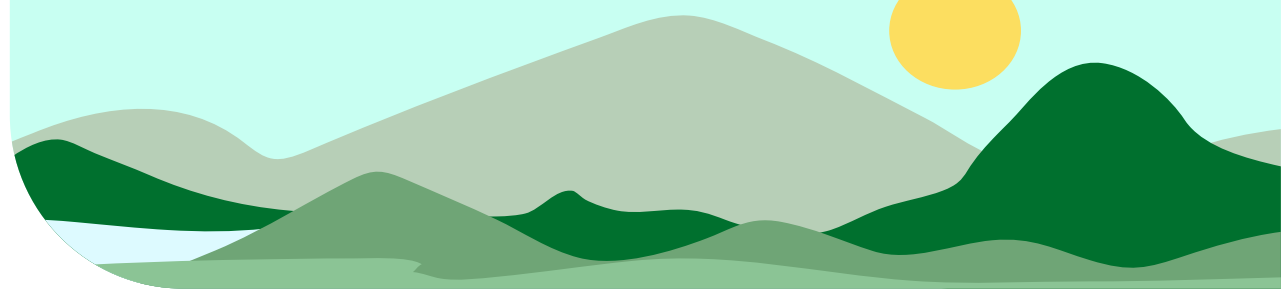


FAST FOR THE EARTH

RESTORATION 202Fix



	MON	TUE	WED	THUR	FRI	SAT	SUN
			Ash Wednesday Prayer of confession "Remember that you are soil and to soil you will return" Genesis 3:19	Plastic Pledge Commit to reduce plastic usage for the season	Food pledge Commit to reduce food waste for the season #fish4friday	Transport/Energy Pledge Commit to reduce energy consumption for the season	First Sunday ² For where your treasure is, there your heart will be also. - Matthew 6:19-21
CONSUMERISM	#MeatFreeMonday	Plastics must fall! Say no to the use of single use plastics; straws, bags, bottles.	Kids Give-away Instead tossing out old stationary, donate it to a creche or another home.	Rethink Packaging Check the packaging before you buy. Is it recyclable - biodegradable?	Advocate for Change Challenge your local shop to take action (eg. stop using plastic bags, stop selling food in Styrofoam etc) #fish4friday	New Year wardrobe! "Embrace vintage" by buying second-hand or donate old clothes to a worthy cause.	Second Sunday See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. - Ephesians 5:15-16
ENERGY	#MeatFreeMonday	Switch it off! Commit to switching off devices..	The more the merrier! Make an arrangement to - lift club use public transport or cycle.	Power down! Check out your electronic gadgets . Is your geyser on a timer/reduce temperature? Is your washing machine on cold?	It's Game Time! Turn off electronics and bring out the board or card games #fish4friday	Be the change! Say no to new oil and gas explorations. Sign the FFNPT (www.fossilfuel treaty.org)	Third Sunday Then God said, 'I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food' - Genesis 1:29
FOOD	#MeatFreeMonday	Think about the Waste Picker. Separate your recycables and food waste.	The Year of the Paper Bag Take alternative bags to shop with and avoid plastic for groceries and veggies	Garden or Compost Start a compost heap/bin or start your own vegetable garden.	Love Local Support local vendors. Buy fruit and vegetables from hawk stands. #fish4friday	Five loaves and two fish Go through your cupboard and take out all food that you won't eat before its sell by date , package it up nicely and give to someone who needs it.	Fourth Sunday "But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you. - Job 12:7-8
NATURE	#MeatFreeMonday	Roots for Tomorrow For your next celebration (birthday/anniversary) aim to plant a tree at Church or home	Natural Beauty Take photos of natures' beauty and share it on your socials with a hashtag #Restoration202six	Green gifts! Buy some indigenous plants/succulents and grow them to give as presents.	Popcorn for the Planet Watch a nature movie tonight #fish4friday	Enjoy the Sunshine Have an early morning prayer at sunrise or a sunset picnic .	World Water Day Sunday "It is done. I am the Alpha and the Omega, the Beginning and the End. To the thirsty I will give water without cost from the spring of the water of life". - Revelation 21:6
WATER	#MeatFreeMonday	Repurposed water Place a bucket in the shower to use the water in the toilet.	Water Warrior No hosepipe (car /garden) and water early morning or evening	Single Use vs Reusable Say no to the Single use plastic bottle - buy a reusable one	Every Drop Counts Can you survive on 20 litres per person per day? #fish4friday	Preparing the streets for the Messiah. Walk through your community and pick up litter- plastic will end up in stormwater and make its way to the river	Palm Sunday You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands. - Isaiah 55:12

Behold, I will bring to it health and healing, and I will heal them and reveal to them abundance of prosperity and security. - **Jeremiah 33:6**