

Filled with simple day by day actions, reflections and prayers for all ages.

|   | Day                         | ACT   | REFLECT/GIVE   | PRAYER & PRAISE   |
|---|-----------------------------|---|--|---|
| 1 | Wed<br>17 <sup>th</sup> Feb | Take note of activities that are the most carbon intensive.                                 | <p>Reflect on your impact on the Earth and the size of your carbon footprint.</p> <p>Give something back to the earth by cutting down on carbon intensive things.</p>              | Lord, we rejoice in the beauty of the earth and we give thanks for all you have created. Help us to recognise our carbon footprint and impact on this earth.  |
| 2 | Thu 18 <sup>th</sup>        | Encourage friends to join you in carbon fasting   | <p>Give thanks for friendship.</p> <p>Reflect on how we can work together.</p> <p>Share knowledge about carbon footprint.</p>  | Lord, we give thanks for friends and family, help us to work together for a better world.   |
| 3 | Fri 19 <sup>th</sup>        | Consider your consumption habits. Do you look at energy rating when buying a new appliance? | <p>Be thankful that you can have a new appliance.</p> <p>Reflect on how you use energy.</p> <p>Think of those who cannot afford to buy new appliances with good energy ratings</p> | Lord, we thank you for all we have, help us to remember those who have little   |
| 4 | Sat 20 <sup>th</sup>        | Do you consider packaging when buying goods?  | <p>Think of the emissions used delivering food to plate.</p> <p>Buy locally sourced food.</p> <p>Give to foodbank.</p>   | Lord, help us to think before we shop, may we always shop with our planet in mind   |
| 5 | Sun 21 <sup>st</sup>        | Conduct a water audit at home. Check your water meter weekly to monitor water use.          | <p>We reflect on how much water is wasted, especially to make cotton denim.</p> <p>Give back to the earth by managing our water usage.</p>   | Lord, we give thanks for the gift of water. We remember those who are thirsty, and how much water we waste. We pray for clean drinkable water for all people. |

|    |                         |   |   |  |
|----|-------------------------|---|---|--|
| 6  | Mon<br>22 <sup>nd</sup> | Eat less meat to reduce carbon footprint        | Give thanks for the life given that we may eat.<br><br>Support local farms, eat less red meat, consider animal welfare.   | Lord we give thanks for the gift of food from each living thing. Help us to eat less meat, and discourage intensive farming                              |
| 7  | Tue 23 <sup>rd</sup>    | Dedicate some gadget free family time           | Think about using technology wisely.<br><br>Consider how we can recycle older gadgets so we do not contribute to landfill.  | Thank you, lord, for the knowledge and technology we possess, may we always use our technology for the good of all.                                      |
| 8  | Wed<br>24 <sup>th</sup> | Give away clothes that are no longer being worn | Think of how often we buy clothes we do not really need.<br><br>Give back to charity shops or donate to us for Llamau or refugees.  | We are blessed to be clothed. May we buy only what we need and joyfully clothe the naked.  |
| 9  | Thu 25 <sup>th</sup>    | Look at your food use for a week                | Consider how we can reduce waste by planning meals and only using what we need.<br><br>Consider those who do not have enough food.  | We give you thanks for the food on our plate. For foodbanks and for all who feed the hungry. Help us to reduce food waste                                |
| 10 | Fri 26 <sup>th</sup>    | Receive the world God has given                 | Reflect in the wind and the rain, enjoy long walks and muddy boots.<br><br>Feel the freedom of the outdoors and care for your local environment.                                | Lord, we give you thanks for the world and all of creation. May we always rejoice in the world around us, enjoying all the blessings we receive from you |
| 11 | Sat 27 <sup>th</sup>    | Think about the simple life of Jesus            | Imagine Jesus in a rural environment.<br><br>Consider a simple life where the true value of everything is known and not wasted.<br><br>Remember the joy of sharing with others. | Lord, we remember the simple life you had, often relying on the hospitality of others.<br><br>Help us to know the joy of sharing hospitality             |

|    |                           |  |  |   |
|----|---------------------------|--|--|---|
| 12 | Sun 28 <sup>th</sup>      | Simple Sabbath   | Think about how we can enjoy a simple day with no gadgets.<br>Enjoy the beauty of the earth.                 | Lord, we praise and thank you for this, the Lord's day. Bless our sabbath, a day we can put our business away and embrace the joy of simply being with you            |
| 13 | Mon 1 <sup>st</sup> March | Find ways to save paper                                | Reflect on the abuse of woodlands.<br>Plant a tree or a bush   | Lord, we thank you for trees that cleanse the air we breathe. We give thanks for the beauty they bring, we pray that our greed does not take them from us.            |
| 14 | Tues 2 <sup>nd</sup>      | Have a leftovers meal                                  | Reflect on how much food is thrown away.<br>Discover ways to use leftover food in innovative ways            | Lord we thank you for the abundance of food at our disposal. You have provided so much for us , may we learn not to waste what we have been given.                    |
| 15 | Wed 3 <sup>rd</sup>       | Switch off your lights when you leave a room           | Think about how we can save energy in the home,<br>Switch over to energy-saving bulbs.                       | Lord we thank you for the energy at our disposal.<br>May we continue to discover more sustainable resources.  |
| 16 | Thu 4 <sup>th</sup>       | Watch programs and documentaries about climate change. | Reflect on your knowledge of climate change.<br>Commit to learning more about issues that affect our planet. | Lord, we give you thanks for knowledge. May we strive to educate ourselves about how we can save our planet so we may cherish this beautiful world you have given us. |
| 17 | Fri 5 <sup>th</sup>       | Fish Friday, buy fish from sustainable stock           | Reflect on the dwindling overfished species.<br>Try a different fish other than Cod or Haddock.              | Lord, we give you thanks for the bounty of our oceans. We pray that we can learn not to overfish and cause some species to become extinct.                            |

|    |                      |   |  |  |
|----|----------------------|---|--|--|
| 18 | Sat 6 <sup>th</sup>  | Think about how we use up our resources   | Reflect on how we abuse the resources by using too much.<br>Decide to use only what we need and to find new ways of respecting our planet. | Lord may we always respect our world and all you have given to us. Help us to be more aware of how we waste what we have been given. |
| 19 | Sun 7 <sup>th</sup>  | Recycling – review what the Benefice recycles and what can go in your recycling bin.                  | Reflect on how much packaging is used for food and how much we throw away.   | Lord, we thank you for your bounty and we ask for your strength to help us protect it.   |
| 20 | Mon 8 <sup>th</sup>  | Take some time to learn about solar panels and other renewable energy sources.                        | Reflect on the natural resources we consume and how we can change.   | Lord, we thank you for all you have provided. Help us not to squander your gifts to us.  |
| 21 | Tue 9 <sup>th</sup>  | Check food labels to see where they come from. Can you source it more locally?                        | Reflect on all that's involved to bring food to us from other countries.   | Lord, we remember all involved in producing what we eat. Help us not to waste it.  |
| 22 | Wed 10 <sup>th</sup> | Put out bird food, and enjoy the gift of watching them eat.   | Think about the giving and receiving of gifts.   | Lord, we thank you for the joy your creatures bring to us  |
| 23 | Thu 11 <sup>th</sup> | Save energy – check for drafts, close doors, turn down heating.                                       | Reflect on the energy we use throughout the day. Where else could we reduce?   | Lord, we are sorry for all we use so carelessly. Help us to consider only what we need.  |
| 24 | Fri 12 <sup>th</sup> | Check car tyre pressure and limit speed to reduce fuel consumption. Walk instead of drive.            | Reflect on how often you use your car when you could walk.   | Lord, as we walk with you this Lent, let us observe the beauty that surrounds us.  |
| 25 | Sat 13 <sup>th</sup> | Plan your gift for Mothering Sunday – perhaps potted flowers rather than cut? Or perhaps make a gift? | Reflect on mother figures in your life. Instead of gifts, how could you show your appreciation?  | Lord, the gifts we receive from you can't be bought, and love is the best gift of all. Thank you for the love in our lives.          |

|    |                      |   |  |  |
|----|----------------------|---|--|--|
| 26 | Sun 14 <sup>th</sup> | Plan your garden – could you grow some food yourself this year?                         | Think about the freshness of garden produce and the age of store bought foods.           | Lord, the fruit of the earth is a blessing to us, we give thanks for the fruit of our labour.          |
| 27 | Mon 15 <sup>th</sup> | Instead of buying bottled water, look for a reusable bottle that you can easily refill. | Think about waste plastics. What could you buy loose?                                    | Lord we are a resourceful people, help us to continue to find new ways of using less.                  |
| 28 | Tue 16 <sup>th</sup> | Place a potted plant in your home.  | Reflect on how plants can help the environment and our wellbeing                         | Lord we thank you for the greenery that surrounds us and the peace that it brings.                     |
| 29 | Wed 17 <sup>th</sup> | Reduce your consumption – try to avoid travel, or perhaps reduce lighting/heating.      | Reflect on how you can preserve God's creation.  | Lord help us to always consider what we need before we consume the fruits of the earth.                |
| 30 | Thu 18 <sup>th</sup> | Buy only free-range eggs and ethically sourced meat.                                    | Reflect on where our food comes from, and the travel and living conditions of livestock. | Lord may we learn to respect and live in harmony with every living thing you have created.             |
| 31 | Fri 19 <sup>th</sup> | Upcycle - find a new way of reusing something you already have.                         | Before your next purchase, reflect on whether it is something you need.                  | Lord help us to use everything to its full potential.  |
| 32 | Sat 20 <sup>th</sup> | Learn all you can about rainforests and deforestation.                                  | Reflect on how deforestation is affecting our planet.                                    | Dear God, grant us the wisdom to understand what is happening to our world, so that we can act.        |
| 33 | Sun 21 <sup>st</sup> | Check for leaky taps in the home. How can you save more water?                          | Think about those who do not have running water.   | Thank you Lord for all you have given us. May we who have much, always remember those who have little. |

|    |                          |   |  |   |
|----|--------------------------|---|--|---|
| 34 | Mon<br>22 <sup>nd</sup>  | Stop junk mail – ask companies to take you off their mailing list and unsubscribe from unwanted emails.   | Think about the waste involved in junk mail and advertising.                                 | Lord we are so careless and create much waste. Help us to remember what is important in our lives.            |
| 35 | Tues<br>23 <sup>rd</sup> | Save water – turn off taps when brushing teeth and scrape rather than rinse plates before washing.        | Reflect on all the little actions we can take to make a difference.                          | Lord, wash your people with justice, teach and strengthen us to serve the needs of all.                       |
| 36 | Wed<br>24 <sup>th</sup>  | Try some green cleaning products or make your own.  | Consider the chemicals used in your own home.  | Lord we often are unaware of the harm we cause to our planet, help us to see more clearly.                    |
| 37 | Thu 25 <sup>th</sup>     | Batch cook some meals to save cooking each day.   | Think about your food use for the week and review where you could cut down.                  | Lord help us to use resources wisely and sparingly.   |
| 38 | Fri 26 <sup>th</sup>     | Learn about plastic in our oceans.  | Think about the harm that plastic causes to the environment.                                 | Lord we are sorry for neglecting our planet. Help us to be better stewards of your world.                     |
| 39 | Sat 27 <sup>th</sup>     | Donate to a climate change charity (perhaps Christian Aid?)   | Think about who is most affected by climate change through drought, famine, flooding etc.    | Lord we pray for all affected by climate change today and for a call to action from all leaders of the world. |
| 40 | Sun 28 <sup>th</sup>     | Take a short walk to enjoy creation. What can you hear, smell, feel?                                      | Reflect on the beauty of God's creation and your hopes for future generations.               | Lord thank you for our wonderful world. Help us appreciate and respect all you have created.                  |
|    | Holy week                | Review the actions you have taken each day. Perhaps commit to continuing some things throughout the year? | Reflect on your Eco journey. What did you achieve? What surprised you? How have you changed? | Lord we rejoice in the small things, because together we make a difference and can change the world.          |