



# Build Forward Better

## #FAST4EARTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>REFLECTION</b>			FEBRUARY 17 <b>Ash Wednesday</b> Carbon footprint <a href="http://bit.ly/footprint-test">http://bit.ly/footprint-test</a>	18 <b>Reflect</b> How have I treated my body during 2020?	19 <b>Reflect</b> How has my mind and heart been during 2020?	20 <b>Reflect</b> How have I coped spiritually with 2020?	21 Take a pledge this Lent to care for body, mind, spirit, community and planet
<b>BODY</b>	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 <b>Family Sunday discussion:</b> How can we get more fit and healthy?
<b>MIND &amp; SPIRIT</b>	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 <b>Family Sunday discussion:</b> What can we do to care for our emotions and spirit?
<b>HOME &amp; FAMILY</b>	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 <b>Kids challenge:</b> help kids have fun making games and toys from recycled goods.	11 <b>Movie night:</b> Watch an environmental movie with the family	12 Have an <b>Electronics Free Family day.</b> Enjoy playing games together	13 Romantic candle lit dinner for 2 or family dinner!	14 <b>Family Sunday discussion:</b> reflection on what we can do as a family to care for creation
<b>COMMUNITY</b>	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 <b>World Water Sunday</b> At family lunch discuss what is the link between water and faith to you?
<b>PLANET</b>	23 <b>World Water Day</b> Check your water footprint <a href="http://bit.ly/3pHAEYt">http://bit.ly/3pHAEYt</a>	24 Avoid use of energy at peak hour, turn down temperature on water heater	25 Commit to planting #birthdaytrees this year.	26 Invest in one solar item this year	25 Commit to moving one step further on the journey to a more plant based lifestyle.	26 Follow and support a young climate activist.	27 <b>Palm Sunday</b> Reflect with the family on what you have learned and what you will do going forward.