

# How many drops fill the earth?



#carbon fast for lent

PREPARATION

For Anglicans Lent is the time when we remember the 40 days that Jesus spent in the wilderness, facing challenge and temptation. It is a time when we reflect on God's purpose for our life. This year we challenge you to take a carbon fast - to reduce the actions which damage God's Creation. This year our special focus is water. Water is a gift. Water is life. As water crises increase, access to safe and clean drinking water decreases.

Find more details of each day's action, daily scripture and prayer here on [www.greenanglicans.org](http://www.greenanglicans.org) or on [facebook/ GreenAnglicans #justwater2017](#)

**ASH WEDNESDAY REPENTANCE:**  
We confess that we have been irresponsible in our use of water, wasting it to satisfy our want not our need.

**2<sup>nd</sup> March SPIRITUAL**  
Give thanks for your baptism. Find a picture of the day - reflect on the spiritual significance of water in your life.

**3<sup>rd</sup> March JUSTICE:**  
**research and pray for one community without access to clean water. Choose a practical action to support them**

**4<sup>th</sup> March PRACTICAL**  
Do a water audit at home. Check your water meter today and next Sat. How much water do you use?

FOOD

**Sunday 5<sup>th</sup> March**  
"As the deer pants for the water, so my soul longs for you"  
*Psalm 42:1*

**6<sup>th</sup> March MEAT FREE MONDAY.** Eat less meat and by doing so reduce your carbon use less water.

**7<sup>th</sup> March SAY NO TO GMOs**  
Buy only organically grown food. Check the labels of what you eat.

**8<sup>th</sup> March AIM FOR ZERO WASTE!**  
Look at your food this week, what are you wasting?

**9<sup>th</sup> March BIG ON BEANS**  
Find a new delicious bean recipe and share it with a friend.

**10<sup>th</sup> March FISH FRIDAY:**  
Today, commit to having fish bought from sustainable stock.

**11<sup>th</sup> March CHURCH SNACKS**  
What is your feast after the holy feast?

ENERGY

**Sunday 12<sup>th</sup> March**  
"To the thirsty I will give water without cost from the spring of the water of life"  
*Rev 21:6*

**13<sup>th</sup> March DISCHARGE THE CHARGER.**  
Unplug the charger and all appliances such as the TV.  
*(Meat free Monday)*

**14<sup>th</sup> March GIVE THE GEYSER A BREAK.**  
Put the geyser on a timer and buy it a blanket

**15<sup>th</sup> March PLAN YOUR CUISINE.**  
Plan your dinner and let the meat defrost on its own. Use a slow cooker.

**16<sup>th</sup> March HOW ABOUT A GREEN TRIP?**  
Cycle to work or use public transport

**17<sup>th</sup> March LOAD SHEDDING ON YOUR OWN TERMS.** Have some family time free from electronic gadgets.  
*(Fish Friday)*

**18<sup>th</sup> March GREEN YOUR KITCHEN**  
Find three new ways to save electricity in the kitchen

WATER

**Sunday 19<sup>th</sup> March**  
"A river flowed out of Eden to water the garden, and from there it became four rivers."  
*Gen 2:10*

**20<sup>th</sup> March GREY WATER**  
Re-use water for watering the garden. Save water from your shower or hand basin.  
*(Meat free Monday)*

**21<sup>st</sup> March YES WE CAN!**  
Use a watering can rather than a sprinkler or a horse pipe.

**22<sup>nd</sup> March SHORTEN THE SHOWER**  
Reduce the length of your shower and put in water saving shower heads.  
**WORLD WATER DAY**

**23<sup>rd</sup> March WASH WISELY -**  
How do you load your machine and can you reuse rinse water?

**24<sup>th</sup> March Fix leaks at home & report public water leaks to the Municipality.**  
*(Fish Friday)*

**25<sup>th</sup> March Perform a water audit at home or at church to see how much water you use and cut down.**

WASTE

**26<sup>th</sup> March**  
"Cast your bread upon the waters for you will find it after many days"  
*Ecc 11:1*

**27<sup>th</sup> March WAR ON WASTE!**  
Peeling some veggies before cooking them makes them lose their vitamins.  
*(Meat free Monday)*

**28<sup>th</sup> March SHARE MY WARDROBE.**  
Give away the clothes that do not fit or that you do not wear.

**29<sup>th</sup> March LOCAL IS LOVELY.**  
Find a local market and support.

**30<sup>th</sup> March BE A BAG BUDDY.**  
Take a cloth bag for groceries and clothes shopping - lose that plastic!

**31<sup>st</sup> March ADOPT A STREET.**  
Adopt part of your street and commit to weeding, and picking up litter this Lent.  
*(Fish Friday)*

**1<sup>st</sup> April CLEAN UP DAY.**  
Get church members involved in a Clean up at the local taxi rank or shopping centre.

PLANTS

**2<sup>nd</sup> April**  
"The burning sand will become a pool, the thirsty ground bubbling springs."  
*Isaiah 35:7*

**3<sup>rd</sup> April IT'S THYME FOR HERBS.**  
Plant a herb crop or tree in your garden.  
*(Meat free Monday)*

**4<sup>th</sup> April LET'S GARDEN OLD SCHOOL.**  
Stop using the inorganic manure, it may affect the soil in the long run

**5<sup>th</sup> April WIGGLE YOUR WORMS.**  
Dispose off peels at your garden.

**6<sup>th</sup> April THE DOCTOR IN YOUR GARDEN.**  
Plant a medicinal plant such as aloe

**7<sup>th</sup> April STOP THE INVASION** How can you shrink your grass. Take up those invasive plants and replace with indigenous.  
*(Fish Friday)*

**8<sup>th</sup> April THE NATURE OF GOD.**  
Let's bring nature into church and bring pot plants