

# My little BITS OF GOOD

## #FAST4EARTH



“Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.”  
~ Archbishop Desmond Tutu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			MARCH 2	3	4	5	6
			<b>Ash Wednesday</b> Prayer of confession	<b>Plastic pledge</b> Commit to reduce plastic usage	<b>Food pledge</b> Commit to reduce food waste and to be good stewards when shopping	<b>Transport and energy pledge</b> Commit to reducing your carbon footprint	<b>Responsible consumption</b> Sell your possessions, and give to the needy Luke 12:33-34 (SDG 12)
	7	8	9	10	11	12	13
<b>CONSUMERISM</b>	<b>Did you know?</b> The real impact of bargain clothes #meatfreemondays	<b>It's the last Straw</b> Stop using Styrofoam, straws, single use plastic bags, plastic cutlery	<b>Eco gifts</b> Plan presents for kids – avoid plastic toys and gift them with an experience	<b>Packaging?</b> Is it recyclable or biodegradable? Check the packaging before purchase	<b>Shop challenge!</b> Take action and challenge your local store <i>(eg stop using plastic bags, stop selling food in Styrofoam etc)</i>	<b>Give away day!</b> Go through your closets and give away all unused clothing	<b>Clean energy</b> Some trust in chariots and some in horses, but we trust in the name of the LORD our God Psalm 20:7 (SDG 7)
	14	15	16	17	18	19	20
<b>ENERGY/TRAVEL</b>	<b>Find out more!</b> All about Hydrogen #meatfreemondays	<b>Switch it off!</b> Commit to switching off devices	<b>The more the merrier!</b> Make arrangements to use public transport, lift club or cycle	<b>Power down!</b> Turn down temperature on your thermostat/ use cold water for washing machine	<b>Games night!</b> Invite friends around for board games. Turn off electronics #fish4friday	<b>Be the change!</b> Say no to new oil and gas explorations. Sign a petition or join a protest	<b>Clean water</b> For the Lord our God is bringing you into a good land—a land with brooks and streams Deut 8:7 (SDG 6)
	21	22	23	24	25	26	27
<b>WATER</b>	<b>Find out more!</b> What is groundwater? #meatfreemondays	<b>World Water Day</b> Morning or evening prayer	<b>Water wisely</b> Avoid the hosepipe (carwash /watering) and water early morning or evening	<b>Just say no!</b> Say no to the single use plastic bottle. Buy a reusable one	<b>20 Litre challenge</b> Can you survive on 20 litres per person per day? #fish4friday	<b>Pick it up!</b> Walk through your community and pick up litter. Prevent waste from ending up in stormwater	<b>Zero hunger</b> Share your food with the hungry, and give shelter to the homeless Isaiah 58:7 (SDG 2)
	28	29	30	31	APRIL 1	2	3
<b>FOOD</b>	<b>Find out more!</b> How to start a herb garden #meatfreemondays	<b>Dignity for waste pickers</b> Make a plan on how you deal with food waste. Separate it from recyclables	<b>Bring your own bag</b> Make a plan to avoid fruit and veg in thin plastic (take your own small bags)	<b>Yummy vegetarian day</b> Make and share your favourite vegetarian recipe	<b>Support your local vendor</b> Source your fruit and veg locally #fish4friday	<b>Sharing is caring</b> Create gift packages of the food in your cupboard that you won't eat before the best before date	<b>Life on land</b> The mountains and hills will burst into song before you Isaiah 55:12 (SDG15)
	4	5	6	7	8	9	10
<b>NATURE</b>	<b>Find out more!</b> Research indigenous/alien plants in your area #meatfreemondays	<b>Plant a celebration tree</b> For next birthday or anniversary plant a tree at home or at church	<b>Share the beauty</b> Take photos of nature this week and post with hashtag #godscreation	<b>Movie day</b> Watch a nature documentary/movie this week with family or friends	<b>Green gifts</b> Buy some native plants/succulents and grow them to give as presents #fish4friday	<b>Sunrise, sunset</b> Plan a devotion or picnic during sunset or sunrise	<b>Palm Sunday</b> Put a palm or other branch on your door