

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
			Ash Wednesday Prayer of confession	Plastic Pledge Commit to reduce plastic usage	Food pledge Commit to reduce food waste and to be good stewards when shopping	Transport and energy pledge Commit to reducing your carbon footprint	Responsible Consumption Sell your possessions, and give to the needy. Luke 12: 33-34 (SDG 12)
	7	8	9	10	11	12	13
CONSUMERISM	Did you know? "The real impact of Bargain clothes" #meatfreemonday	'It's the last Straw' Stop using Styrofoam, straws, single use plastic bags, plastic cutlery.	Eco gifts Plan presents for kids – avoid plastic toys and gift them with an experience	Packaging? Is it recyclable or biodegradable? Check the packaging before purchase	Shop challenge! Take action and challenge your local store <i>(eg stop using plastic bags, stop selling food in Styrofoam etc)</i>	Give Away Day! Go through your closets and give away all unused clothing	Clean Energy 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
ENERGY/TRAVEL	Find out more! All about Hydrogen #meatfreemonday	Switch it off! Commit to switching off devices.	The more the merrier! Make arrangements to use public transport, lift club or cycle.	Power down! Turn down temperature on your thermostat/ Use cold water for washing machine	Games night! Invite friends round for board games. Turn off electronics #fish4friday	Be the change! Say no to new oil and gas explorations. Sign a petition or join a protest	Clean Water For the Lord your God is bringing you into a good land—a land with brooks, streams Deut 8:7 (SDG 6)
	21	22	23	24	25	26	27
WATER	Find out more! What is groundwater? #meatfreemonday	World Water Day Morning or evening prayer	Water wisely Avoid the hosepipe (carwash /watering) and water early morning or evening	Just say no! Say no to the single use plastic bottle. Buy a reusable one	20 Litre Challenge Can you survive on 20 litres per person per day? #fish4friday	Pick it up! Walk through your community and pick up litter. Prevent waste from ending up in stormwater.	Zero Hunger 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
FOOD	Find out more! How to start a herb garden.	Dignity for waste pickers Make a plan on how you deal with food waste, separate it from recyclables.	Bring your own bag Make a plan to avoid fruit and veg in thin plastic. (take your own small bags)	Yummy Vegetarian Day Make and share your favorite vegetarian recipe	Support your local vendor Source your fruit and veg locally #fish4friday	Sharing is caring Create gift packages of the food in your cupboard that you wont eat before the best before date	Life on Land The mountains and hills will burst into song before you... Isaiah 55: 12 (SDG15)
	4	5	6	7	8	9	10
NATURE	Find out more! Research indigenous/alien plants in your area	Plant a Celebration Tree For next birthday or anniversary plant a tree at home or at church	Share the beauty! Take photos of nature this week and post with hashtag #godscreation	Movie day Watch a nature documentary/movie this week with family or friends.	Green gifts! Buy some native plants/succulents and grow them to give as presents. #fish4friday	Sunrise, sunset Plan a devotion or picnic during sunset or sunrise	Palm Sunday Put a palm or other branch on your door.

