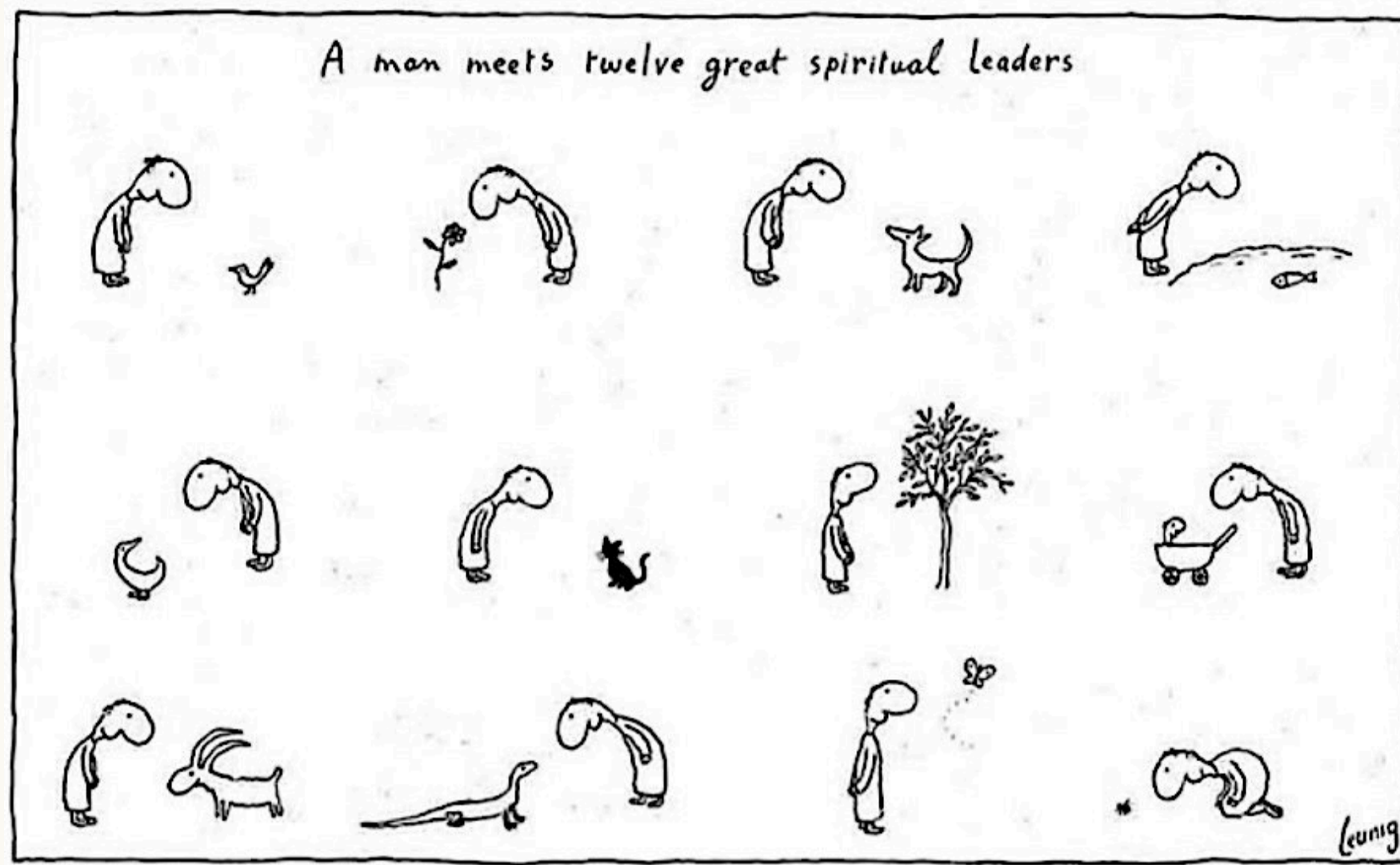


Rondebosch United Church

Creating Circles of Dignity

OUR INVITATION FOR THE SEASON OF LENT

Fasting from Speed (Going Faster) and Scale (Going Bigger)
Feasting on Attention and Compassion



"Attention, taken to its highest degree, is the same thing as prayer.
It presupposes faith and love. Absolutely unmixed attention is prayer."
-Simone Weil



As we fast together we hope that even as we face the necessary discomforts of giving things up, we will also find joy in the experience

CARBON FAST

inspired by the movement "Climate Stewards"

WEEK 1 CHALLENGE: Let's buy less

For our first challenge, which will run over 2 weeks, we will think about changes we can make to the way we purchase things, by committing to buy nothing (unless absolutely necessary, such as food and life essentials) until March 19th. This can of course be extended through the whole of Lent or even beyond.

Why? Buying nothing for two weeks gives us pause to think more deeply about what we are purchasing, and why; and to consider how our consumerism drives wasteful practices and contributes to climate change. It also encourages us to be grateful for what we already have, and so decrease the pressure to acquire more things.

When thinking about buying something, here are some helpful questions to consider: Do I really need to own it, or can I borrow it from family or friends? Can I repurpose or upcycle something I already own? Can I buy it second-hand, or find a free version on a neighbourhood exchange website? If I have to buy it new, can I find a responsible company selling an eco-friendly or fair-trade version?

There are plenty of ways to reduce the carbon footprint of your shopping: Check out your local charity shops. Don't forget you can get rid of your own unwanted goods this way as well!

-Climate Stewards

PRAYER

Lord God, thank-you for your continued provision in our lives. Equip us to be good stewards of all that you have blessed us with; increase in us both gratitude for and satisfaction with what we have;
give us joy in enough.

Give us ears to hear the voices of those negatively impacted by our choices, and give us the courage to change our hearts, our mindsets and our actions accordingly.

Amen.

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