

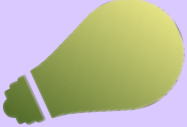

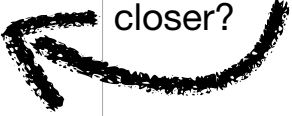







Ardal Weinidogaeth
Bro Gwydyr
Ministry Area

An Eco & Generous Challenge for Lent

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>One challenge each day during Lent. Some simple - some not so!</p> <p>Go to our website for help or instructions for some tasks</p> <p>WWW.BROGWYDYR.CYMRU</p>			<p>17 February Ash Wednesday</p> <p><i>Fill a jar: Half soil, half water and put it on a shelf...</i></p>	<p>18 February</p> <p>Feed the birds.</p> 	<p>19 February</p> <p>Say thank you to everyone today.</p>	<p>20 February</p> <p>Go on a litter pick.</p>
<p>21 February "Be Still and Know" Psalm 46:10</p> <p><i>Spend half an hour in silence.</i></p>	<p>22 February</p> <p>Plant seeds</p> 	<p>23 February</p> <p>Are your light bulbs LED?</p> 	<p>24 February</p> <p>Volunteer to do something you don't do every day.</p>	<p>25 February</p> <p>Discover the Snowdonia National Park Sustainability plan.</p>	<p>26 February</p> <p>Choose five things you don't use and put them in a box.</p>	<p>27 February</p> <p>Go for a walk - Wander</p> 
<p>28 February Ephesians 5:8-14 Live as children of light. <i>Calculate your electricity use and reduce it.</i></p>	<p>1 March St David's Day Be Joyful Keep the faith Do the little things. (Through Lent!)</p>	<p>2 March</p> <p>Calculate the food miles of your food today.</p> 	<p>3 March</p> <p>Is it possible to find these closer?</p>	<p>4 March</p> <p>Learn about planting trees.</p> 	<p>5 March</p> <p>Read for an hour.</p>	<p>6 March</p> <p>Make a home- made gift for someone special.</p> 

7 March Sabbath Rest Spend the day without the internet.	8 March What are you able to recycle in your house? 	9 March Identify five trees. 	10 March Write a card or a letter to someone.	11 March Find out the source of your electricity. Is it renewable?	12 March Is it possible to recycle more of your rubbish?	13 March Go on a natural treasure hunt. 
14 March Mothering Sunday Thank someone who takes care of you.	15 March Listen to the birds. Do you know them by their song?	16 March Send an encouraging message to someone.	17 March Make a foodbank contribution.	18 March Sing your favourite song. 	19 March Discover the wildlife in your area. 	20 March Offer to wash a car with a sponge and bucket.
21 March 'They neither toil nor spin' Mat.6:28 <i>Choose an item of clothing to give to charity.</i>	22 March Check the seeds you planted on 22 February,	23 March Speak to someone on the phone. 	24 March Draw a picture of the flowers in your garden. Do you know their names?	25 March Make a bug hotel. 	26 March Have you missed the five items? (26 Feb) If not, donate them to charity.	27 March Make a Palm Cross from long leaves for Palm Sunday tomorrow.
28 March Palm Sunday Put flowers on a grave. 	29 March Smile and say hello to everyone today.	30 March Find out what Fairtrade items you have. 	31 March Go back to your jar of earth (17 Feb) look at the layers of the earth.	1 April Maundy Thursday Offer to cook something with local produce.	2 April Good Friday Eat Hot Cross Buns and find out why.	3 April Holy Saturday Make a bird Box. 

4 April Easter Sunday: Celebrate Easter and all you have achieved.