What daily decisions will you make to express care for your global neighbors?

It has been said that something as small as the flutter of a butterfly's wing can ultimately cause a typhoon halfway around the world - Chaos Theory

Email address: ____________________________
Name: ____________________________
Name of Your Home Congregation: ____________________________
City/State of your Home Congregation: ____________________________

Cell Number (optional - for text alerts):

EAT  What decisions about food can you make to help your neighbor?

TRY THIS (select one, many or write your own!)

☐ Take only what you think you will eat
☐ Start a compost (at your school, home or workplace)
☐ Eat only food produced in your state! ... for just one day - then try a whole summer!
☐ Meet with someone who works on a farm, ranch or dairy (take a tour?)
☐ Write a reflection of any of the above experiences for your church newsletter, blog or regional paper.
☐ Other...

WORK  What do you take from others and leave behind as you go through your busy days?

☐ Find out where your "away" is...incinerator? overseas? landfill?
☐ Carry the trash you create around with you for an entire week.
☐ Try the "Know No Trash" program with your church (LRC will send it to you)
☐ List out all the chemicals and minerals used to make your device...where did that come from?
☐ Tour a recycling facility near you and find out how much water & energy they use per day.
☐ Write a reflection of any of the above experiences for your church newsletter, blog or regional paper.
☐ Other...
PLAY  What ways can you play which help you connect with the world - not harm it?

☐ Volunteer once a week with a friend (or make new ones)

☐ Don't take out your (or anyone else's) wallet for the next 3 times you get together with friends.

☐ TURN OFF any electronic devices for 2 hrs and explore all the other options!

☐ Explore a new outside place with a buddy every week.

☐ Play a Board Game that you used to play in elementary school.

☐ Write a reflection of any of the above experiences for your church newsletter, blog or regional paper.

☐ Other...

PRAY  How can you open your prayers to others, even those you do not know?

☐ Put up a map of the globe & place pins where a global neighbor or a threatened landscape needs prayer.

☐ Discover what watershed you live in (the land where you share rainwater with your neighbors).

☐ Make a picture collage of places to pray for: the White House, lava flows, border crossings, glaciers, etc.

☐ Find out the name of the animals, insects, plants and microbes that live in a square foot outside your home.

☐ Decide on one good quality of a celebrity, politician or acquaintance that you are not fond of.

☐ Write a reflection of any of the above experiences for your church newsletter, blog or regional paper.

☐ Other...

REST  How can you be of help to anyone if you are not nourished yourself?

☐ Start a "noticing" journal: daily jot down 3 things that caught your attention outside.

☐ Be ALONE, without anyone or thing to interact with for 5 minutes each day.

☐ Set a curfew for electronic devices at least once a week.

☐ Find out what birds are in our neighborhood. Learn what they sound like.

☐ Pledge to sleep at least 8 hrs every weekday night.

☐ Write a reflection of any of the above experiences for your church newsletter, blog or regional paper.

☐ Other...