
RESOURCES

FAST FOR THE CLIMATE

Thank you for your commitment to Fasting for the Climate with us! In this document, you will find resources and tips that will assist you in creating your own prayerful fasting experience at home, in your community, or in your home congregation.

Yours in solidarity with creation,
Lorna MacQueen and Diane Matheson

Supplementary Resources

Throughout the day of fasting; readings, poems, songs and a ritual will be used to augment the time of spiritual practices and prayers. Here is a list of resources we will use that you might find meaningful:

*Fasting will begin at 7 am March 20. To mark the start of the fast, we will read the prayer 21I005 from page 629 of Celebrate God's Presence: A Book of Services. This prayer will remind us to give thanks for all of creation and to confess that we have not always respected the earth and all its many blessings.

*Spiritual practices and prayer time will commence, at the Conference office, at 10 am. To centre ourselves before entering into intentional prayer, we will read Pablo Neruda's Keeping Quiet. The poem can be found electronically at:
<http://www.bu.edu/quantum/zen/readings/keepingQuietNeruda.html>

*At 12 noon, we will engage in a ritual of connection entitled "Touching the Earth for Ecological Regeneration". The ritual can be found electronically at: <http://joannamacy.net/deepecology/deep-ecology-links.html>

Following the ritual, those gathered will be given a small container of local water to remind us that we are called to live in respect with and be responsible stewards of the water that sustains our life.

*Spiritual practices and prayer time at the Conference office will end at 3 pm. To mark the end of this time of intentional prayer, we will read the excerpt from A Song of Faith found on the back of March's Daring Discipleship pamphlet, enclosed with this document.

*Fasting will end at 7 am March 21. To celebrate the end of this time of solidarity, prayer and fasting, we will sing or recite song 157 from More Voices, "I am a Child of God"

Feel free to use these suggested resources, or other resources you've found helpful, to create a meaningful space in which to fast. Be sure to check out March's Daring Discipleship, enclosed with this document, for more great suggestions!

Tips for Setting up your Spiritual Practice/Prayer Space

A list of spiritual practices you may want to engage with are attached to this document. Pick a few that speak to you or create your own practices to keep you focused during your time of fasting. Here are some tips for setting up a prayer/spiritual practices worship space:

*Find a quiet space, away from busyness, where you will be undisturbed.

*Set the space up in a way that is both useful and practical. Are tables and chairs best suited to the practice? Would cushions and pillows add to the experience? Have you left adequate physical space between the practices to move about unhindered?

*Consider all the senses. What will you see in the worship space? What sounds might you encounter

that would enhance or detract from the sacredness of the space? Are there items in the space to manipulate? Smell? Taste?

*Be sure to have all the supplies you need for the practices set up in the space before you enter into the time of prayer.

*Consider a ritual or reading or prayer to start and end the time of prayer and spiritual practice. (See above for suggestions).

*If you begin a practice or prayer and find it isn't speaking to you, move on to another. You may come back to the first practice but don't feel you need to.

*Don't worry about the time. Allow yourself to engage fully and trust yourself to know when it will be time to finish.

Tips for Fasting

Fasting, if done properly, can be a meaningful way to build community, show solidarity and remind us to turn to prayer. Here are some tips to make your time of fasting safe and meaningful:

*Drink a lot of water and/or tea. It is critical to stay hydrated when you are refraining from food.

*Resist the urge to have a big meal before you begin fasting. A smaller meal prior to a time of fasting will better prepare your body for the fast. When you end your fast, eat another small meal to reacclimatize your body to food.

*Acknowledge the hunger pangs when they come. These moments will serve as a reminder to hold the earth, in all its hurt, in your prayers.

*It may be helpful to fast with someone or in a small group so you can discuss what you are experiencing.

*If at any time you begin to feel unwell, end your time of fasting by partaking in a small meal. See below for suggestions for alternatives to fasting

Alternatives to Fasting

Fasting is not for everyone. If you have a medical condition that would prevent you from fasting, here are possible alternatives to explore:

*If you would normally start your day with a caffeinated beverage from your favourite coffee shop, consider making your own at home during the day of fasting.

*Our transportation leaves a significant carbon footprint on the earth. Perhaps instead of driving yourself to work or school, or wherever you need to be, you could take public transit or carpool for the day.

*Acknowledging the impact our food choices have on the environment, you could commit to only eating locally sourced food for the day. Other options would be to try a vegetarian or vegan diet for the day, eliminate overly processed foods from your diet and take a brown bag lunch rather than purchase a meal from a restaurant or cafeteria.

*While you are eating your meals, give pause to think about where the food came from. Give thanks to all those hands – the farmers, the truck drivers, the grocers, the cooks - who made your meal possible.

*Get creative! What ideas do you have that would allow you to participate in a fast for the climate in a safe and responsible way?