

Dear friends



Creating a climate of change.

Are you a 'giver up erer' or a 'taker on erer'? Pretty much half of this circuit Plan covers the period of Lent. I must confess to have never been particularly good at sticking to a Lenten discipline of either the abstinence or the commitment variety. Part of the reason for my reluctance may be that there doesn't always seem to be a 'reason' behind what I set out to do. I try for the sake of trying rather than

with any plan to make a real difference either to myself or the world around me. This year the Joint Public Issues Team (JPIT), an ecumenical body bringing together social justice responses from the Methodist, United Reformed, Baptist Churches and the Church of Scotland is encouraging us to use Lent as a time to make a big gesture which will help change to come about on a big scale. The call to climate action is getting louder and louder, with research showing that our window of time to change predictions of the future is getting smaller and smaller.



Replacing a car journey with the bus once a week could halve your carbon emissions during Lent.

So, this year, over season of Lent (beginning 6th March) we are invited to become part of the 'Living Lent' community, together making significant, personal commitments to changing our lifestyles for the climate.

We are invited to take on one of six challenges, each designed to stretch and challenge us:

- ▶ go meat-free
- ▶ take up an alternative form of transport
- ▶ give up single-use plastics
- ▶ have an 'electricity free' hour every day
- ▶ buy only locally sourced food
- ▶ commit to buying nothing 'non essential' new

As members of the Living Lent community, we are asked to make a commitment to changing our lifestyle for the climate during Lent.

What do you rely on most?
What would be something that would change your daily habits?

As we do so, we will become part of a community who will be making these commitments

alongside each other. Through the Living Lent community, we will share in reflections, devotional, practice and creative resources.

To find further resources and to declare your commitment see the website:

www.livinglent.org

I look forward to us sharing our stories across the circuit too.

Yours



12.7 million tonnes of plastic ends up in our oceans each year.



new t-shirt is the equivalent of 2-3 home energy use. Days

Money spent locally recirculates

