

## 40 Simple Ways to Fast and Feast for God's Creation

We are called both to attend to the sacredness of Creation *and* to respond to it by active participation in the protection of Creation. This list uses the metaphors of feasting and fasting to invite both these elements of caring for Creation into our Lenten observance.

1. Feast on the beauty of this day by glancing up every time you go outdoors.
2. Fast from spending money on consumer purchases.
3. Feast on the goodness of God by giving thanks for your life and your sustenance before each meal.
4. Fast from heavily processed "junk" foods.
5. Feast on God's creativity by watching with interest the uniqueness of insects or critters that cross your path today.
6. Fast from unnecessary water waste by placing a bucket in your shower to catch extra water (and then use it in the place of a toilet flush!)
7. Feast on the blessing of water by offering a prayer of thanks to God each time you wash your hands or drink from the tap.
8. Fast from extra packaging by purchasing in bulk and/or bringing your own bags to the store.
9. Feast on the blessing of community by practicing random acts of kindness to the people around you.
10. Fast from disposable coffee cups or water bottles by carrying your own.
11. Feast on accessible services by thanking the appropriate party for recycling programs (curbside, at work, in town, at businesses).
12. Fast from individual automobile use for any destination in easy walking, bicycling, or public transit distance.
13. Feast on the outdoors by taking a walk.
14. Fast from energy use by eating meals that don't require cooking.
15. Feast on the richness of God's word by reading Scripture with a lens of eco-justice.
16. Fast from eating meat, which consumes much of the world's resources.
17. Feast on foods lower on the food chain such as whole grains and vegetables.
18. Fast from purchases at national chains by shopping at local stores.
19. Feast on the light of God by having one meal by candlelight.
20. Fast from television.
21. Feast on the beauty of community by calling or visiting with a loved one.
22. Fast from extra energy use by adjusting your thermostat when you will be away for more than a few hours.
23. Feast on local agriculture by finding out the location of the closest farm stand, farmers' market, or grocery stocking local produce (and then supporting it!)
24. Fast from giving consumer products as gifts and instead give donations or subscriptions on someone's behalf to worthwhile organizations (such as giving a PRC gift membership!)

25. Feast on fair trade by purchasing fairly traded chocolates, coffees, and teas when planning for Easter baskets or brunches.
26. Fast from household chemicals by using vinegar, baking soda, soap, and hot water to clean and disinfect.
27. Feast on simple public policy advocacy opportunities by visiting the Presbyterian Legislative Action Center of the Presbyterian Washington Office at: [capwiz.com/pcusa](http://capwiz.com/pcusa).
28. Fast from turning on—and leaving on—unnecessary lighting fixtures.
29. Feast on the blessing of plants by watering, weeding, or attending to household or outdoor plants.
30. Fast from running the dishwasher or washer/dryer when not full.
31. Feast on the companionship of animals by giving extra attention to your, or others', pets.
32. Fast from driving by combining the week's various errands and trips.
33. Feast on news, resources, ideas, and models from Presbyterians for Restoring Creation at [www.prcweb.org](http://www.prcweb.org) and partner groups (linked from the web site).
34. Fast from energy and water use by taking a lukewarm shower and turning off the water while soaping up.
35. Feast on the support given to the church by Presbyterian national staff who work hard to care for God's creation. Offer prayers of thanks or send appreciative notes by email or mail to Bill Somplatsky-Jarman (Associate for Environmental Justice),Carolynn Race (Associate for Domestic Policy and Environmental Issues, Presbyterian Washington Office), staff within the Presbyterian Peacemaking Program, Presbyterian Hunger Program, Advisory Committee on Social Witness Policy, and other related programs. To find these people, go to: [www.pcusa.org/environment](http://www.pcusa.org/environment), [www.pcusa.org/washington](http://www.pcusa.org/washington), [www.pcusa.org/peacemaking](http://www.pcusa.org/peacemaking), [www.pcusa.org/hunger](http://www.pcusa.org/hunger), [www.pcusa.org/acswp](http://www.pcusa.org/acswp).
36. Fast from unnecessary future purchases by saving and re-using envelopes, jars, paper bags, and scrap paper.
37. Feast on sun and air by line-drying clothing.
38. Fast from excess drag on your car, which decreases fuel efficiency, by unloading extra weight, keeping air pressure correct in tires, and keeping the car clean.
39. Feast on the solidness and feeling of earth by walking barefoot.
40. Fast from apocalyptic environmental thinking and despair—focus instead on the Good News that God creates, redeems, and sustains the Creation and we are called to be responsible, awe-filled caretakers alongside God.