

## St Alban's going for Bronze in 2024

**We are still urging you to Get Outside in Lent – and spend more time in nature.** Being out in nature will help you connect with God as Creator and celebrate his creation in different ways over the Lenten period. Lent continues until 30<sup>th</sup> March, a period of self-reflection, exploration, and discovery, when we try to grow nearer to the Heart of God and recapture a sense of wonder. Here's weeks 4-6 of our ideas to help you enjoy being outside and take time to connect with nature, either by yourself or with family & friends.

### **WEEK 4 – WATER - 6<sup>th</sup>-13<sup>th</sup> March**



Go for a walk where there is running water. Close your eyes and listen. How does it make you feel? Listen to the sound of rain. Take notice of the different sounds it makes as it lands on different surfaces. Go for a walk and notice all the things that are growing around you, both wild and in people's gardens. Water is essential for all life on earth.

You could make a washing up bowl pond for your garden.

#### **To make you will need:**

- 1 X normal sized washing up bowl.
- Enough washed gravel to cover the bottom of the bowl to 2 – 3 inches deep.
- 2 or 3 suitable aquatic plants.
- Enough rainwater to fill the bowl.
- Old bricks or logs to surround the bowl.

Make sure the site is flat and even. You only need a few plants per basin pond. Plants that grow to height out of the basin pond, are best since they can provide a habitat for the larvae of moths and butterflies.



**To make** - Gently place one plant in the washing up bowl and cover the roots with washed gravel so the plant can stand up freely on its own. Do this with your remaining plants and top up the gravel to an even surface 2 to 3 inches deep. Place the plants around the sides of the bowl to leave some free-standing water in the middle. Fill the bowl with rainwater. Line the outside edges of the bowl with recycled bricks, rocks or woodpile logs ensuring that nothing is loose or unstable. Leaving gaps between bricks or logs provides a habitat for amphibians and bugs OR the gaps can be filled with soil and bulbs or flowers planted to make a more decorative feature. Placing a larger rounded stone in the middle of the pond that just breaks the surface of the water makes an excellent frog plinth.

***Don't add fish into the pond.***

**Prayer for water** - Creator God, thank you for water, especially for clean, safe water to drink. Silence We are sorry for those times when we have wasted water, we remember those places where there is not enough water to keep crops alive, and those people who suffer because they do not have clean water. Silence Help us to value water as part of your creation; to realise our dependence on it, and our responsibility to look after it.

### WEEK 5 - INSECTS & ANIMALS – 14<sup>th</sup>-21<sup>st</sup> March

Go for a slow walk and see how many "small crawling things" you can find, watch them for a while to see what they do. Go outside at night and see if you can hear or even see any of the nighttime creatures. If you have a pet, give it a hug (if it is that sort of animal) and think about what your pet adds to your life.



- Go for a walk and see how many animals you can spot.
- Hang on a banana skin on a bush and watch in the early evening – it may attract moths.



**Prayer for Insects & Animals** - Creator God, thank you for the variety of your creatures. Thank you for the enjoyment that they give us, and for the part that they play in keeping your world healthy. We are sorry for those times when we have been thoughtless in the way we have treated animals and insects. Help us to value every living creature as part of your creation; to realise that everything has a part to play in this beautiful world, and that

we are responsible for caring for them and treating them with respect.

### WEEK 6+ - BIRDS & AIR – 22<sup>nd</sup>-30<sup>th</sup> March

- Choose a windy day and go out and fly a kite.
- Go for a walk, see how many ways you can tell that air is there even though you can't see it.
- Watch a bird flying. See how different birds move in different ways. How does watching them make you feel? Wherever you are today, keep looking around to see if you can see a bird, they are everywhere.
- Find somewhere where you can be quiet for a few minutes and listen to the birds singing.
- Put some food out for the birds and watch for a while to see what comes.



**Prayer for Birds & Air** - Creator God, thank you for the air that we breathe and the beauty of flying creatures like birds. We are sorry for those times when we have taken the simple pleasures and necessities for granted. Help us to value clean air, and to do our bit to keep it clean. And help us always to appreciate the beauty of your creation.

Stand for a moment and let thoughts of clean air and birds point you towards God.

## March - Days for your Diary – as you can see March is a very busy month

1st March – St Davids Day



3<sup>rd</sup> March – World Wildlife Day – [www.wildlifeday.org](http://www.wildlifeday.org)

7<sup>th</sup> March – [www.worldbookday.com](http://www.worldbookday.com)

10<sup>th</sup> March – MOTHERING SUNDAY – Mothers Day

15<sup>th</sup> March – [www.comicrelief.com/rednoseday](http://www.comicrelief.com/rednoseday)

17<sup>th</sup> March – St Patricks Day



18<sup>th</sup> March – [www.globalrecyclingday.com](http://www.globalrecyclingday.com)



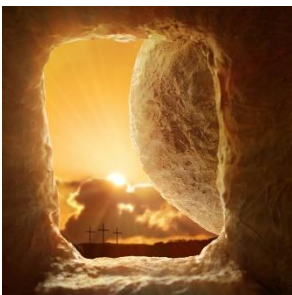
20<sup>th</sup> March – World Frog Day

21<sup>st</sup> March – International Day of Forests – [www.un.org/en/observations/forest-and-tree-day](http://www.un.org/en/observations/forest-and-tree-day)

22<sup>nd</sup> March – World Water Day

23<sup>rd</sup> March – EARTH HOUR – turn off all non-essential lighting for one hour 8.30pm – 9.30pm

29<sup>th</sup> March – GOOD FRIDAY – Crucifixion of Christ



31<sup>st</sup> March – EASTER DAY – Resurrection of Christ