

Get Outside in Lent

WEEK 1 - TREES



Isaiah 55:12 You will live in joy and peace. The mountains and hills will burst into song, and the trees of the field will clap their hands!

Welcome to “Get Outside in Lent.” Each week there will be six ideas for things to do outside and a celebration suggestion - because even in lent Sunday is a celebration day. Pick and choose what you would like to do. Change it and make it your own if you want to, or just do what it says. More than anything , enjoy being outside, take time to connect with nature, with anyone else you might be sharing this with, and with the something outside yourself that Christians would call God.

1

Hug a tree. Remind yourself that God made this tree and he loves it just as he loves you.

2

Find an evergreen tree. How would you describe the green of this tree? Be imaginative.

3

Find a tree with no leaves on it yet. Can you see buds where the leaves will form?

4

See if you can find a tree with catkins on it.

5

Take a long view and see if you can tell trees apart by their shape and the sort of pattern that their branches make. (you don't need to know what they are, just spot the difference.)

6

Take a few minutes (or longer if you like) to sit under the tree. Lean your back against it and see if the experience speaks to you in any way.

Tree Celebration

Use the words of the ritual if you would like to. Have a tree themed feast. (nut roast - eating tree fruit, broccoli –looks like little trees, chocolate log for desert.) There are some great ideas for three themed snacks on this Pinterest page. <https://www.pinterest.co.uk/laura9326/tree-themed-snacks/>



Ritual for trees week.

Gather (or be by yourself) near a tree if possible, or if not possible, then light a candle inside and place a leaf or twig beside it.

Be quiet for a moment or two (as long as works for you or your group) to reflect on what trees mean to you, and what the world would be like if we didn't have them.

Creator God, thank you for trees. Thank you for the beauty that they bring to our world, for the life that they support, and for the part they play in your creation.

Silence

We are sorry for those times and places around the world when people have destroyed trees because they are greedy for something else.

Silence

Help us to value trees as part of your creation not just for what they can give us, but because you made them and you love them.



Silence - Stand for a moment and let the tree point you towards God.

Get Outside in Lent

WEEK 2 - FLOWERS



Luke 12:27 Consider how the wild flowers grow. They do not labour or spin. Yet I tell you, not even Solomon in all his splendour was dressed like one of these.

Welcome to "Get Outside in Lent." Each week there will be six ideas for things to do outside and a celebration suggestion - because even in lent Sunday is a celebration day. Pick and choose what you would like to do. Change it and make it your own if you want to, or just do what it says. More than anything, enjoy being outside, take time to connect with nature, with anyone else you might be sharing this with, and with the something outside yourself that Christians would call God.

1

See how many different colours of flower you can find. Look at all levels, don't forget trees have flowers too.

2

Go for a walk and sniff every flower that you can find (and reach easily.) Can you tell them apart by their scent?

3

Find a flower bud. Can you imagine what the flower will look like when it opens?

4

Choose a flower to sit and contemplate. Remind yourself that this flower has value simply because God made it and he loves it.

5

Choose a particular flower and investigate it closely. (Don't pick it unless it is in your garden and you have permission to do that.) Look at the patterns and colours within the petals, the number of petals and how the flower fits onto the stem.

6

Choose a flower and watch it carefully for a while. See if any insects come to visit it.

Flower Celebration

Use the words of the ritual if you would like to. Have a flower themed feast. If you have somewhere that you are allowed to pick flowers near you, perhaps you could pick a few to put them on your table. Some flowers are edible; there are some ideas here but please don't eat anything unless you are certain it is the right thing. <http://www.handmadeapothecary.co.uk/blog/2017/3/29/edible-spring-flowers>

Alternatively, you could just make some food that looks like flowers. I know it says for children, but we are all children at heart really! <https://helloyummy.co/fun-foods-that-look-like-flowers/>



Ritual for flowers week.

Gather (or go by yourself) to a place where there are flowers growing if possible, or if not possible, then light a candle inside and place a flower or a house plant beside it.

Be quiet for a moment or two (as long as works for you or your group) to reflect on what flowers mean to you, and what the world would be like if we didn't have them.

Creator God, thank you for flowers. Thank you for the beauty that they bring to our world, for the life that they support, and for the part they play in your creation.

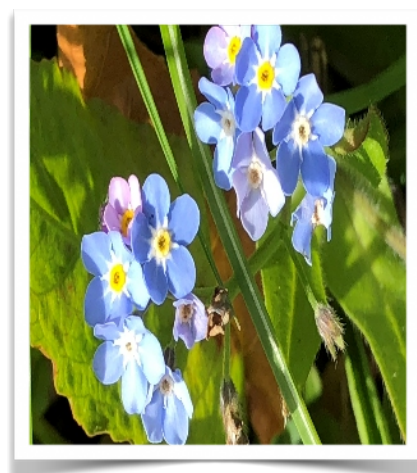
Silence

We are sorry for those times when we have been in such a hurry that we have not noticed the beauty of the flowers around us.

Silence

Help us to value flowers as part of your creation; not just for what they can give us, but simply because you made them and you love them.

Silence - Stand for a moment and let the flowers point you towards God.



Get Outside in Lent

WEEK 3 - SOIL AND SEEDS



Genesis 2:9 The Lord God made all kinds of trees grow from the soil, every tree that was pleasing to look at and good for food.

Welcome to "Get Outside in Lent." Each week there will be six ideas for things to do outside and a celebration suggestion - because even in lent Sunday is a celebration day. Pick and choose what you would like to do. Change it and make it your own if you want to, or just do what it says. More than anything, enjoy being outside, take time to connect with nature, with anyone else you might be sharing this with, and with the something outside yourself that Christians would call God.

1

Plant some cress seeds on a damp tissue. Look at them every day to see how they are growing. (they should be ready to eat in a couple of weeks time.)

2

If you have a garden, take a handful of soil, feel it, and smell it. What words would you use to describe it?

3

Go for a walk and notice all the things that are growing around you, both wild and in people's gardens.

4

One spoonful of good soil has more living organisms in it than there are people on the Earth. Dig up a spoonful of soil and imagine all those tiny life forms that are in it.

5

Many plants simply drop their seeds around them in the autumn. See if you can still find a seed on the ground. the flower fits onto the stem.

6

If you have a garden, is there something that you could plant now and take care of? Perhaps something that you could eat later.

Soil and Seed Celebration

Use the words of the ritual if you would like to. Have a seed themed feast. Maybe you could put a small bowl of soil on the table as a reminder of the importance of good soil. See if you can find a recipe that involves cooking with seeds. Remember that nuts and pulses are seeds too.

Ritual for soil and seed week.

Gather (or go by yourself) to a place where there is soil visible if possible, or if not possible, then light a candle inside and place a small amount of soil beside it and some seeds if you have any.



Be quiet for a moment or two (as long as works for you or your group) to reflect on the importance of good soil and seeds to our world.

Creator God, thank you for seeds and good soil in which to grow them. Thank you for the food that they provide, as well as beauty and enjoyment.

Silence

Please help people in those places where growing food is difficult because soil and growing conditions are poor, and forgive us for the times when we have forgotten to remember them.

Silence

Help us to value soil and seeds as part of your creation; not just for what they can give us, but simply because you made them and you love them.

Silence - Stand for a moment and let the soil and seeds point you towards God.

