

GET OUTSIDE IN LENT



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.