



Make a Pledge!

St. John's Kids' Lenten Pledge

February 17 - April 3 2021



Dear Kids,

A small group of adult members of St. John's are part of a group called the Eco-Action Team. We care about Ecology (the study of how plants and animals interact with one another and with their physical environment). We also want to raise money to help an organization that gives families in places where the environment is not protected some support to improve where they live. We are asking your parents to help by making a pledge of action and a donation of money (www.stjohnsnorwood.org/lentenpledge). We hope you can help by working with them and encouraging them to practice some habits to better protect the earth!

Here are 3 ways you can help during Lent.

1. **Save energy by turning off lights in your house** that no one is using!
2. **Encourage your family to have at least one meal a week that is without red meat.** There are lots of healthy and tasty options such as pizza (yes!), mac and cheese, fresh veggies, black beans and rice, seafood (shrimp, salmon, scallops), and fresh fruits.
3. **Reduce, reuse and recycle plastics.** Use packaging materials (such as styrofoam trays and cardboard boxes) for creative art projects; don't throw them away!

Learn more about Ward 8 Woods (www.ward8woods.org), a program St. John's will support, and how you can help make their lives better and their neighborhoods cleaner and healthier.

Make a picture of what you are doing for Lent on one of the 3 ways you can help, and share it with your Sunday school class!

Did you know? When you turn off the lights and eat less red meat, that means less pollution from factories and big farms. Little steps add up!

