

Handouts for Alberta MacKenzie Provincial Council Retreat
Lent and Social Justice: Fasting to Do More

HOLY SPIRIT, LIVING BREATH OF GOD
Keith and Kristyn Getty

Holy Spirit, living Breath of God Breathe new life into my willing soul
Bring the presence of the risen Lord To renew my heart and make me whole
Cause Your Word to come alive in me; Give me faith for what I cannot see;
Give me passion for Your purity Holy Spirit, breathe new life in me

Holy Spirit, come abide within; May Your joy be seen in all I do
Love enough to cover ev'ry sin In each thought and deed and attitude
Kindness to the greatest and the least Gentleness that sows the path of peace
Turn my striving into works of grace Breath of God, show Christ in all I do

Holy Spirit, from creation's birth Giving life to all that God has made
Show your power once again on earth; Cause Your church to hunger for Your ways
Let the fragrance of our prayers arise Lead us on the road of sacrifice
That in unity the face of Christ Will be clear for all the world to see.

ISAIAH FAST

"This is the kind of fasting I want."

~GOD

ISAIAH 58:1-14

TEN
CHALLENGES IN
10 DAYS

We're excited for you to join us on this ten day challenge. The Isaiah fast is meant to be a fast of heart and hands and not of want. Below is a guide taken from Isaiah chapter 58 in which each day of the fast has suggestions for how to accomplish the Isaiah 58 challenge. Doing this with heart motivation takes planning. We encourage you to take some time and plan out your fast.

1 Right an injustice.

3.25 Isaiah 58:6a

SOME WAYS YOU
COULD DO THIS ARE:

- stand up for someone who is being bullied.
- Help the cause of someone who is unjustly treated.
- Note an injustice you have done to someone else and take a step to rectifying it.

Write your plan for this challenge here.

2 Lighten the BURDEN

3.26 of someone under your responsibility.
Isaiah 58:6b

SOME WAYS YOU
COULD DO THIS ARE:

- offer assistance to an overworked co-worker.
- do a job for someone that they normally do for you.
- bless those you work with.
- do family members chores.

Write your plan for this challenge here.

3 REMOVE a chain that binds.

3.27 Isaiah 58:6c

SOME WAYS YOU
COULD DO THIS ARE:

- ask/give forgiveness.
- house cleansing (remove items from home or life that have become idols).
- forgive a wrong you've been holding on to.

Write your plan for this challenge here.

4 SHARE food w/the hungry.

3.28 Isaiah 58:7a

SOME WAYS YOU
COULD DO THIS ARE:

- skip a meal and give a meal
- give a restaurant giftcard to someone who's homeless
- serve at theAlley's community meal
- invite someone to dinner who could use a good meal.

Write your plan for this challenge here.

5 Give SHELTER to the homeless.

3.29 Isaiah 58:7b

SOME WAYS YOU
COULD DO THIS ARE:

- donate to a shelter.
- spend time in prayer for the homeless.
- have your own survival kit making event. Email us at info@theAlley.org if you want to also help hand them out.

Write your plan for this challenge here.

6 Share CLOTHES with those in need.

3.30 Isaiah 58:7c

SOME WAYS YOU
COULD DO THIS ARE:

- clean out closet and give clothes away.
- use this month's clothing budget on someone else.
- Anonymously gift some needed clothing to someone who you know needs them.

7 DO NOT hide from family in need.

3.31 Isaiah 58:7d

SOME WAYS YOU
COULD DO THIS ARE:

- call a family member you have been neglecting.
- let your family know you are willing to help where needed.
- do something for a family member that they haven't been able to do on their own.

8 DELIGHT in the Sabbath Day!

4.01 Isaiah 58:13

SOME WAYS YOU
COULD DO THIS ARE:

- turn off ALL screens.
- learn about the Sabbath.
- join the church for a Communion meal today!
- plan family worship time.
- set aside some special prayer time.

9 HELP someone who's in trouble.

4.02 Isaiah 58:10

SOME WAYS YOU
COULD DO THIS ARE:

- watch kids at the Shelter.
- love on pregnant women at New Life Family Services.
- help the one in your life who can't help themselves.

Write your plan for this challenge here.

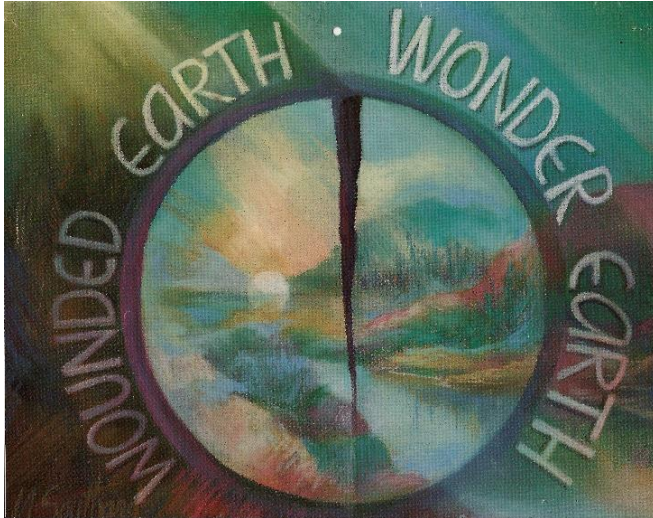
10 STOP a rumor.

4.03 Isaiah 58:9

SOME WAYS YOU
COULD DO THIS ARE:

- step away when you hear it
- evaluate where you are spreading one and stop it
- commit to no negative comments or criticisms for the entire day.

Wounded Earth/Wonder Earth



- ✦ Turn off the water while you wash your hair & save up to 550 L/month
 - ✦ Grow your own herbs
 - ✦ Aerate your lawn at least once a year so water can reach the roots. Consider sharing the rental of a machine with neighbours!
 - ✦ Consider buying used goods instead of new – Reduce & reuse!!
 - ✦ Support minimal packaging – choose the product with the least waste
 - ✦ Be the model that others will follow – BE the change you want for the future!
 - ✦ Recycle all batteries & printer cartridges
 - ✦ Wash out bottles, cans and jars before recycling them
 - ✦ Did you know? Livestock are estimated to produce 18% of the annual GHG emissions while 14% is produced by the transportation sector! REDUCE your meat consumption
 - ✦ Planning a wedding? Google **low-carbon wedding** and make it happen!
 - ✦ Pack a lighter suitcase when flying – less weight = less fuel usage
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- ✦ Did you know that each Canadian throws away about ½ kg of packaging **daily**? REDUCE!
 - ✦ Unplug that old refrigerator in the garage/basement! A ten-year-old fridge uses about 40% MORE energy than newer models! REDUCE energy use!
 - ✦ Try using e-books. REDUCE paper usage, packaging, transportation, ink etc.
 - ✦ Doing renovations? Be intentional about choosing “green” options
 - ✦ Invest in “guest glasses & mugs”. Throw away your addiction to plastic & Styrofoam!
 - ✦ Don’t use throw-away dishcloths. Invest in reusable, washable dishcloths
 - ✦ Cleaning your fish tank? Save the water and use in on your outdoor plants – it’s rich in nutrients
 - ✦ Have a pail handy when you’re running water in your sinks. Save the water & use it for your plants or compost bin.
 - ✦ Turn down your stove burner once the water is boiling!
 - ✦ Buy ALL products that will last. Make longevity & durability a priority. REDUCE!
 - ✦ Stay away from “single serving premade” products. Freeze the leftovers for another day.
 - ✦ Avoid ALL disposable products whether its cameras, pens, flashlights, batteries, bags, dishes – you know what I mean!
 - ✦ Choose products sold in refillable or reusable containers.
 - ✦ Own your own business? Go GREEN! The sky’s the limit! Be creative!
 - ✦ Try to eat only when you’re hungry. REDUCE!
 - ✦ Overcome your addiction to convenience – pack lunches in reusable vs. one-time-use containers
 - ✦ Try to save your “Graywater” for reuse. Check out this link [Graywater system Guelph, ON](#)
 - ✦ Convert as many of your lights as you can to LED’s
 - ✦ Bamboo-ify your life! Bamboo can be eaten, worn, used to build & it quickly stores carbon.

- ⌘ Did you know? Every year 16.5 million L of used oil ends up in municipal landfills in Canada and another 4 million L are poured directly into storm drains (almost ½ the volume of the Exxon Valdez tanker spill)
- ⌘ Not all toilet paper is created equal: look for **unbleached, processed post-consumer fibres, chlorine free**
- ⌘ Decorating? Stay away from single-use items. Go for natural, reusable, take home decorations
- ⌘ Use fans, not AC
- ⌘ **For wealth without greed, take only what you need.** Try living this simple motto in more of your decisions. **Live simply so that others may simply live** is another mantra to recite & act out.
- ⌘ Test your toilet for leaks: pub food colouring in the tank. If you see the colour in the bowl – you have a leak! Crapper flappers need to be replaced after a number of years & are quite inexpensive.
- ⌘ Shorten your shower: by 1 – 2 minutes will save over **500 L** per month. A shower uses ½ the water that you need for a bath. **REDUCE**
- ⌘ Save the water for your plants when you rinse fruits and vegetables
- ⌘ **Overcome your addiction to bottled water! This is a huge and unnecessary use of our resources be it the water, the fuel needed to transport it, the containers, the energy for recycling of the containers etc. etc. etc.** BE THE CHANGE
- ⌘ Use baking soda instead of chemical cleaners for the tub & toilet. This **REDUCES** the chemicals entering our water system
- ⌘ **BUY LOCAL BUY LOCAL BUY LOCAL** – anything and everything you possibly can!
- ⌘ Use a printer? Print on both sides whenever you can, reuse the blank side used paper as well.
- ⌘ Use bio-degradable detergents for your dishes, dishwasher & washing machine if possible.
- ⌘ **ALWAYS** carry a couple of reusable bags – that way if you suddenly feel the urge to shop you won't be stuck using those flimsy plastic bags that can take up to 1,000 years to decompose in a landfill (FYI Walmart has recently announced that it will begin charging \$0.05/bag in all their stores!! Hurray!)
- ⌘ Are you really keen on learning more about how to change your lifestyle and walk more gently in the garden God has given us? Try estimating your **carbon footprint**. Here are a couple of links to help you with this:
 - [Climate Path.org](http://ClimatePath.org)
 - Greening Sacred Spaces
- ⌘ Car pool
- ⌘ Install a water-efficient showerhead and while you're at it, use water-efficient faucets and toilets
- ⌘ Did you know, Canadians and Americans are the heaviest energy users per person **in the world**?
- ⌘ Eat meat-free dinners at least once/week
- ⌘ Use the same glass for drinking water per day or refill a water bottle – fewer dishes to wash!
- ⌘ Turn off the water when brushing your teeth – saves about 95L of water/month (multiply that by the number of people who live in your home & it quickly adds up!!)
- ⌘ Unplug it! If you're not using it those devices are still using energy (**phantom electricity**)
- ⌘ Turn your thermostat down **ONE** degree – wear a sweater or snuggle/cuddle with another
- ⌘ Do you know where your energy comes from? Find out!!
- ⌘ Send e-cards – oh right, reduce! A **billion** Valentine's Day cards are sent each year globally!
- ⌘ Buy **FAIR TRADE** everything, whenever you can (COSTCO sells Fair Trade flowers!!)
- ⌘ Let your addiction to the **perfect lawn** go. If you insist on using fertilizers, use organic ones

- ⌘ Consider shifting your financial investments and retirement funds into socially and environmentally responsible funds – also called, *ethical funds*
- ⌘ Use public transit whenever you can
- ⌘ Use **GOOS** paper whenever you can (it stands for Good On One Side!!)
- ⌘ DON'T use any products with **micro-beads**

Suggestions for Living More Simply

1. Get to know your neighbours
2. Appreciate beauty wherever you find it
3. Garden like God does
4. Learn to bake bread
5. Walk instead of driving
6. Drink fair trade coffee and/or tea
7. Learn to play an instrument
8. Dry your clothes on a clothesline
9. Learn about and participate in recycling programs
10. Join a community garden
11. Use a library card
12. Find hope in the rhythms of nature
13. Install a water saving showerhead or a soap-up valve
14. Support small businesses
15. Avoid using pesticides and herbicides
16. Get enough sleep
17. Take a stay-cation
18. Join a car pool
19. Swap clothes with friends #20 Compost
20. Ride a bike
21. Shop at garage sales and thrift stores
22. Observe silence
23. Use a rain barrel
24. Rediscover your public park
25. Share your possessions
26. Repair things
27. Turn off the television (or computer)
28. Listen for songbirds
29. Avoid shopping malls
30. Give extra possessions to people who need them
31. Pay cash for everything
32. Reduce your intake of animal products
33. Say thank you often
34. Grow your own vegetables
35. Reduce knick-knacks and unnecessary clutter
36. Take public transit
37. Terminate subscriptions and memberships for which you don't have time
38. Use reusable shopping bags
39. Track your water usage
40. Use recycled paper products
41. Practice mindfulness
42. Reduce or eliminate cosmetics
43. Write to politicians about issues important to you and your community
44. Store memories, not souvenirs
45. Avoid air travel when possible
46. Learn to sing your favourite songs
47. Volunteer
48. Observe and appreciate nature
49. Memorize wisdom sayings
50. Donate, trade or recycle at least one thing for every new thing acquired
51. Tell stories
52. Make soup from scratch
53. Learn massage
54. Buy electricity from a wind power provider
55. If you have a cat, keep it indoors
56. Hang a bird feeder
57. Donate all clothing you haven't worn in the past year
58. Shop at a farmer's market
59. Live a day without any plans
60. Grow your own herbs
61. Speak gently and thoughtfully #63 Laugh often
62. #64 Drink more tap water
63. Join a co-operative
64. Donate blood
65. Attend a local High School play
66. Lie on the grass and watch the clouds
67. Make something new from something old
68. Have a picnic
69. Give up TV for a week
70. Recognize your true riches
71. Be grateful
72. Avoid collecting things
73. Listen to your heartbeat
74. Simplify your furnishings
75. Donate all books you will never read again
76. Invest in "Micro-Loan" organizations
77. #79 Give away kitchen utensils that haven't been used in a year
78. Pack trash less lunches
79. Buy local where possible
80. Carry an organ donor card
81. Engage in justice issues

Implementation Committee Working Group Resources

You can find all approved working group resources on the national website: cwl.ca

The marketing working group has videos, posters, and postcards under the “**To Inspire**” tab. You can download the videos or watch them on the website.

All other implementation committee resources can be found under the “**To Organize**” tab and are arranged according to the type of resource.

- **100 Series:** Crest, Stationary, and other Council Supplies
- **300 Series:** Promotional Material
- **600 Series:** Manuals

Use the **item number** in the chart to help you find the resource to download.

**** list generated August 1, 2022**

Resource Name	Item number		
Newsletter Template	145a	Catholic Social Teaching Resources	624
Newsletter Template Notes and Editing Instructions	145b	Care for God’s Creation Resources	
Welcome Program Brochure	313	▪ Our Common Home: A Crash Course (PowerPoint)	
Welcome Program	621	▪ Our Common Home: Speaker’s notes	625, 625a, 625b
Be a Bridge Through Generations Postcard	314	Dignity of Work and Rights of Workers	629
Be a Bridge Through Generations Poster	315	Existing Programs and Courses on Catholic Social Teaching	631
Many Cultures in Faith Postcard	316	Embracing Diversity: Tools for Council Use	623
Many Cultures in Faith Poster	317	Prayers and Spiritual Programs	626
Sharing the Core Values Postcard	320	Faith, Service, Social Justice Brochure	627
Sharing the Core Values Poster	321	Prayer Service Planning Workshop, PPT	628, 628a
Connecting all Generations Postcard	322	The Joy of Leadership	630
Connecting all Generations Poster	323	Existing Programs & Courses on Catholic Social Teaching	631
What We Do bookmarks	325	Retreat Centres for Spiritual Development – Full Page	328a
What We Do poster	326	Retreat Centres for Spiritual Development – Brochure	328b
What We Do postcard	327	Life and Dignity of the Human Person	63
Calendar of Social Justice Events	622		