

Activities you can practice: Guidelines and Suggestions for Communities, Congregations and Organizations

The Green Sabbath Project

SABBATH IS FOR REST, FOR AVOIDING THE MANIPULATION OR HARMING OF NATURE. THE BIBLICAL SABBATH WAS ABOUT REMEMBERING, HONORING AND CELEBRATING THE CREATION OF THE WORLD.

- ADVOCATE FOR DIVESTMENT FROM INVESTMENTS IN THE FOSSIL FUEL INDUSTRY AND DIVEST FROM ANY SUCH INVESTMENTS HELD BY YOUR ORGANIZATION.
- URGE YOUR MEMBERS TO MINIMIZE THEIR ENVIRONMENTAL IMPACT BY FOLLOWING [GREEN SABBATH PROJECT](#) SUGGESTIONS. SUPPORT THEIR EFFORTS WITH COLLECTIVE PRACTICES SUCH AS THOSE OFFERED ON THIS PAGE.
- IF YOU ARE A CONGREGATION, CONSIDER JOINING A NETWORK OF CONGREGATIONS SEEKING TO REDUCE THEIR ENVIRONMENTAL IMPACT:
 - [INTERFAITH POWER AND LIGHT](#) HAS MANY STATE CHAPTERS WHICH HAVE CONGREGATIONAL MEMBERSHIP OPEN TO ALL DENOMINATIONS
 - [EARTH MINISTRY](#) HAS A GREENING CONGREGATIONS PROGRAM FOR CHURCHES AND A TOOLKIT.
 - [GREEN CHURCHES NETWORK OF CANADA](#).
 - [TOILES DES ÉGLISES VERTES EN AFRIQUE](#) / GREEN CHURCHES NETWORK IN AFRICA.
 - UNITED NATIONS ENVIRONMENT PROGRAMME, [FAITH FOR EARTH INITIATIVE](#).
 - [ECO CONGREGATION SCOTLAND](#)
- ENCOURAGE CONGREGANTS TO WALK, CYCLE OR CARPOOL TO SERVICES (AS DOES [OUR LADY OF FATIMA PARISH](#), COQUITLAM, BC).
- MAKE YOUR MEALS AS SUSTAINABLE AS POSSIBLE. SEE HAZON'S [GREEN KIDDUSH GUIDE](#).
- ORDER PRODUCE FROM [IMPERFECT FOODS](#) OR [MISFITS MARKET](#), BOTH REDUCE FOOD WASTE BY SELLING STRANGE-LOOKING FRUITS AND VEGETABLES THAT COMPANIES WOULD OTHERWISE DISCARD
- ENCOURAGE CONGREGANTS/MEMBERS/PARTICIPANTS TO LEAVE THEIR PHONE, TABLET, COMPUTER, IPAD AT HOME OR COLLECT THEM AT THE DOOR. YOU MIGHT JOIN THE [TECHNOLOGY SHABBATS CAMPAIGN](#).
- ORGANIZE A CLEAN-UP OF A LOCAL SITE THAT NEEDS SOME LOVE AND CARE.
- PARTICIPATE IN THE REMOVAL OF INVASIVE SPECIES FROM A THREATENED LOCAL SITE.



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SABBATH IS A TEMPORARY RETURN TO THE GARDEN OF EDEN.

- HOLD PRAYER SERVICES OR A MEDITATION CIRCLE OUTDOORS, IN A LOCAL GARDEN OR PARKTAKE A GROUP WALK OUTDOORS (SOMEWHERE CLOSE ENOUGH THAT YOU NEED NOT GET INTO A CAR).
- CONNECT WITH A TREE OR PLANT, INDOORS OR OUT. SEE [INSIDE OUT](#) FOR SPIRITUAL EXERCISES YOU CAN USE IN OUTDOORS EXPERIENCES OFFERED BY THE CENTER FOR SPIRITUALITY IN NATURE.
- MAKE A TEMPORARY SCULPTURE OR MANDALA OUT OF FOUND NATURAL MATERIALS (TWIGS, LEAVES, STONES, ETC.).
- READ NATURE POETRY OUT LOUD.
- HOLD A GROUP MEDITATION (LIVE OR ONLINE) OR MEDITATION CIRCLE, INDOORS OR OUTSIDE, WITH A FOCUS ON A MANTRA FOR OR ABOUT THE PLANET AND COLLECTIVE REST.
- PLANT A GARDEN BY YOUR BUILDING. THE ANCIENT JEWISH SAGE RAV MAINTAINED A GARDEN AT HIS HOUSE OF STUDY. ISLAM HAS ALWAYS HELD GARDENS TO BE SITES CONDUCIVE TO ACCESSING THE SACRED. PLANT A WILDFLOWER GARDEN, WHICH POLLINATORS (BEES, BUTTERFLIES, HUMMINGBIRDS, ETC.) LOVE.
- OR START A FOREST ON YOUR PROPERTY. SEE [THE ANCIENT CHURCH FORESTS OF ETHIOPIA](#).
- SET UP A BEEHIVE OR TWO ON YOUR PREMISES. [BEES FOR PEACE](#) OFFERS A NETWORK FOR FAITH COMMUNITIES.

SABBATH IS ABOUT FAMILY AND COMMUNITY.

- ORGANIZE AN EVENT FOR YOUR BUILDING OR BLOCK. INVITE ALL OF YOUR IMMEDIATE NEIGHBORS.
- GO INTERDENOMINATIONAL: GET LOCAL SYNAGOGUES, CHURCHES AND MOSQUES TO JOIN, HAVE EACH DENOMINATION DEVOTE ITS DAY OF REST TO ENVIRONMENTAL PRIORITIES.
- DO A COMMUNAL SING-IN OR SING-ALONG: SING SELECTIONS FROM [THE LOST WORDS](#), MALCOLM DALGLISH'S SETTING OF WENDELL BERRY'S POEM, [GREAT TREES OR A PLACE IN THE CHOIR](#) BY BILL STAINES; DIFFERENT COVERS: [RABBI LEVI WEIMAN-KELMAN AND BRADLEY BURSTON](#); [CELTIC THUNDER](#).
- GET TOGETHER TO WRITE YOUR OWN PRAYERS FOR THE EARTH, THE RAIN, YOUR FAVORITE TREES OR RECENTLY LOST SPECIES AND INCORPORATE THEM INTO YOUR LITURGY.
- START A COMMUNITY GARDEN ON YOUR PROPERTY.
- START A BOOK CLUB OR READING GROUP ON ENVIRONMENTAL ISSUES. YOU CAN START WITH [READINGS](#) LISTED ON THE GREEN SABBATH PROJECT WEBSITE AND WE WILL BE HAPPY TO RECOMMEND OTHER RELEVANT BOOKS AND ESSAYS.
- INVITE ELDERS FROM WITHIN OR BEYOND YOUR COMMUNITY TO SHARE STORIES ABOUT THE LOCAL LANDSCAPE, ECOSYSTEMS AND HISTORY.

SABBATH IS ABOUT HOSPITALITY.

- HOST A POTLUCK MEAL, MEATLESS, WITH VEGAN OPTIONS, ALL LOCALLY-SOURCED. SEE HAZON'S [GREEN KIDDUSH GUIDE](#) AND [SUSTAINABLE SHABBAT DINNER GUIDE](#).
- OFFER FREE MEALS AND HOUSING TO THOSE INSIDE AND OUTSIDE YOUR COMMUNITY WHO MIGHT NEED ONE AND/OR THE OTHER.
- SET UP A "[COMMUNITY FRIDGE](#)."



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SABBATH IS ABOUT EDUCATION.

- ORGANIZE A FILM SCREENING OF AN ENVIRONMENTAL DOCUMENTARY.
- HOST A READ ALONG OF ECOLOGICAL CHILDREN'S OR YOUNG ADULTS' BOOKS TO THE LOCAL COMMUNITY. SOME IDEAS [HERE](#), [HERE](#), [HERE](#), [HERE](#), [HERE](#) AND [HERE](#).
- DEVOTE SERMONS TO ENVIRONMENTAL THEMES (EXAMPLES FROM [EARTH MINISTRY](#), [HAZON](#), [INTERFAITH POWER AND LIGHT](#), [UNITARIAN UNIVERSALIST MINISTRY FOR EARTH](#); GUIDANCE FROM [ECO-JUSTICE MINISTRIES](#), [EUROPEAN CHRISTIAN ENVIRONMENTAL NETWORK](#)).
- INSTEAD OF A SERMON, HAVE MEMBERS ROTATE READING OUT LOUD FROM THE BESTIARY OF CHRIST, THE BUDDHIST JATAKA TALES, DR. SUESS'S THE LORAX OR OTHER STORIES WITH AN ECOLOGICAL THEME. FIND SUGGESTIONS [HERE](#).
- INVITE A SPEAKER FROM THE GREEN SABBATH PROJECT'S [LIST OF SPEAKERS](#).
- PLAY GAMES THAT TEACH SUITABLE LESSONS: GO FIND IT OUTDOOR SCAVENGER HUNT, BUG BINGO, [ECOFLUXX](#), ECOSYSTEM, PHOTOSYNTHESIS, ENDANGO, [SAVE THE PLANET](#).
- PARTICIPATE IN [GROUP SIMULATION GAMES TO MITIGATE GLOBAL WARMING](#).



SABBATH COMMEMORATES LIBERATION FROM OPPRESSION.

- THE BIBLICAL SHABBAT WAS DEDICATED TO COMMEMORATING THE ISRAELITE ESCAPE FROM SLAVERY. EVERY ISRAELITE IN THE DESERT COLLECTED THE SAME AMOUNT OF MANNA. THE EXCESS MANNA GATHERED BY ANYONE WHO TOOK MORE THAN WAS NEEDED WENT BAD, A SIGNAL THAT GOD DISFAVORS INEQUALITY.
- OFFER FREE CLASSES OPEN TO ALL THAT DRAW ON THE RELEVANT KNOWLEDGE OF COMMUNITY MEMBERS (WOODWORKERS, ARTISTS, PROFESSORS, ETC.).
- HOLD A VIGIL OR SILENT PROTEST AGAINST EVERYTHING CONTRARY TO A SABBATH ECONOMY AND SPIRITUAL ECOLOGY: THE LOW TAX ON CAPITAL GAINS, LEGALLY-PERMITTED PREDATORY PAYDAY LOANS, ANTI-UNIONIZATION, CORPORATE PERSONHOOD, THE CITIZENS' UNITED SUPREME COURT DECISION.
- HOLD A VIGIL IN FAVOR OF A LIVING WAGE, ENDING THE ELECTORAL COLLEGE, ENDING GERRYMANDERING IN YOUR STATE.
- HOLD A PRAYER SERVICE OR MEDITATION CIRCLE AT A NEARBY SOURCE OF POLLUTION, NEGATIVE ENVIRONMENTAL IMPACT OR HARMFUL ENVIRONMENTAL POLICY, COMPASSIONATELY BUT FIRMLY ASKING FOR THE AWAKENING OF MINDS AND HEARTS, FOR RECOGNITION OF THE HARMFUL BEHAVIOR, FOR CHANGE.
- HOLD A VOTER REGISTRATION EVENT.

SABBATH IS FOR GRATITUDE AND APPRECIATION.

- THANK GOD, MOTHER EARTH, THE RAIN CYCLE, YOUR BODY WITH ORIGINAL PRAYERS OR POEMS SOLICITED FROM CONGREGANTS/MEMBERS.
- HOLD AN APPRECIATION CEREMONY FOR "ESSENTIAL WORKERS."
- MOUNT A PERFORMANCE OF MALCOLM DALGLISH'S [HYMNODY OF EARTH](#) OR J. DAVID MOORE'S SETTING OF JACK MANNO'S [EARTH BLESSING](#).

LET THE GREEN SABBATH PROJECT KNOW ABOUT ANY EVENT THAT YOU HOLD. CONTACT US AT INFO@GREENSABBATHPROJECT.NET AND WE WILL ADVERTISE ON OUR EVENTS CALENDAR.



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