

# Easter Season & Earth Day

EASTER CELEBRATION GOES FROM MARCH 31ST - MAY 19TH, AND EARTH DAY IS ON APRIL 22ND. HERE ARE 5 IDEAS YOU MAY WANT TO CONSIDER TO HELP YOU CELEBRATE RESURRECTION THIS YEAR!

## TURN OFF & TUNE IN



Try to set aside an hour each day over the course of this season to turn off screens and focus instead on observing what is living around you. You could count birds calls you hear, or ladybugs you find, or people you see on the street. If you're worried about filling the hour, try making a bird feeder out of a milk carton, drawing something that you notice in nature each day, or creating a log of weather conditions and patterns as the season changes.

## GO FOR A STROLL OR ROLL

Acts 17 tells us that in God we live and move and have our whole being! Get outside and move your body, thanking God for the ability to move, to breathe deeply, and to feel the warmth of the sun. Take special notice of rosy cheeks, chirping birds, fast flowing puddles and even rabbits changing colours! If you want to make it a field trip, try visiting Beaver Creek Conservation Area (walking only, no pets allowed), or for a more pet-friendly alternative like Chief Whitecap Park, or Cranberry Flats!



## READ UP ON HOW MUCH GOD LOVES CREATION

Spend some time reading through a few passages that talk about Christ's redeeming work for all of creation. Try Genesis 1, Psalm 8 or 19 or 24 or 96 or 104..., Romans 8, or Revelation 21.

If you're looking for a book to help you with this, check out Katharine Heyhoe's book *Saving Us!* Talk with your friends or family to talk about what you hear!

## GO ON A SENSORY SCAVENGER HUNT

Seek out pieces of creation that help you notice the ways your body can sense the world. Listen for animals or windchimes, go looking for pussywillows and crocuses, splash in a puddle & feel the cool water, eat some icecream, or smell the dirt as the ground thaws. If you need inspiration, check out Meewasin Valley's latest resources at <https://meewasin.com/activities-to-do-at-home>



## RESEARCH YOUR ECOSYSTEM

Learn some more about our neighbours in creation! Challenge yourself to learn 5 new facts about how things work together where you live. What water sources, natural food sources, neighbourhoods, and rural areas are within 5kms of your house? 50 kms?

Make a map of your neighbourhood!  
What parts of nature and community are you curious about?

## WE'D LOVE TO HEAR WHAT ELSE YOU COME UP WITH!

Email us your stories or share your stories on Instagram (@emmanuelaskatoon). While you're at it, check out some additional resources from some folks that teach us a lot:

A Rocha Canada - [www.arocha.ca](http://www.arocha.ca)  
Meewasin Valley Authority - [www.meewasin.com](http://www.meewasin.com)

CHEP Good Food Inc. - [www.chep.org](http://www.chep.org)  
Eco-Justice Ministries - [www.eco-justice.org](http://www.eco-justice.org)

# EASTER CLEAN-UP CHALLENGE

Over the past few years we've been challenging ourselves to pick up garbage around our neighbourhoods as a practical way of participating in God's work of making all things new for our neighbours and to honour God's creation.

This Easter season, we'd like to invite you to join our effort to care for the earth around you. You can even invite others!

Try setting aside some time to pick up 50 pieces (or more!) of trash in your neighbourhood - one for every day of Easter Celebration and seeing it as an act of worship, remembering that God is making all things new all the time.



**If you need gloves or garbage bags talk with Kari and she'll get the supplies you need!  
Email [kari@ebap.ca](mailto:kari@ebap.ca) or call 306-477-1234 ext. 133.**

*\*Just one note of safety: please steer clear of picking up needles or broken glass. Those items need a special bit of care to make sure they don't hurt anyone. **But!** You can contact [cspaskatoon.ca/needle-pick-up](http://cspaskatoon.ca/needle-pick-up) or 306-975-3030 and they'll make sure any needles are properly cleaned up.*

---

## BATTERY RECYCLING



### DID YOU KNOW?

Batteries contain metals that can be harmful to the environment. They can contain cadmium, lead, mercury, copper, zinc, manganese, lithium, or potassium, which are all hazardous to the environment and to human health. Also, improper disposal of old batteries can lead to leaking acid, fires, and small explosions.

This season we're following through on our commitment to making battery recycling and reuse a little more accessible for our congregation!

**On Sundays from April 21st - May 19th**, bring your used household batteries (AAA, AA, C, D, 9V) to the church and drop them off in the bin in the foyer with the logo above and we can take them in for recycling as a whole batch instead of you remembering to make a special trip for a couple of batteries!