



# EARTH HOUR REFLECTION PACK

This pack has been written for WWF-UK by the Alliance of Religions and Conservation (ARC) to support churches and other places of worship wishing to take part in Earth Hour.

## An introduction to Earth Hour

It's been the hottest year on record for the third year in a row and nearly 1 in 6 species are at risk of extinction from climate change. The world is changing – fast. It's never been more important to show support for action on climate change.

Earth Hour is a global movement, bringing millions together across the world to call for greater action to protect our amazing planet. Last year a record 178 countries took part – a number that rises every year.

From the Sydney Opera House and the Eiffel Tower to Buckingham Palace and Edinburgh Castle, cities, towns and communities like yours across the world will switch out their lights and come together for an hour, to join a global show of support for action on climate.

Join us at 8.30pm on Saturday 25 March. [Sign up](#), switch out your lights and show you want action on climate change and to help protect our beautiful planet.

Find out more at [www.wwf.org.uk/earthhour](http://www.wwf.org.uk/earthhour)

# FOREWORD

Christianity, like all major faiths, knows how powerful annual events and rituals can be. Christmas, Easter, Harvest, Lent and other set times in the Church calendar give us times to reflect more deeply on certain aspects of faith, and to rediscover and retell the core stories and insights such festivals remind us about.

In Earth Hour, WWF discovered the power of such annual events and almost by accident has created one which works around the world, to give people everywhere the chance to reflect on this planet, and our role in protecting it and living well and gently on it.

Ten years ago in Australia, the idea of turning off your lights for one hour – in order to be more acutely aware of the importance of light and of its precious nature – was launched by a small group of environmentalists. Like a tiny match lighting a huge hearth, the idea took hold quickly around the world.

It was simple, and easily understandable, it crossed cultures and time zones, and it had come at a time when people were realizing that the making of energy with which to fuel our lives is one of the most difficult and fraught issues facing our relationship with nature. And that the change in climate that goes alongside that process is a threat to all life on earth and not just human life.

Earth Hour is now a feature of the annual cycle of events for many cities, from the Forbidden City of Beijing to the Sydney Opera House; from vast cathedrals to the candle-lit kitchens of people's homes.

And what has become clear in the past year or so, when WWF undertook a survey to ascertain what it is about Earth Hour that has most appealed, is that for many, this is a unique time and opportunity to light a candle and sit quietly. They appreciate being for a moment in a world with no TV, no radio, no mobile phones or computers or electric light. When candles light the world you can meditate, pray, read a poem or an inspiring text. Or have conversations that somehow are more special. Some like to sit alone, or with friends or family in their own homes or outside... but many like to sit in a place where others have also gathered – such as a church or cathedral.

In 2017 Earth Hour falls on Saturday March 25. This is the day before Mothering Sunday when traditionally Christians honour not only their actual mothers but also Mother Church. This year, in the spirit both of St Francis and Pope Francis' *Laudate Si* encyclical about nature, let us also give thanks, on the eve of Mothering Sunday, for what St Francis called Mother Earth. March 25 is also Lady Day. Until 1752, and from medieval times, this day was the start of the New Year, and traditionally the time for sorting out all your debts. We owe a vast debt to Mother Earth for supporting us and we need to reflect on how we have abused her. This one hour offers us the churches a unique opportunity to reflect on this more complicated debt, and to invite others – of whatever faith or none – to join in quiet reflection in the light of candles.

Which is why this year WWF-UK, in partnership with the [Alliance of Religions and Conservation](#) (ARC) have created this simple guide for churches and other places of worship to use or adapt for Earth Hour.

# SUPPORT FOR EARTH HOUR

This initiative is supported by leaders from different Christian traditions, who here offer some reflections.

*“This time of year, early Spring, reminds us of renewal, new life which arises after a period of darkness without which there could not be this new life. In those periods of darkness we have the whole potential that is there ready to come to light. That is how I see Earth Hour.”*

(Catholic Sister Mary Bellekom RLR, who runs the Faith in Water Foundation)

*“I’m delighted to support Earth Hour 2017. It’s critical we protect our planet for future generations - our children and grandchildren. It’s very appropriate to link it with Candlemas with its emphasis upon light shining in the darkness and of course Mothering Sunday with its focus on Mother Earth.”* (Revd Dr Stuart Burgess, senior Methodist church leader)

*“I warmly welcome the new initiative, led by WWF-UK with the help of the Alliance of Religions and Conservation to bring the experience of Earth Hour to churches and other places of worship throughout the country. The aim is to encourage even more Christians and members of other religious communities to come together, switch off the electricity, light candles and think about protecting the Earth and how to live more simply for the sake of the common good, future generations and God’s good Earth. So I want to encourage all churches in England to mark Earth Hour. Churches are uniquely well placed to offer to everyone, of any faith or none, a special place of reflection, mediation and silence for that precious hour without electric light on Saturday 25th March at 8.30pm. And they will be encouraged to bless a symbolic candle to be lit when Earth Hour starts on March 25th and if possible to bless other candles of all shapes, colours and sizes, brought by people to use at home or bring to church on the 25th.”* (Bishop Nick Holtam, Bishop of Salisbury and Lead Bishop on the Environment in the Church of England.)

*“Earth Hour is a powerful way to bring home the reality of climate change. The Faith for the Climate Network encourages all faith centres - be they churches, mosques, synagogues, temples or wherever - to be open for Earth Hour and create a chance to reflect on the beauty and mystery of creation. I hope the initiative will inspire thousands of people across the UK to take action on caring for our planet,”* - Canon Giles Goddard from Faith for the Climate Network, the UK’s main interfaith Climate action group.

# PLANNING EARTH HOUR AT YOUR CHURCH

It is important that Earth Hour allows people to have time and space for silent reflection and meditation where that is sought. Don't do too much. That "less is better than more" is the essential message of Earth Hour. Here are a few ideas of how to set up an Earth Hour in your church.

## Advertise

- Let local newspapers, radio stations, schools and other community centres know you will be open and celebrating Earth Hour at 8.30pm on March 25<sup>th</sup>.
- If useful, get the Sunday School group, local faith primary school, or other groups that meet at or around the church to design a poster.
- Include it in all the church notices and parish newsletters
- Invite people to join you by candlelight. You could suggest people bring their own candles or you could provide them yourselves so as to make sure they are placed safely around the church.
- Explain it is to sit quietly and reflect on Mother Earth and on our need to walk more gently on the earth.

## Make the candles special

- Invite people to select the candles they will light at home on Saturday 25<sup>th</sup> March. And on any of the Sundays before Earth Hour bring them to church for a blessing.
- Design the Blessing of Candles. This could be a simple ceremony based on the ideas given below for readings and hymns. Not everyone will want to be in a church for Earth Hour but they might find suggested readings helpful for private thought and reflection.

## Offer a special service for Earth Hour

- Invite people to join you and suggest everyone arrives by 8.15 so they have time to settle in and for you to welcome them. The first quarter of an hour could have music being played on organ, piano or sung.
- Follow the Church of Sweden's example and ring bells, if you can, or broadcast prayers on any radio or TV networks if you have access to such things, to mark the beginning of Earth Hour

- Offer refreshments afterwards to give an opportunity to talk. Make sure whatever you offer is organic, local, fairtrade, simple, delicious and ideally vegetarian, to highlight what Earth Hour is about.
- Make sure all non-essential lighting is switched off. Also arrange that (although it is glorious at other times) for that night any decorative lighting around your place of worship is symbolically turned off... and that all electric appliances in the offices are switched off and not left on standby. Do this ritually if you can. Get children involved if appropriate.

### Invite friends and strangers

- Go out of your way to ask other churches to join you and where appropriate, members of other faiths as well but keep everything very simple.
- Include it in local newsletters or social media, using your own networks.

### If you can't do it at the right time do it anyway

- If you can't make 8.30pm, then choose another hour of evening, when you would normally have the lights on, and switch them off and see what happens.

### Plan for later

- Plan to follow up later and throughout the year by Going Beyond the Hour. Have a session discussing how, as a church you might do that. Ideas could include encouraging a weekly day of no meat or fish, getting involved in campaigns, planning a low carbon Lent, and celebrating the natural world on an annual basis. The Orthodox Church has the "Time for Creation" on September 1. Many Catholic Churches see the Feast day of St Francis as an ideal time for remembering the natural world and planning how to help heal it. Anglicans, Baptists, Methodists and others often celebrate Creationtide or Creation Time in the period between these two dates.



# PRAYERS

**THE BLESSING OF THE LIGHT:** (usually said while lighting a lamp or candle. This could also form the heart of your blessing of the candles ceremony)

The Lord is my light and my salvation: my God shall make my darkness to be bright. The light and peace of Jesus Christ be with you And also with you.

**SEASONAL PRAYER OF THANKSGIVING:** Blessed are you, Lord God, creator of day and night. To you be praise and glory forever. As darkness falls you renew your promise to reveal among us the light of your presence. By the light of Christ, your living Word, dispel the darkness of our hearts that we may walk as children of light and sing your praise throughout the world. Blessed be God, Father, Son and Holy Spirit: Blessed be God for ever.

**BENEDICITE:** Bless the Lord all you works of the Lord: sing his praise and exalt him for ever. Bless the Lord you heavens: sing his praise and exalt him for ever. Bless the Lord you angels of the Lord: bless the Lord all you his hosts; bless the Lord you waters above the heavens: sing his praise and exalt him for ever. Bless the Lord sun and moon: bless the Lord you stars of heaven; bless the Lord all rain and dew: sing his praise and exalt him for ever. Bless the Lord all winds that blow: bless the Lord you fire and heat; bless the Lord scorching wind and bitter cold: sing his praise and exalt him for ever. Bless the Lord dews and falling snows: bless the Lord you nights and days; bless the Lord light and darkness: sing his praise and exalt him for ever. Bless the Lord frost and cold: bless the Lord you ice and snow; bless the Lord lightnings and clouds: sing his praise and exalt him for ever. O let the earth bless the Lord: bless the Lord you mountains and hills; bless the Lord all that grows in the ground: sing his praise and exalt him for ever. Bless the Lord you springs: bless the Lord you seas and rivers; bless the Lord you whales and all that swim in the waters: sing his praise and exalt him for ever. Bless the Lord all birds of the air: bless the Lord you beasts and cattle; bless the Lord all people on earth: sing his praise and exalt him for ever. O people of God bless the Lord: bless the Lord you priests of the Lord; bless the Lord you servants of the Lord: sing his praise and exalt him for ever. Bless the Lord all you of upright spirit: bless the Lord you that are holy and humble in heart; bless the Father, the Son and the Holy Spirit: sing his praise and exalt him for ever.

**EVENING PRAYER:** LIGHTEN our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ, Amen. Amen.

**ST PATRICK'S BREASTPLATE.** (This prayer draws on the whole of Creation. It is said to have been spoken by St Patrick when chased by men who wanted to kill him, drawing upon the skills and powers of nature to save him. There are several versions. This one is also a hymn.)

I bind unto myself today  
The strong Name of the Trinity,  
By invocation of the same,  
The Three in One and One in Three.  
I bind unto myself today  
The virtues of the starlit heaven,

The glorious sun's life-giving ray,  
The whiteness of the moon at even,  
The flashing of the lightning free,  
The whirling wind's tempestuous shocks,  
The stable earth, the deep salt sea,  
Around the old eternal rocks.

I bind unto myself today  
The power of God to hold and lead,  
His eye to watch, His might to stay,  
His ear to hearken to my need.  
The wisdom of my God to teach,  
His hand to guide, His shield to ward,  
The word of God to give me speech,  
His heavenly host to be my guard.

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger

**CLOSING PRAYER:** The Messiah gave up his body for the sake of all living beings. Through this the whole world knows that all life is as precarious as a candle flame. In his compassion he gave up his life (From the Christian Sutra of Jesus Christ written in China in around the 8th century)

# HYMNS FOR EARTH HOUR

How can one sing with gusto “How Great Thou Art” or “Fairest Lord Jesus” while beholding the ruins that is a mountain top removal site? How can we pollute the air and sully the streams then sing the refrain “and heaven and nature sing” in the Christmas song “Joy to the World”? Some of these hymns have been suggested by [www.christiansforthemountains.org](http://www.christiansforthemountains.org)

## All Creatures Of Our God and King

For many people, Pope Francis’s 2015 encyclical Laudato Si is the strongest and wisest of recent Christian statements about our Earth. The title is Medieval Italian for “Praise be to you!” and comes from the prayer of St Francis in which he celebrates the whole of Creation, sung in English, as this hymn.

*All creatures of our God and King,  
Lift up your voice and with us sing  
Alleluia, Alleluia!  
Thou burning sun with golden beam, Thou silver moon with softer gleam,  
O praise Him, O praise Him, Alleluia, Alleluia, Alleluia!*

## How Great Thou Art

(Stuart K. Hine)

*O Lord my God, when I in awesome wonder  
Consider all the worlds Thy hands have made  
I see the stars, I hear the rolling thunder  
Thy power throughout the universe displayed.*

*Then sings my soul, my Saviour God, to Thee;  
How great Thou art, how great Thou art!  
Then sings my soul, my Saviour God, to Thee;  
How great Thou art, how great Thou art!*

*When through the woods and forest glades I wander  
And hear the birds sing sweetly in the trees,  
When I look down from lofty mountain grandeur,  
And hear the brook and feel the gentle breeze.*



## Joyful, Joyful, We Adore Thee

(Music from Beethoven's 9th Symphony, Text by Henry van Dyke)

*All Thy works with joy surround Thee, Earth and heaven reflect Thy rays,  
Stars and angels sing around Thee, Center of unbroken praise.  
Field and forest, vale and mountain, Flowery meadow, flashing sea,  
Chanting bird and flowing fountain, Call us to rejoice in Thee.*

## Praise God From Whom All Blessings Flow (The Doxology)

(Music from Genevan Psalter, 1551; Text by Thomas Ken)

*Praise God from whom all blessings flow; Praise Him, all creatures here below;  
Praise Him above, ye heavenly host; Praise Father, Son, and Holy Ghost.*

## Great Is Thy Faithfulness

(Music by William Runyon; Text Thomas Chisholm)

*Summer and winter, and springtime and harvest,  
Sun, moon and stars in their courses above  
Join with all nature in manifold witness  
To Thy great faithfulness, mercy and love.*

## This Is My Father's World

(Music by Franklin Sheppard; Text by Malthie Babcock)

*This is my Father's world, and to my listening ears  
All nature sings, and round me rings The music of the spheres.  
This is my Father's world; I rest me in the thought  
Of rocks and trees, of skies and seas, His hand the wonders wrought.  
This is my Father's world, The birds their carols raise,  
The morning light, the lily white, Declare their Maker's praise.  
This is my Father's world; He shines in all that's fair;  
In the rustling grass I hear Him pass, He speaks to me everywhere.*

## I Sing The Mighty Power Of God

(Isaac Watts)

*I sing the mighty power of God, That made the mountains rise;  
That spread the flowing seas abroad, and built the lofty skies.  
I sing the wisdom that ordained The sun to rule the day;  
The moon shines full at His command, And all the stars obey.  
I sing the goodness of the Lord, That filled the earth with food;  
He formed the creatures with His word, And then pronounced them good.  
Lord, how Thy wonders are displayed, Wherever I turn my eye;  
If I survey the ground I tread, Or gaze upon the sky!  
There's not a plant or flower below, But makes Thy glories known;*

## Morning Has Broken

(Traditional Gaelic melody, Text by Eleanor Farjeon)

*Morning has broken, Like the first morning,  
Blackbird has spoken, Like the first bird.  
Praise for the singing! Praise for the morning!  
Praise for them springing Fresh from the Word!*

## Joy To The World

(Music by G. Handel; Text Isaac Watts)

*Joy to the Earth! The Savior reigns; Let us their songs employ;  
While fields and floods, rocks, hills, and plains  
Repeat the sounding joy, Repeat the sounding joy,  
Repeat, repeat, the sounding joy.*

## For The Beauty Of The Earth

(Music by C. Kocher; Text by F. Pierpoint)

*For the beauty of the earth, For the glory of the skies,  
For the love which from our birth, Over and around us lies;  
Lord of all, to Thee we raise, This our hymn of grateful praise.*

# CONVERSATIONAL PROMPTS

The darkness, lit only by candles, is a good place to talk about important subjects, including our threatened natural world.

1. Get people to tell stories about why they care about nature and natural places. Did anything happen in childhood or when they were young adults? Were there special places? Special people? Tough incidents that showed them that caring for God's world is important?
2. Plan a "day in the life" where you use no power and still have a great day.
3. Explore the message that it's good to go beyond just switching off the lights, both actually and metaphorically. For Earth Hour encourage people to switch off all other electronic devices except fridges and freezers (especially phones and computers) and later to take a look at what was turned off. For how long can you leave it off?
4. Discuss what it feels like to switch off mobile phones for a time. What loss is there? What gain?
5. What kind of Earth Hour pledges can you make, to live more sustainably according to your faith?
6. 'Tell me, what is it you plan to do with your one wild and precious life?' The American poet Mary Oliver said this. What would you answer?
7. Psalm 8 says that humanity has dominion over the works of God's hands, "All sheep and oxen, yea, and the beasts of the field; The fowl of the air, and the fish of the sea, and whatsoever passeth through the paths of the seas." And yet it is not ours to spoil or hurt or destroy. So discuss what "dominion" might mean.
8. We all eat food. Discuss how your church, school and other meetings could serve food and drink that was kinder to God's Earth and to animals: could you make the milk organic because it involves higher animal welfare, the coffee, tea and biscuits Fairtrade, the sandwiches and snacks vegetarian?

# BIBLICAL REFERENCES

These references will aid reflection about nature and light

- **Genesis Chapter 1 verses 1 - 2.** You could read on to verse 25. Clifton Cathedral has in the past used the whole Genesis Creation story as an inspiration for telling an alternative destruction story highlighting how quickly we are able to destroy that which has taken so long to form
- **Psalms 148.** *Praise him sun and moon, praise him shining stars...* this is also a hymn
- **Jeremiah Chapter 31 verse 35** *Thus says the LORD, who gives the sun for light by day and the fixed order of the moon and the stars for light by night, who stirs up the sea so that its waves roar*
- **Job Chapters 38 to 39 In which God challenges Job** *"Can you hunt the prey for the lion, or satisfy the appetite of the young lions, when they crouch in their dens, or lie in wait in their covert?... "Do you know when the mountain goats bring forth? Do you observe the calving of the hinds?"*
- **Matthew Chapter 4 verse 16** *"the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned."*
- **Matthew Chapter 5 verses 14 – 16** *"You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.*
- **John Chapter 1 verses 1 – 5** *In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God; all things were made through him, and without him was not anything made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it.*
- **John Chapter 3 verses 20 – 21** *For every one who does evil hates the light, and does not come to the light, lest his deeds should be exposed. But he who does what is true comes to the light, that it may be clearly seen that his deeds have been wrought in God.*
- **John Chapter 8 verse 12** *Again Jesus spoke to them, saying, "I am the light of the world; he who follows me will not walk in darkness, but will have the light of life."*

# READINGS

The process of finding poems and readings for Earth Hour might make an inspiring session for your church groups, youth groups or Sunday school

Look at poems by Alice Walker (*This could be our revolution: to love what is plentiful as much as what's scarce*), Mary Oliver (*One day you finally knew what you had to do, and began, though the voices around you kept shouting their bad advice*), Robert Frost ("*Something there is that doesn't love a wall/ That sends the frozen-ground-swell under it,/ And spills the upper boulders in the sun.*"), as well as Ted Hughes, Kathleen Jamie, Alice Oswald and many others. Here are a few more.

## A Tale of Two Cities

The sense of what Charles Dickens conveyed in the first paragraph of *A Tale of Two Cities* remains as strong today as ever. We stand at a junction and can decide which way to go. Both paths are open to us, but we have to choose. As the Earth's resources are put under more strain and the climate changes faster and with more severe consequences we cannot delay our decision any longer. (This reading has been used for Earth Hour by Clifton Cathedral in Bristol)

***It is the best of times, it is the worst of times, it is the age of wisdom, it is the age of foolishness, it is the epoch of belief, it is the epoch of incredulity, it is the season of Light, it is the season of Darkness, it is the spring of hope, it is the winter of despair, we have everything before us, we have nothing before us, we are all going direct to Heaven, we are all going direct the other way.*** (With past tense changed to the present)

## The way through the woods by Rudyard Kipling

*They shut the road through the woods  
Seventy years ago.  
Weather and rain have undone it again,  
And now you would never know  
There was once a road through the woods  
Before they planted the trees.  
It is underneath the coppice and heath  
And the thin anemones.  
Only the keeper sees  
That, where the ring-dove broods,  
And the badgers roll at ease,  
There was once a road through the woods.*

*Yet, if you enter the woods  
Of a summer evening late,  
When the night-air cools on the trout-ringed pools  
Where the otter whistles his mate,  
(They fear not men in the woods,  
Because they see so few.)  
You will hear the beat of a horse's feet,  
And the swish of a skirt in the dew,  
Steadily cantering through  
The misty solitudes,  
As though they perfectly knew  
The old lost road through the woods...  
But there is no road through the woods.*

### **"Nature" is what we see—Emily Dickinson**

*"Nature" is what we see—  
The Hill—the Afternoon—  
Squirrel—Eclipse— the Bumble bee—  
Nay—Nature is Heaven—  
Nature is what we hear—  
The Bobolink—the Sea—  
Thunder—the Cricket—  
Nay—Nature is Harmony—  
Nature is what we know—  
Yet have no art to say—  
So impotent Our Wisdom is  
To her Simplicity.*

### **Epitaph On The World by Henry David Thoreau**

*Here lies the body of this world,  
Whose soul alas to hell is hurled.*

*This golden youth long since was past,  
Its silver manhood went as fast,  
An iron age drew on at last;  
'Tis vain its character to tell,  
The several fates which it befell,  
What year it died, when 'twill arise,  
We only know that here it lies.*

# IDEAS FOR SUNDAY SCHOOLS

1. Encourage children to bring candles to church the weekend before to be blessed and used at home on Earth Hour Saturday especially if there is no specific event at church.
2. The church provides candles to children for them to take home and if possible have four or five available for each child and ask them who they will share this with. Make sure they understand what Earth Hour is about and again the [WWF-UK](http://www.wwf.org.uk) website is good for this.
3. Children cut out stars and write their prayers and hopes for the planet on one and then attach them all to a big sheet made of paper or cloth. The effect is to create a galaxy of stars because a galaxy lights up the whole universe. Find a place to hang this on Earth Hour, if the church is celebrating it, or on the Sunday closest to it.
4. Sit with children in a place of darkness with just one candle lit. Gently lead them in a meditation on how the earth is suffering because we don't respect what God has created and loves. Find one of the Biblical quotes given above or a read a verse from St. Francis. Then gradually light a candle for each child until the room has become full of light.
5. Walk around a place of sacred significance: the altar; the font without the lights on, perhaps the graveyard. Be led by one or two candles. Ask what they see that is different from either daylight or electric light.
6. Design a simple service of commitment and prayer. Ask the children to focus on what that life could be if we lived more simply and did less damage to the earth and all its life.
7. Ask the young people to choose one concrete action to discuss with God at Easter to see if they have done it. For example, switching off lights whenever they are the last person out of a room; not boiling more water than they need; turning off electric goods such as the TV, iPad, computers etc.,, encouraging family members to join in.
8. Ask them to write a prayer to be included in the following Sunday worship or if appropriate to be used at the Earth Hour in church.
9. Take the footprint calculator challenge to see how many planets you need to sustain your current lifestyle - [footprint.wwf.org.uk](http://footprint.wwf.org.uk)
10. Make recycled lanterns and light them on the night of Earth Hour. Some ideas are at [earthhour.wwf.org.uk/youth-resources](http://earthhour.wwf.org.uk/youth-resources)
11. At home: Bake a cake and decorate with a map of the earth. Share with family and friends and as you eat, talk about what your bit of the map is like and what people there might worry about and what would make them rejoice. Draw out the beauty of the cake as whole and how each ingredient has its own potential, but how mixed together how they create something greater.
12. Get the young people to estimate how much money they might have saved as a family by not using electricity and think of how much you could save by Easter. Suggest they donate this to WWF or to an environment initiative by the Church to make the planet safer for all life.

# IDEAS FOR YOUTH GROUPS

1. Plan a night hike with your group. At each checkpoint include conversation points about the natural world, or include the Earth Hour quiz. See what night-time wildlife you can spot, and keep a record.
2. Walk to a local hill point and look out for the lights being switched off.
3. Hold a candlelit picnic with your friends at dusk. Prepare delicious vegetarian or vegan food.
4. Learn about the stars and the moon in earlier sessions, and see how many stars you can all recognize. If this is successful, make it part of the group to go outside at different times of the year and see what constellations you can see, and what the moon is doing. Do it in conjunction with reading the longer Benedicite (see prayers above), or Psalm 148.
5. You can't switch on mobile phones for music during Earth Hour, but discuss what might be on a playlist for the Hour After Earth Hour.
6. Play acoustic instruments in the dark and have a jam.
7. Write special songs about nature for Earth Hour, and sing them.
8. Talk about youth action and activism. What can you do? Write letters? Sign petitions? Give talks? Be leaders? Where can you change things? How do you start? How would you like to be changed by this?

For more ideas, visit our [wwf.org.uk/youth](http://wwf.org.uk/youth) and download 60 ways to celebrate Earth Hour.



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