

# Car Free Sunday

On the Sunday closest to Car Free Day, September 22nd



Through this activity, the faith community will have helped to alleviate the detriments of car use (air pollution, cost of gasoline, overcrowded parking, etc.).



Approximately 1 hour and 20 minutes (10 minutes for the introduction, 1 hour for the celebration and 10 min for closing the activity)

## **Material**

- Text for the church bulletin announcing the activity
- Leaflets indicating public transit routes near the place of worship or even car-sharing companies.
- 5 years and under: selected book, poster, drawings (see appendix 2), coloured pencils, scissors, glue, toys.
- 6-12 years: a laptop, a projector, a canvas, chalk and a table to write down the brainstorming results.
- Teenagers: Bibles, costumes, props, camera for a souvenir of the event.
- Press release to be sent out after the event.

### C Location

The church for prayer gatherings and community halls or schools for activities by age group. Weather permitting, outdoor activities are preferable.



# A few weeks before the activity...

To ensure the smooth running of the activity, plan for the following elements:

- notify church members of the logistics of this special day (see sample letter in appendix 1),
- kiosk on Sundays prior to the event to organize carpooling,
- parking lot closed to cars,
- place should be made for bicycles, strollers, wheelchairs or others (in a room or at the back of the parking lot) with someone to constantly monitor these areas.
- kiosks on carpooling and public transit,

The organizing committee could ask the city if it would be possible to offer a certain number of free bus tickets for the occasion. Arrangements could be made with neighboring institutions or businesses for the use of their bike racks. The key to the success of the activity will be to support the church members before Car Free Sunday. The more informed they are of the possibilities they have to replace the car, the more motivated they will be to choose alternative transportation to participate in this day.

For reasons, such as disabilities, some people will be unable to avoid the car. For these people carpooling will be proposed. As much as possible, invite others to use a means of transportation other than the car.

It would be useful to count the number of cars and estimate the average journey of the members to estimate the collective CO2 balance of the community on a typical Sunday. On Car Free Sunday, you can better calculate the impact. See Appendix 2.

## Kiosks and information

For this event, it might be interesting to invite representatives of some car-sharing companies and a transit representative to hold a kiosk in the church. Otherwise there could be a table with flyers to advertise car-sharing companies and flyers with bus lines near the church.



## **(10 min.)**

- 1. Welcome members of the faith community outside, near the entrance of the church.
- 2. The various means of transportation for the celebration (walking, bicycling, bus, carpooling, etc.) are called by turns and each member is asked to stand when theirs is named. We see at a glance the preferred means of transportation used to come to church.
- 3. Activities are categorized according to the age groups and the places where they will take place. Special care is taken to introduce the facilitators and the volunteers who will accompany each group to the different venues.

# Service (some suggestions)

1. A word at the beginning of the celebration:
Dear brothers and sisters in Jesus Christ, on this day
when we show our support for other means of
transportation, let us ask Christ to open our eyes and our
hearts more to the beauty of his Creation and our
commitment to care for it.

### 2. Suggested Penitential Prayer

Open our hands, Lord

Forgive us, Lord, for our limited horizon For holding back from our children their inheritance of

Forgive us, Lord,

For our greedy egotism,

A fertile and clean land.

For our closed hands

Which possessively grasp everything they touch

And selfishly deplete natural resources.

Open our hands, Lord,

To the joy of sharing.

Teach us the generous gesture of the sower,

So that we can sow abundant seeds without asking ourselves

Who will partake of the harvest. Amen. Luca M. Negro

3. Ideas for the readings

If you are looking for special Scripture readings, go to the Spirituality/Bible section the Green Churches website.

4. Suggested petitions for the prayer service. -Give wisdom to those who govern so that the decisions they make are always for the benefit of the environment.

-Grant us to be seduced by the beauty of your creation and to constantly do your best to take care of it.

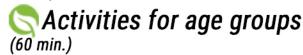
-Give us the strength and perseverance to make the right choices to reduce our ecological footprint and not always choose what is easier.

Note: See the Spirituality / Prayers section on the Green Churches website for more prayers to be added to your service.



### The kids change rooms (5 min.)

The children and teenagers go to their indicated rooms while the adults stay in the church for the Sunday service.



### Group of 5 years old or younger

1. Start by reading a story about the environment. Book ideas:

#### Handy, F., et Carpenter, C., Sandy's Incredible Shrinking Footprint. Second Story Press, 2010.

Sandy is enjoying a day at the beach with her grandfather when much to her chagrin she discovers a pile of garbage. As she cleans up the mess she is suddenly joined by the very peculiar "Garbage Lady". The "Garbage Lady" turns out to be a friend who teaches Sandy all about her ecological footprint. Determined to help the Earth, Sandy challenges her family to rethink, reuse, reduce and recycle. As Sandy's footprint shrinks, the book encourages the reader to think about their own ecological footprint with twelve tips for taking action.



#### Allan Drummond, Tin Lizzie, FSG Kids, 2008.

Drummond presents a lively, child-friendly cost-benefit analysis of the automobile with a book commemorating the 100th birthday of Henry Ford's Model T. Piling in with her three younger brothers, Lizzie finally gets a spin in the car that popularized automobile travel. As they sit in traffic, however, Lizzie asks, Grandpa, why are there so many cars? and so begins an affable debate. Grandpa sees cars as a symbol of progress; Lizzie enumerates their drawbacks. Cartoon-style vignettes of vehicles (and traffic jams) zip horizontally across these spreads, keeping the visuals in tune with the brisk dialogue and warding off the didacticism that creeps in, especially when Lizzie is talking.

After reading the book, you can simply ask the children what they liked or learned from this story. The facilitator emphasizes the importance of caring for our environment.

2. It is God who created all that surrounds us! We must love and care for His Creation! Let us sing the beauty of Creation!

On the melody of "If you're happy and you know it, clap vour hands:"

If you love God's Creation, clap your hands (clap-clap) If you love God's Creation, clap your hands (clap-clap) If you love God's Creation, if you think it's a sensation If you love God's Creation, clap your hands (clap-clap)

If you love God's Creation, stomp your feet (stomp, stomp) If you love God's Creation, stomp your feet (stomp, stomp) If you love God's Creation, if you think it's a sensation If you love God's Creation, stomp your feet (stomp, stomp)

\*Note: Let your imagination run wild to make the kids move.

3. On a poster with a church and a few landscape elements (trees, sun, flowers ...) children are asked to draw and post the means of transportation they used to come today. You will find examples of drawings in Appendix 4. Then, the child is asked to colour the means of transportation and to cut it out. Volunteers help children write their first name and paste their design on the poster.

Colouring drawings in appendix 4.

4. Free games

### Group of 6 to 12 years old

1. Start with short videos "Kids Talk Climate Change" (0:30)
Link: <a href="https://www.youtube.com/watch?v=4igQKdjqIKU">www.youtube.com/watch?v=4igQKdjqIKU</a>

"Severn Cullis-Suzuki at Rio Summit 1992" (8:31) Link:www.youtube.com/watch?v=4igQKdjqIKU

#### 2. Discussion

What is happening with the environment? What can we do about it?

In the video, the children are doing something to care for the environment. Do I think I can really make a difference for the well-being of the environment, even if I am a child?

As a disciple of Jesus, I am invited to improve the world, to be a sower of life and harmony. I am a witness of the risen Jesus when I take care of the environment around me: animals, plants, water, etc. Today, our parking lot is exceptionally empty. We will draw beautiful flowers and animals on it, like the garden of Eden, and also ways to take care of our environment, God's Creation. After the service, everyone will see our good ideas!



3. Drawing with chalk in the parking lot It is best to brainstorm with the children before going into the parking lot. Thus, the children will have a better idea of the work of art that they want to create. It is even possible to group some young people together to illustrate the same idea (common drawing).

If it rains, an alternative would be to make a mural with paint or felt pens.

#### Group of teenagers

#### 1. Discussion

The first part of the activity will take the form of a discussion. If there are many teenagers, divide them into subgroups with one facilitator for each.

- Is the environment important to you? Why? How do you care for it on a daily basis?
- Should taking care of the environment be a concern of Christians?

To push the reflection further, one can read the verse from the book of Genesis (2:15): The Lord God took the man and put him in the garden of Eden to till it and keep it.

- If Jesus of Nazareth lived in the 21st Century, we could ask ourselves: "What would Jesus drive?"

#### 2. Drama

In this second part, the teenagers stage a skit onf the theme: What would Jesus drive?

### Group of adults

Since adults are attending the service while other age groups do the activities, no activity is necessary for them. On the other hand, here is what could be done with adults after the service or at another time deemed appropriate by the faith community.

#### 1. Question

- If Jesus of Nazareth lived in the 21st Century, we could ask ourselves: "What would Jesus drive?"

Leave a few minutes for discussion.

2. Watch a video
Watch Saga City , which lasts 16 min. and 26 sec.

www.sagacitymovie.org

#### 3. Discussion

Ask adults to split into small sharing groups.

Provide a facilitator for each of the subgroups who will ask the questions and oversee the exchange time.

Examples of questions that may be asked include:

Do we live in a sustainable city? In other words, are essential services close to my home?

Has the city developed interesting alternatives to the use of the car? Do buses pass near my home more often than once every hour? Are there any car-sharing companies with vehicles near by that I could rent? Are there bike paths near my home? Do local supermarkets and banking institutions have bike racks?

\*This question is used, among other things, to help community members learn about existing resources in the neighbourhood.

How can I make suggestions to my municipality regarding sustainable urban planning?

As a Christian, should I fine my role to use alternatives to being the sole accupant in my car? Why?

To enrich the discussion, the facilitator can talk about some biblical texts. Here are 2 interesting texts to begin a discussion:

#### 1. Psalm 20:6-7:

Now I know that the Lord will help his anointed; he will answer him from his holy heaven with mighty victories by his right hand Some take pride in chariots, and some in horses, but our pride is in the name of the Lord our God Hint: Many people take much pride in their car, but the Psalm invites us rather to turn to the Lord.

#### 2. Zechariah 9:9:

Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem! Lo, your king comes to you; triumphant and victorious is he, humble and riding on a donkey, on a colt, the foal of a donkey.

Hint: The king is humble, able to choose a modest means of transport. What about me?

Do I have to think about the way I go from place to place. Should I take another look at things or am I already aware of transportation alternatives?

## 0

## Conclusion (10 min.)

After the celebration, the young people re-enter the assembly. The 5 years and under present their creations and can also sing a bit of "If you love the Creator". The teenagers present their skit. The 6-12 year olds invite church members to visit their works of art in the church parking lot.

Once all are in the parking lot, there could be a blessing of the bicycles, strollers, scooters ...

The organizers are then invited to send a press release to local newspapers and chuch publications to make known the accomplishments of this event. See Appendix 3.

It is also possible to estimate the impact of the action using the CAR FREE SUNDAY  $CO_2$  CALCULATOR. See <u>Appendix 2</u>.







Sample announcement to the faith community (Please adapt)

Dear members of our beautiful faith community,

On Sunday September 24, as part of Car Free Day, we invite you to come to church Sunday without your car! For this occasion, the parking lot of the church will be closed: instead of cars, bicycles, scooters and strollers will be parked there. Don't worry, a nice volunteer will monitor the parking lot. During the celebration, young people will be separated into age groups to reflect on the theme of ecospirituality. For those wishing to come to the service by bus, please note that the following buses stop in front of the church (name the different lines that may be used by the members).

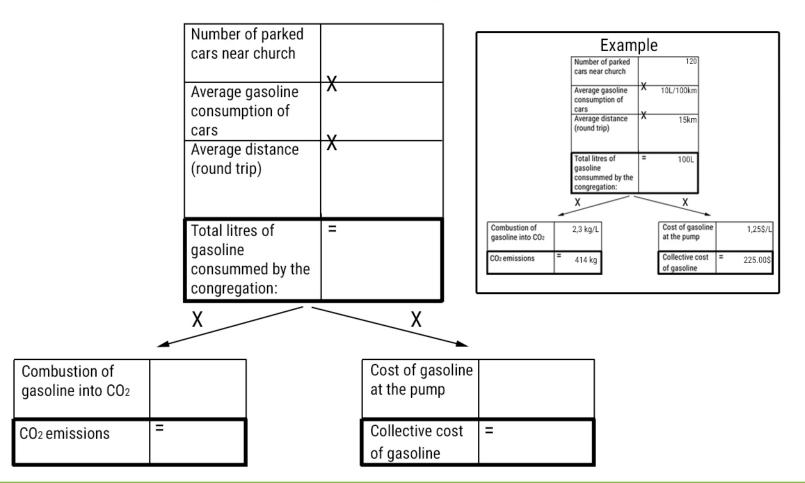
For the next two weeks, after the Sunday service, a kiosk will be set up at the entrance of the church to help find the bus route that suits you and to organize carpooling for those who are unable to attend otherwise.

We sincerely encourage you to participate in this Creation Care event!



#### CAR FREE SUNDAY CO2 CALCULATOR

This calculator is used to make a collective assessment of the impact of the use vs the non use of the car by the members of the Church. This balance can be calculated on a typical Sunday, then on *Car Free Sunday*.





Press Release For immediate release

### Car Free Sunday at Holy Trinity Church

**Toronto, September 24, 2017** – The 500 members of the Holy Trinity Church have opted for a new way to travel to the Sunday service. From the street, you could see people converging towards the church. They came on foot, by bicycle, by stroller, wheelchair, bus and by carpooling. They thus celebrated, concretely, the first edition of Car Free Sunday in this church.

While the adults participated in a prayer service which specially praised God for the beauty of the planet, the young people created a poster showing with the means of transportation used to come to church, drew with chalk on the church parking lot ways to take care of the environment and acted out a skit on the theme: What would Jesus drive?

Car Free Day on September 22nd is a worldwide movement that encourages the use of alternative modes of transportation: bicycles, public transit or simply walking. Launched around the year 2000, this day has stimulated many cities to take alternative transportation initiatives.

The activity carried out at Holy Trinity Church was initiated by the Green Churches Network. This network supports faith communities in the improvement of ecological practices and education on living a way of life more respectful of their environment. The Network is ecumenical and open to all faith communities.

To learn more about the Green Churches Network : www.greenchurches.ca

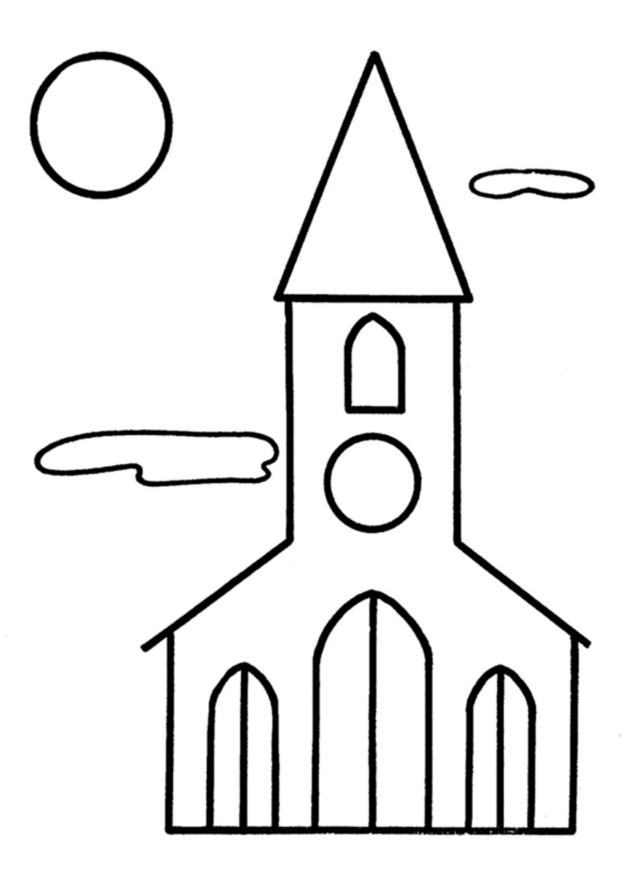
- END -

For more information, contact our:

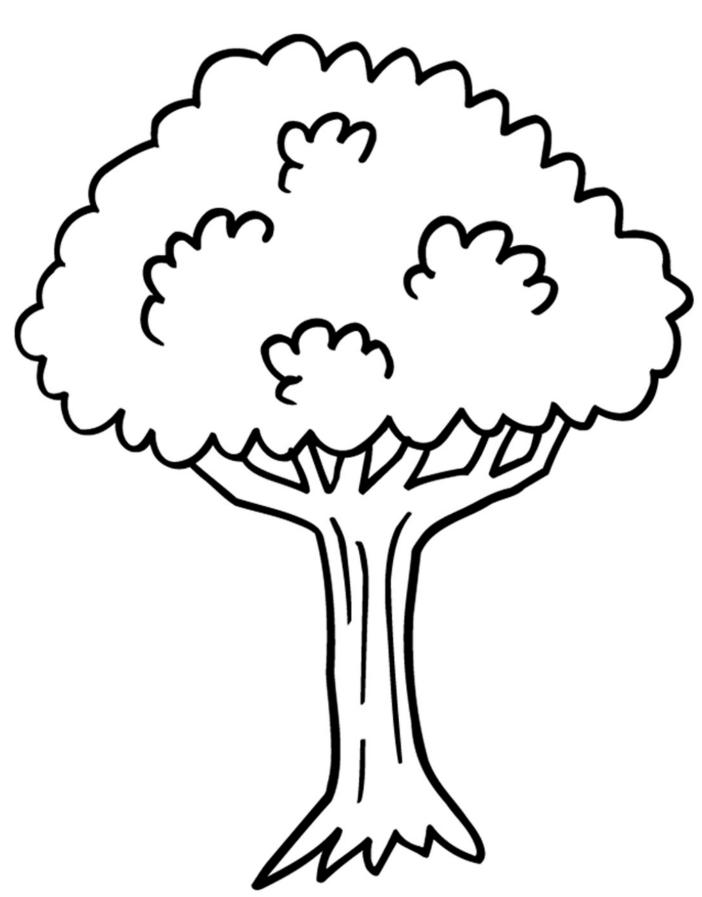
Holy Trinity Church Contact person : Ms. Joy Green 123, Church St. Toronto, Ontario, M5H 2N2

Phone: 416-123-4567

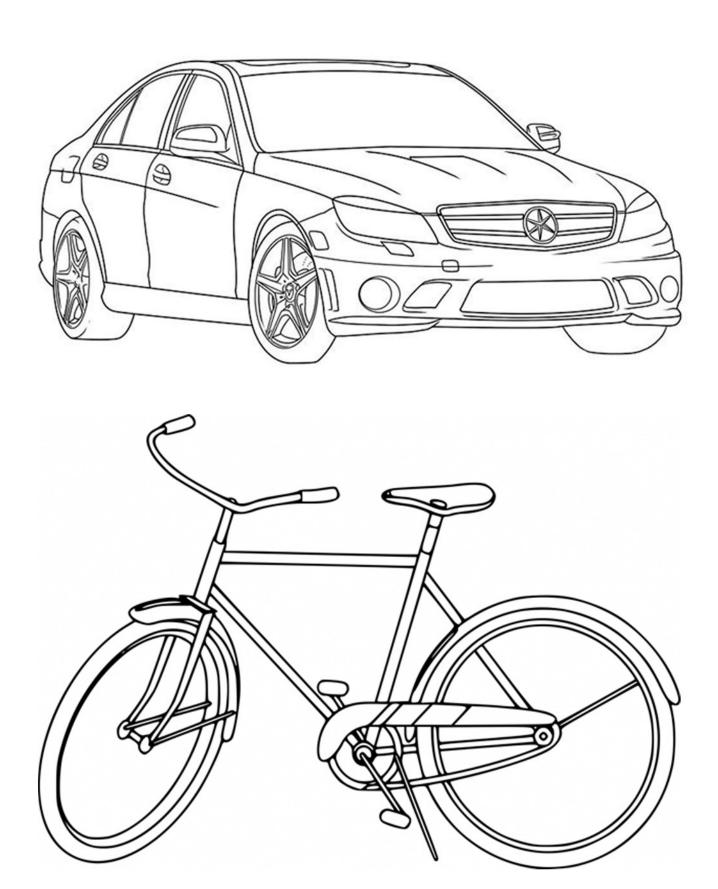




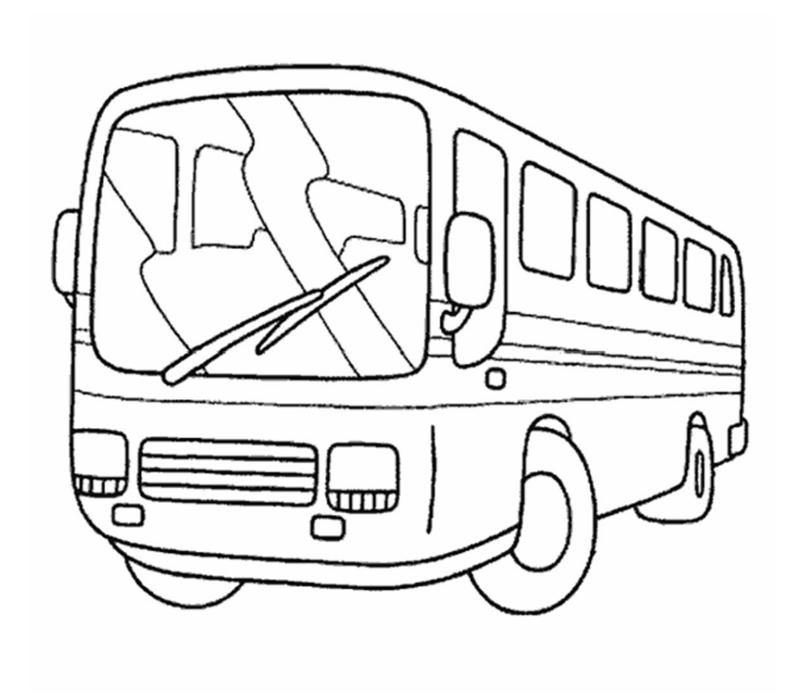




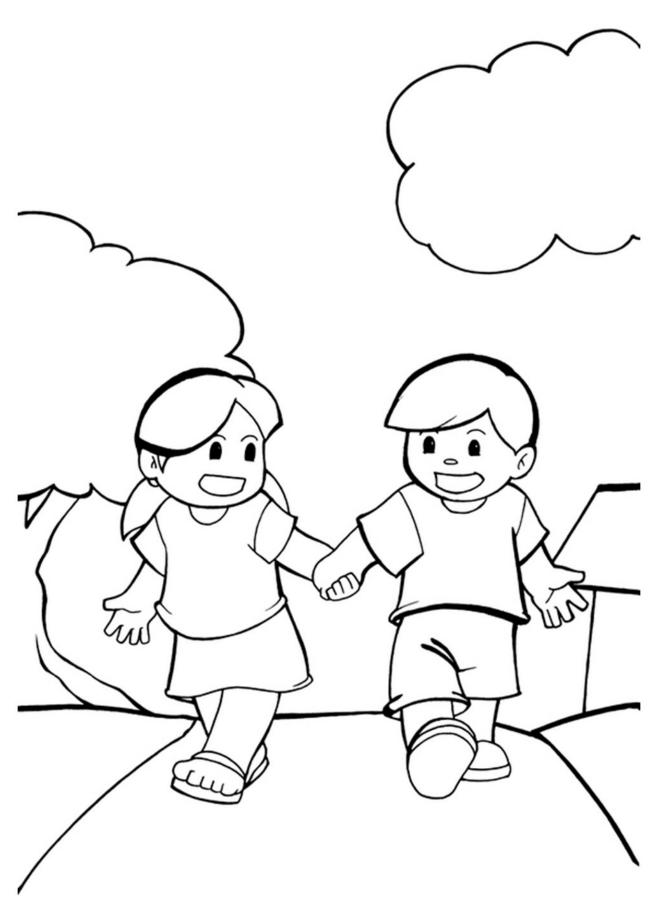
# Appendix 4







# Appendix 4



# Appendix 4

