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March 2026 Environmental Prayer Diary

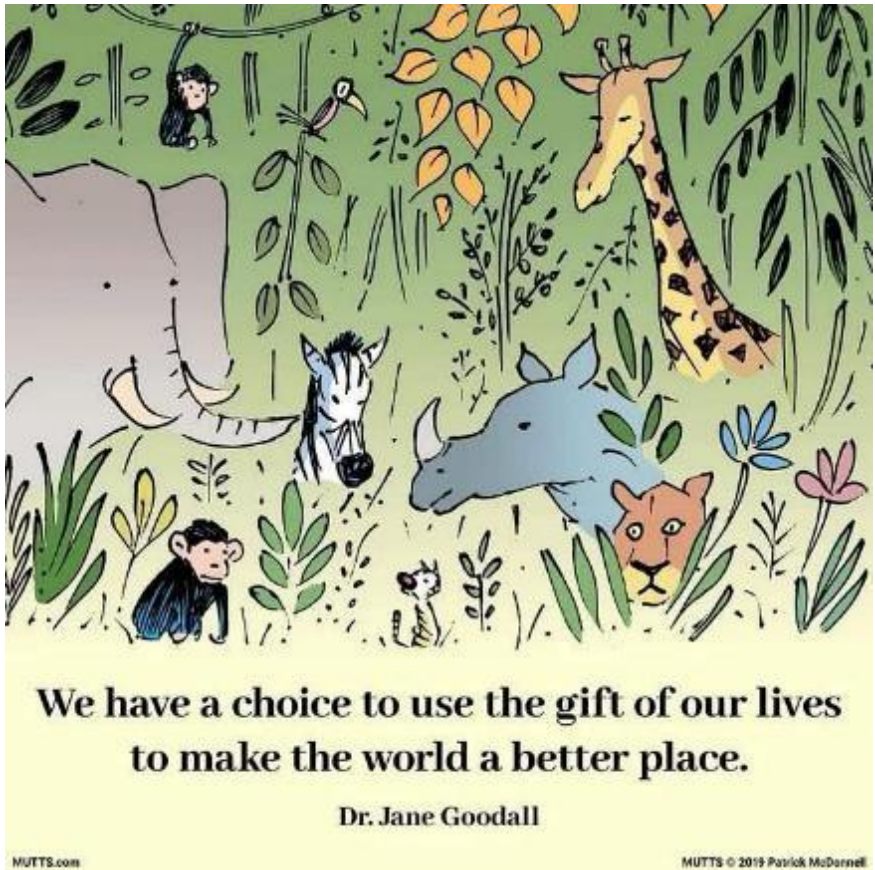

The purpose of this Prayer Diary is to provide subjects for your reflection and prayer as the Spirit moves you

What is a carbon fast for Lent? For Anglicans, Catholics and many others, Lent is the time when we remember the 40 days that Jesus spent in the wilderness, facing challenge and temptation. It is a time when we reflect on God's purpose for our life.

You are encouraged to take part in the Lenten Fast for Creation this year – a challenge going deeper than superficial fasting and take action to reduce the damage we have caused to God's Creation.

[Download the Lenten Fast for Creation here.](#)

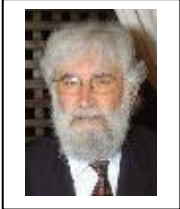
<p>Sunday</p>	<p>1</p>	<p>Father, we praise you with all your creatures. They came forth from your all-powerful hand; they are yours, filled with your presence and your tender love. Praise be to you!</p> <p>Son of God, Jesus, through you all things were made. You were formed in the womb of Mary, you became part of this earth, and you gazed upon this world with human eyes. Today you are alive in every creature in your risen glory. Praise be to you!</p> <p>Holy Spirit, by your light you guide this world towards the Father's love and accompany creation as it groans in travail. You also dwell in our hearts and you inspire us to do what is good. Praise be to you!</p> <p>Triune Lord, wondrous community of infinite love, teach us to contemplate you in the beauty of the universe, for all things speak of you.</p> <p>Awaken our praise and thankfulness for every being that you have made. Give us the grace to feel profoundly joined to everything that is.</p> <p>God of love, show us our place in this world as channels of your love for all the creatures of this earth, for not one of them is forgotten in your sight. Enlighten those who possess power and money that they may avoid the sin of indifference, that they may love the common good, advance the weak, and care for this world in which we live.</p> <p>The poor and the earth are crying out. O Lord, seize us with your power and light, help us to protect all life, to prepare for a better future, for the coming of your Kingdom of justice, peace, love and beauty. Praise be to you! Amen.</p> <p><i>A prayer for the earth from Laudato Si</i></p>
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<p>Monday</p>	<p>2</p>	
<p>Tuesday</p>	<p>3</p>	<p>World Wildlife Day</p> <p><i>2026 Theme: "Medicinal and Aromatic Plants: Conserving Health, Heritage and Livelihoods"</i></p> <p>World Wildlife Day (3 March) was declared as a global observance day for wildlife on the UN calendar under the auspices of CITES (the Convention on International Trade in Endangered Species of Wild Fauna and Flora) and has now become the global annual event dedicated to wild animals and plants.</p>  <p>Whilst our first thoughts about World Wildlife Day conjures images of roaring lions and stately elephants, our humble plants have an equally important role to play in our eco-systems and much of our floral heritage is in serious peril of extinction.</p> <p>Medicinal and aromatic plants (MAPs) are essential for both human health and ecological balance. Around the world, people collect and use MAPs for treating and preventing illnesses. The World Health Organization (WHO) recognises their significance as these plants form the foundation of many healthcare systems and remain vital to modern pharmaceuticals, as numerous active drug compounds are derived directly or indirectly from natural sources, despite advancements in synthetic chemistry.</p> <p>Additionally, MAPs play a crucial role in supporting ecosystems by stabilising soils, promoting biodiversity and providing essential resources for pollinators, such as bees and hummingbirds. However, many of these valuable species face growing threats from habitat destruction, overharvesting and illegal trade, making their conservation a global priority.</p>



		<p>South Africa's vast plant diversity for healthcare, cultural heritage, and economic activity – especially in African Traditional Medicine (<i>uMuthi</i>), is no less important. However, there is an urgent need to manage these resources sustainably due to increasing demand from traditional and commercial uses, which can lead to over-harvesting and threaten the future supply and livelihoods of those who depend on them.</p> <p>South Africa's abundant plant biodiversity, with approximately 10% of the world's known plants found within its borders, is rich in medicinal properties. Examples include <i>Warburgia salutaris</i> (Pepper-bark tree), <i>Hoodia gordonii</i> (Bitter Ghaap), <i>Siphonochilus aethiopicus</i> (Wild ginger), and <i>Pelargonium heterophyllum</i>, (so critically endangered that there is no common name for it) - all threatened by activities like habitat degradation from cultivation and indiscriminate over harvesting.</p> <p>Medicinal plants are a significant part of South Africa's cultural heritage, with a long history of use in traditional healing systems. The knowledge of using these plants is passed down through generations, forming an important part of indigenous knowledge systems. Conserving these plants helps to preserve this cultural heritage for future generations.</p> <p>To help stop the indiscriminate use of protected plants in South Africa, report illegal plant harvesting to South African National Biodiversity Institute (SANBI) through their dedicated tip-off channels (sanbi@behonest.co.za or safeguards@sanbi.org.za.) They work with law enforcement agencies and other conservation authorities to address the illegal trade in indigenous flora. Other methods include using alternative resources like recycled paper and supporting compliant nurseries to reduce demand for wild-harvested plants. Education plays a huge role as well, so reach out to those involved in this activity.</p>
<p>Wednesday</p>	<p>4</p>	<p>Verse: Isaiah 40:22</p> <p><i>'God sits above the circle of the earth.'</i></p> <ul style="list-style-type: none"> • How wonderful it is to know that God sits enthroned over the world. • The Lord is not rushing around dealing with emergencies. • He sits, in control of all things, and over all things. • Don't be blown around by bad news, HE is still in control. <p>Prayer: Lord, how awesome it is to know that You rule and reign over all things. There is nothing that is overwhelming You, and there is nothing that You didn't see coming. You know, You care, and You love me. Amen</p> <p>Pastor Andrew W Roebert <i>Alive to God</i> <i>Website: www.AlivetoGod.com</i></p>



Pelargonium heterophyllum

<p>Thursday</p>	<p>5</p>	<p>“Solidarity, compassion, caring, communion and loving. Such values and inner powers can lay the foundation of a new paradigm of civilization, the civilization of the humanity reunited in the Common House, on the Planet Earth our mission is to celebrate the greatness of Creation and connect it again to the Core where it came from and to where it will go, with care, lightness, joy, reverence and love.”</p>  <p>Leonardo Boff <i>Brazilian theologian, philosopher writer, and former Catholic priest</i></p>
<p>Friday</p>	<p>6</p>	<p>For the Fruit of All Creation</p> <p>For the fruit(s) of all creation, Thanks be to God; For the gifts of every nation, Thanks be to God; For the ploughing, sowing, reaping, Silent growth while we are sleeping, Future needs in earth's safe-keeping, Thanks be to God.</p> <p>In the just reward of labour, God's will is done; In the help we give our neighbour, God's will is done; In our world-wide task of caring For the hungry and despairing, In the harvests we are sharing, God's will is done.</p> <p>For the harvests of the Spirit, Thanks be to God; for the good we all inherit, Thanks be to God; for the wonders that astound us, For the truths that still confound us, Most of all that love has found us, Thanks be to God.</p> <p>Words By Fred Pratt Green; Words © 1970 Hope Publishing Company Listen – Sung by St. Thaddeus' Episcopal Church Choir:</p>
<p>Saturday</p>	<p>7</p>	<p>“For what can be known about God is plain to them, because God has shown it to them. For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse.”</p> <p>Romans 1: 19-20</p>
<p>Sunday</p>	<p>8</p>	<p>Lord God, Who made the earth and every living creature, help us to treat with compassion the animals entrusted to our care, that they may not suffer from our neglect nor become victims of any cruelty; and grant that in caring for them, we may find a deeper understanding of Your love for creation, through Jesus Christ, our Lord. Amen.</p>

<p>Monday</p>		
<p>Tuesday</p>	<p>10</p>	<p>Father God, you have made us stewards of all your creation. Give us a reverence for all your handiwork. Help us to guard your creation from waste and abuse, so that all may enjoy the fruits of the earth with thankful hearts and share them with all who are in need.</p>
<p>Wednesday</p>	<p>11</p>	<p>Psalm 148</p> <p>¹ Praise the Lord. Praise the Lord from the heavens; praise him in the heights above.</p> <p>² Praise him, all his angels; praise him, all his heavenly hosts.</p> <p>³ Praise him, sun and moon; praise him, all you shining stars.</p> <p>⁴ Praise him, you highest heavens and you waters above the skies.</p> <p>⁵ Let them praise the name of the Lord, for at his command they were created,</p> <p>⁶ He established them for ever and ever - he issued a decree that will never pass away.</p> <p>⁷ Praise the Lord from the earth, you great sea creatures and all ocean depths,</p> <p>⁸ lightning and hail, snow and clouds, stormy winds that do his bidding,</p> <p>⁹ you mountains and all hills, fruit trees and all cedars,</p> <p>¹⁰ wild animals and all cattle, small creatures and flying birds,</p> <p>¹¹ kings of the earth and all nations, you princes and all rulers on earth,</p> <p>¹² young men and women, old men and children.</p> <p>¹³ Let them praise the name of the Lord, for his name alone is exalted; his splendour is above the earth and the heavens.</p> <p>¹⁴ And he has raised up for his people a horn, the praise of all his faithful servants, of Israel, the people close to his heart.</p> <p>Praise the Lord.</p>
<p>Thursday</p>	<p>12</p>	<p>Father God, you have given us so many good things. Give us also a thankful and praising heart. Forgive us that so often we cannot see the blessings that stare us in the face. Deepen in us the conviction that everything good in our lives comes from you, and that nothing, but nothing can ever happen to us that cannot be turned to your glory.</p> <p>Selwyn Hughes Adapted</p>

<p>Friday</p>	<p>13</p>	<p>Let's celebrate Spiders! (14 March)</p> <p>Sadly South Africa does not have a special day (as they do in the US on 14 March), to celebrate our arachnid friends, but we shall do so anyway!</p> <p>Despite urban legends, there has never been a fatal spider bite in South Africa, even though potentially dangerous species like the button spiders lurk in your garden. Most of South African spiders are not aggressive and would really prefer to stay out of your way.</p>  <p>South Africa spiders are our common pest-control predators, like the rain spider and orb-web spiders, helping to manage household insects and garden pests. Other beneficial spiders are jumping spiders and wolf spiders, which are active hunters of various insects.</p> <p>By regulating insect populations, spiders are hugely important in maintaining a balanced ecosystem, preventing any single species from becoming overabundant. Some spiders even help aerate soil, which enriching the soil with vital nutrients. Spider diversity can indicate the health of an ecosystem, with different habitats supporting different spider communities.</p> <p>If you really don't want a spider's company in your home, gently remove it using a use a glass and paper to capture it and relocate to the freedom of outside.</p> <p><i>Reassess how you perceive spiders – realise that they are useful and essential to our very being.</i></p>
<p>Saturday</p>	<p>14</p>	<p>International Day of Action for Rivers</p> <p>The International Day of Action for Rivers is globally observed annually, and in South Africa, it is a day for highlighting the critical need to protect rivers from pollution, habitat destruction, and other threats. Various organizations and communities participate through awareness campaigns, clean-up events, research initiatives, and advocating for better water management practices and stricter regulations. The day also serves as a reminder of the importance of clean water for human health and ecosystems, with South African groups like WaterCAN and Plastics SA leading efforts to address issues like sewage and plastic pollution.</p>  <p>Gauteng's rivers, including the Klip, Jukskei, and Vaal, have high levels of sewage contamination due to a crisis of failing wastewater treatment infrastructure, ongoing pollution, and vandalism. A 2025 report indicates that major rivers are receiving significant amounts of treated and untreated sewage, contributing to a severe water pollution crisis in the province. The pollution has serious environmental and health consequences, including harm to aquatic ecosystems, a risk of waterborne diseases, and potential impacts on food security.</p>


		<p>Sewage contamination is largely due to municipal failure to maintain and upgrade aging infrastructure, leading to the discharge of untreated or partially treated wastewater. This results from issues such as lack of technical capacity, poor management, insufficient funding, and the inability to handle increasing urban populations and stormwater volumes.</p> <p>Other pollutants have a wider source closer to home such as the excessive use of herbicides, fertilizers, non-biodegradable detergents and medications. Any oil (whether motor oil, automotive fluids or even cooling oil) must never be discarded into the drain. The use minimal detergents and bleach as well as choosing phosphate-free products can go a long way to reduce river pollution.</p> <p><i>Prayerfully consider how you may be exacerbating this crisis and take steps to rectify your actions,</i></p>
Sunday	15	<p>Father God – our creator and provider. Thank you making us in your image and for how much you value us. Thank you too, that in your kindness, you continue to meet our needs. We pray for those who don't have enough food to eat today. We ask that you would provide for them too.</p> <p>Lord Jesus – our Lord and saviour. Thank you that while the enemy comes to steal and destroy, you come to bring life in all its fullness. We pray that you will bring this life to all communities in our Land. May we continue to be a beacon of light and a source of life and hope.</p> <p>Holy Spirit – our comforter and guide. Thank you for your continual presence, as you walk close beside us in our lives. Thank you that you have promised to lead us into all truth. Empower us, so that we can love one another more effectively and that we might see your kingdom come.</p>
Monday	16	<p>Encyclical Letter <i>Fratelli Tutti</i> of Pope Francis on the Fraternity and Social Friendship</p> <p>Chapter Five</p> <p><i>A Better Kind of Politics</i></p> <p>154. The development of a global community of fraternity based on the practice of social friendship on the part of peoples and nations calls for a better kind of politics, one truly at the service of the common good. Sadly, politics today often takes forms that hinder progress towards a different world.</p> <p><i>Forms of Populism And Liberalism</i></p> <p>155. Lack of concern for the vulnerable can hide behind a populism that exploits them demagogically for its own purposes, or a liberalism that serves the economic interests of the powerful. In both cases, it becomes difficult to envisage an open world that makes room for everyone, including the most vulnerable, and shows respect for different cultures.</p> <p>Popular vs. populist</p>






156. In recent years, the words “populism” and “populist” have invaded the communications media and everyday conversation. As a result, they have lost whatever value they might have had, and have become another source of polarization in an already divided society. Efforts are made to classify entire peoples, groups, societies and governments as “populist” or not. Nowadays it has become impossible for someone to express a view on any subject without being categorized one way or the other, either to be unfairly discredited or to be praised to the skies.

157. The attempt to see populism as a key for interpreting social reality is problematic in another way: it disregards the legitimate meaning of the word “people”. Any effort to remove this concept from common parlance could lead to the elimination of the very notion of democracy as “government by the people”. If we wish to maintain that society is more than a mere aggregate of individuals, the term “people” proves necessary. There are social phenomena that create majorities, as well as megatrends and communitarian aspirations. Men and women are capable of coming up with shared goals that transcend their differences and can thus engage in a common endeavour. Then too, it is extremely difficult to carry out a long-term project unless it becomes a collective aspiration. All these factors lie behind our use of the words “people” and “popular”. Unless they are taken into account – together with a sound critique of demagoguery – a fundamental aspect of social reality would be overlooked.

Prayerfully consider how this affects our Country

<p>Tuesday</p>	<p>17</p>	<p>Mystics and Non-Dual Thinkers</p> <p><i>“There is no way of telling people that they are all walking around shining like the sun.” -Thomas Merton</i></p> <p>The inner life of quiet, solitude, and contemplation is the only way to find your ground and purpose now. Read this passage by Thomas Merton, from his book <i>New Seeds of Contemplation</i>, slowly, imaginatively. Picture the scenes he describes using all your senses. Recall times when you have witnessed God at play, moments when you have joined in the “general dance.” Make space in your day or in the coming week to intentionally forget your small self and participate in the universal joy of simply being alive.</p> <p>“What is serious to men is often very trivial in the sight of God. What in God might appear to us as “play” is perhaps what he Himself takes most seriously. At any rate, the Lord plays and diverts Himself in the garden of His creation, and if we could let go of our own obsession with what we think is the meaning of it all, we might be able to hear His call and follow Him in His mysterious, cosmic dance. We do not have to go very far to catch echoes of that game, and of that dancing. When we are alone on a starlit night; when by chance we see the migrating birds in autumn descending on a grove of junipers to rest and eat; when we see children in a moment when they are really children; when we know love in our own hearts; or when, like the Japanese poet Bashō we hear an old frog land in a quiet pond with a solitary splash—at such times the awakening, the turning inside out of all values, the “newness,” the emptiness and the purity of vision that make themselves evident, provide a glimpse of the cosmic dance.”</p> <div data-bbox="1278 1173 1481 1397" style="float: right; border: 1px solid black; padding: 5px;">  </div>
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		<p>For the world and time are the dance of the Lord in emptiness. The silence of the spheres is the music of a wedding feast. The more we persist in misunderstanding the phenomena of life, the more we analyze them out into strange finalities and complex purposes of our own, the more we involve ourselves in sadness, absurdity and despair. But it does not matter much, because no despair of ours can alter the reality of things; or stain the joy of the cosmic dance which is always there. Indeed, we are in the midst of it, and it is in the midst of us, for it beats in our very blood, whether we want it to or not.</p> <p>Yet the fact remains that we are invited to forget ourselves on purpose, cast our awful solemnity to the winds and join in the general dance.</p> <p>Gateway to Silence: “We are living in a world that is absolutely transparent and the divine is shining through it all the time.” —Thomas Merton</p> <p>Richard Rohr <i>Centre for Action and Contemplation</i> https://cac.org/</p>
<p>Wednesday</p>	<p>18</p>	
<p>Thursday</p>	<p>19</p>	<p>International Day of Forests and Trees (21 March)</p> <p><i>2026 Theme: "Forests and economies".</i></p> <p>This theme highlights the crucial link between forests and economic development, including their roles in providing jobs, resources, and economic opportunities.</p> <p>Forests are vital to economies, providing jobs, income, and raw materials for industries, while also generating vast amounts of cash through products and services like timber, non-timber products, and ecotourism. This relationship highlights the need for sustainable management to ensure long-term economic and environmental benefits, as deforestation leads to significant losses in natural capital and ecosystem services. The forest sector can support economic growth by developing trade links, contributing to the tax base, and providing a platform for diversification, particularly for developing nations.</p> <p>South Africa's economy is significantly supported by its robust commercial forestry sector, which generates billions of rands through the production of pulp, paper, and timber products for both domestic and export markets. This sector provides employment for thousands of people, particularly in rural areas, and is a major contributor to the country's manufacturing and agricultural GDP. While plantation forestry is the economic backbone, South Africa also has</p>



		<p>extensive natural woodlands that contribute to local economies and biodiversity.</p> <p>However, there are challenges to our forests and there is need for controlled and sustainable use.</p> <ul style="list-style-type: none"> • The economic value of forests is often underestimated, as non-market benefits like climate regulation and biodiversity are harder to quantify and are often in conflict with short-term economic interests. • The continued loss of forests due to deforestation for commercial agriculture and other purposes leads to a loss of both economic and environmental capital. • To ensure long-term economic viability, there is a growing push for sustainable practices that balance resource use with conservation and protect the rights of those who depend on forests. • Shifting towards a "green economy" involves recognizing the value of forests as natural capital and developing economic models that reward their conservation and sustainable use, such as through mechanisms like REDD+ and the Forestry Stewardship Council   <p>Sustainable forest management is the practice of maintaining and enhancing the environmental, social, and economic values of forests for present and future generations. This approach balances the need for resources like timber with the crucial functions of forests, such as providing clean air and water, conserving biodiversity, and supporting livelihoods. Practices include replanting, selective harvesting, and pest management to ensure forests remain healthy and productive over the long term.</p> <p>FSC certification in South Africa is 27 years old, and the first Forest Management (FM) and Chain-of-Custody Certificates (COC) were issued in 1997.</p> <p>At the moment there are 35 FM certificates covering timber, bamboo plantations and other forest landscapes.</p> <p>We can do our little bit to conserve forests by ensuring that when we buy products made from wood, we insist that the wood has been ethically sourced – this can be verified with the <i>Forestry Stewardship Council</i> logo.</p> <p><i>Forests are too precious to lose!</i></p>
<p>Friday</p>	<p>20</p>	<p>International Day of Happiness</p> <p><i>2026 Theme: "Caring and Sharing"</i></p> <p>"Caring and sharing" is a phrase that emphasises the interconnectedness of compassion and generosity. Caring involves showing kindness, empathy, and concern for others' feelings and needs, while sharing is the act of giving to others, whether it's tangible items, time, skills, or intangible things like knowledge and experiences. The two are linked because sharing is a direct way to demonstrate care and can build stronger relationships and a more compassionate community.</p> 

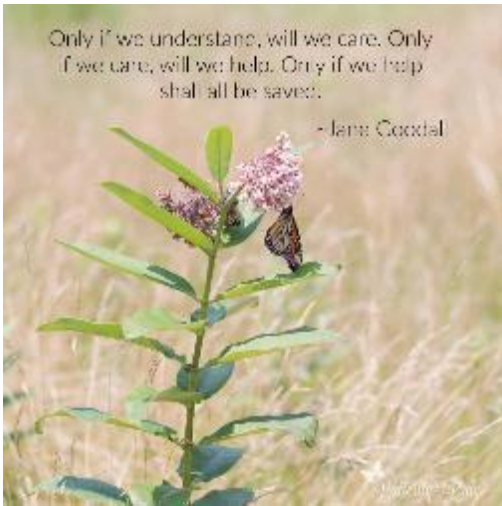

		<p>On this Day of Happiness – we need to extend our <i>Caring and Sharing</i> to the environment as well. Reducing our environmental footprint is an action of <i>Caring and Sharing</i> for the good of the Planet is a good direction to go.</p> <p><i>“We don’t have to engage in grand, heroic actions to participate in the process of change. Small acts, when multiplied by millions of people, can transform the world” - — Howard Zinn</i></p>
<p>Saturday</p>	<p>21</p>	<p>World Water Day (22 March)</p> <p>2026 Theme: “Water’s Role in Gender Equality”</p> <p>Water access is central to gender equality in South Africa because women are disproportionately burdened with collecting water, often traveling long distances on foot to carry heavy loads of often unsafe water, which takes time away from work, education, and family care. Inadequate cultural and governance structures often exclude women from water management decisions.</p> <p>On the surface, South Africa's water gender equality strategy policy and legal framework acknowledges gender equity, mandating efforts to redress past discrimination and ensure equitable access and has set targets for women's representation on management committees for water user associations. However, the strategy is largely ineffective, as evidenced by women controlling only 10.5% of water rights despite a strategy that aimed for 30% by 2014 and 40% by 2019. Failures include a lack of political will, weak institutional capacity, and a failure to address systemic issues like land ownership and traditional cultural norms that hinder women's empowerment and equitable water access. Addressing this requires systemic changes, like inclusive policies and greater female participation in water management, to truly reduce gender inequalities.</p> <p>Individuals can help reduce the negative effects of water access inequality by becoming more involved in water-related decision-making, advocating for women's inclusion in water governance, and supporting women-led water initiatives.</p> <p>Acknowledging the significant effort required for communities that must collect their own water highlights a deep appreciation for the convenience and public health benefits of a reliable municipal water system. The daily task of fetching water, often over long distances and with heavy loads, is physically demanding and time-consuming, a reality that endures for many women globally.</p> <p>Having immediate, clean water "on tap" provides an immense quality-of-life improvement. This convenience is often taken for granted and underscores the crucial value of robust water infrastructure. We all need to appreciate water and conserve this precious resource by using it wisely. Additionally, protect water quality by using chemicals sparingly, properly disposing of waste, and preventing pollutants from entering drains or storm sewers.</p> <p><i>Pray for the many women who have the daily burden of collecting water over long distances.</i></p>

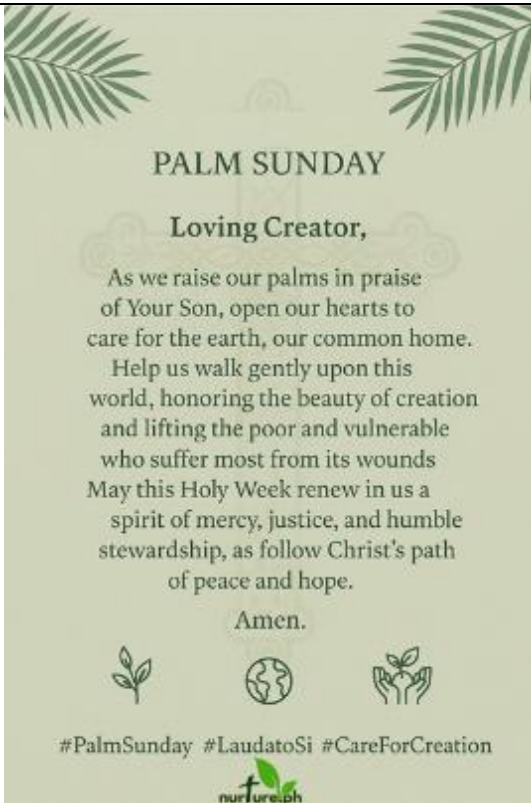


<p>Sunday</p>	<p>22</p>	<p>Lord Jesus Christ, You call all who are thirsty to come to you and drink from the fresh and living water that flows from your heart. Yet many live in dry and thirsty lands, drink from polluted streams and struggle for access to safe drinking water.</p> <p><i>Have mercy on them O Lord.</i></p> <p>Lord Jesus Christ, Forgive our selfish and unthinking actions that have stripped forests, polluted wells and caused toxic waste to enter the water systems.</p> <p><i>Have mercy on us O Lord.</i></p> <p>Lord Jesus Christ, We thank you, for the gift of water. Over it the Holy Spirit moved in the beginning of creation. Through it you led the children of Israel out of their bondage in Egypt into the land of promise. In it your Son Jesus received the baptism of John and was anointed by the Holy Spirit as the Messiah, the Christ, to lead us, through his death and resurrection, from the bondage of sin into everlasting life.</p> <p><i>Have mercy on us O Lord.</i></p> <p>Lord Jesus Christ, We commit ourselves to value and care for your gifts to us. May rivers of living water flow from us with compassion and caring to all who suffer from thirst and pollution.</p> <p><i>Have mercy on them O Lord.</i></p> <p>Lord Jesus Christ, We thank you, for the water of Baptism. In it we are buried with you in your death. By it we share in your resurrection. Through it we are reborn by the Holy Spirit.</p> <p><i>Have mercy on us O Lord.</i></p> <p>Lord Jesus Christ, Refreshed by your spirit, and following in your footsteps, may we continue to serve you provide cups of cold and refreshing water for the people and creation entrusted to our care.</p> <p><i>Have mercy on all of us Lord and fill us with the waters of life.</i> <i>Amen</i></p> <p><i>(Source:Christine Sine, Godspace)</i></p>
<p>Monday</p>	<p>23</p>	<p>World Meteorological Day</p> <p><i>2026 Theme: "The awe-inspiring power of nature and the urgent need to protect our beautiful planet."</i></p> <p>The theme centres on the power of nature, both its awe-inspiring beauty and its destructive potential, emphasising the urgent need for conservation.</p> <p>The awe-inspiring power of nature, from the delicate intricacy of a single flower to the overwhelming force of a storm, underscores the urgent and vital need to protect our beautiful planet. Nature is not merely a backdrop to human existence; it is our life support system, providing the air we breathe, the water we drink, and the food we eat.</p> <p>The World Meteorological Organization (WMO) acknowledges the <i>awe-inspiring power of nature</i> while focusing on the practical application of science to mitigate its hazards and protect humanity. The WMO highlights</p>



		<p>nature's power, for instance, by noting that the energy released by a single hurricane can be equivalent to the world's annual energy consumption.</p> <p>The organization's core mission is to facilitate global cooperation in monitoring and predicting weather, climate, and water conditions to safeguard society. This work is a direct response to the powerful and sometimes destructive forces of nature. The WMO leads the "Early Warnings for All" initiative to ensure that everyone is protected from hazardous events.</p>  <p>The WMO serves as the authoritative UN voice on weather, climate, and water, transforming science into action to save lives and support sustainable development. Its work includes monitoring climate change, tracking extreme weather events, and providing data for disaster risk reduction.</p> <p>By recognising the profound power and beauty of nature, we can be inspired to take the urgent action required to ensure a healthy, vibrant planet for generations to come.</p> <p><i>Take a moment to appreciate the awesomeness and power of nature!</i></p>
<p>Tuesday</p>	<p>24</p>	<p>World Frog Day (20 March)</p> <p><i>Nature's Tiny Conservation Ambassadors!</i></p> <p>Did you know that frogs are key indicators of ecosystem health? These small but mighty creatures play a crucial role in maintaining balance in our wetlands and rivers. Their presence tells us our wilderness is thriving.</p>  <p>Sadly, the status of frogs in South Africa is precarious, with nearly 30% of the country's 134 species threatened with extinction, a trend that mirrors global concerns about amphibian declines. Major threats include habitat destruction and fragmentation from urban and agricultural development, pollution, and invasive species. Some species, like the Table Mountain Ghost Frog and the Micro Frog, are Critically Endangered, found in only a few isolated locations.</p> <p>Learn more about these special little creatures – download the <i>Frogs of Southern Africa</i> from your App Store. The Lite version of the app is free to download and gives a great overview (and call) of our most common frogs and toads.</p>
<p>Wednesday</p>	<p>25</p>	<p>Father God, Jesus - King of Kings, blessed Holy Spirit, guide our leaders – those in government, in academia, in business – with wisdom in the way of justice and peace. Inspire our civic society to rise and speak words of truth to power. Bless our church leaders, that Your body, the Church, may be Your hands and feet in the world, ministering Your love and healing and bringing the good news of Your Love and Wholeness to all Your creation.</p>

<p>Thursday</p>	<p>26</p>	
<p>Friday</p>	<p>27</p>	<p>Heavenly God, the morning stars sing together, the heavens rejoice, the earth is glad, and the people of earth chant to you a new song.</p> <p>Joy pervading all the earth comes from you. You bid the sun to beam over the smiling earth and you light up our hearts with gladness. Whenever our souls rejoice may we learn to feel kinship with all your natural servants and grow aware of your gentle grace flowing within us. Admit us into your presence in times of joy, O heavenly God. We seek you that our joys may be hallowed with you, that our happiness may be deepened, that we may join the chorus of the universe, lands and oceans, the stars and infinite space in joyous adoration.</p> <p><i>Feast of the Universe Prayers</i></p>
<p>Saturday</p>	<p>28</p>	<p>Earth Hour</p> <p><i>2026 Theme: "Give an hour for Earth"</i></p> <p>Make an impact by doing something – anything – positive for our planet. Whether you're into food, fitness, the arts, or the outdoors, anyone, anywhere can <i>Give an hour</i> to care for our planet.</p>  <p>In 2026, marks the 20th anniversary, celebrating two decades of collective action and storytelling from communities around the world.</p> <p>The climate and nature crises are some of the greatest challenges humanity has ever faced. Make an effort to learn more about what's causing them, what's at stake, and what we must all do to turn things around.</p> <p>Earth Hour is moment of unity that brings the world together, shines a spotlight on nature loss and the climate crisis, and inspires millions more to act and advocate for urgent change. Each year, we work together to turn a single Earth Hour into thousands and millions of hours of action for our one shared home.</p> <p>Will you participate? Saturday, 28 March from 20:30-21:00 – <i>TURN OFF YOUR LIGHTS!</i></p>

<p>Sunday</p>	<p>29</p>	
<p>Monday</p>	<p>30</p>	<p>International Day for Zero Waste</p> <p>The UN established the annual International Day of Zero Waste in 2022 to raise awareness about the importance of sustainable consumption and production and to promote improved waste management worldwide.</p> <p>"Zero waste" aims to conserve resources by responsible production, consumption, reuse, and recovery of materials, with the goal of diverting waste from landfills and creating a circular economy. Each on us can play a huge part in making this concept a reality by using the "R Principles" - <i>Refuse, Reduce, Reuse, Repurpose and Recycle</i>.</p> <p>Use this checklist to inspire your actions:</p> <ul style="list-style-type: none"> • See what actions you're already taking and think about what else you could try • Write a list before food shopping • Use what we have before buying more • Repair before replacing • Make a meal from leftover ingredients • Choose good quality things made to last • BYO cup or bottle • Look for recyclable packaging • Swap single-use for reusable • Set up a worm farm or home compost • Shop second hand before new • Give away hand-me-downs to friends or family • Mend clothes • Recycle broken electronics at an e-waste drop-off point • Store food so it lasts longer • Avoid impulse purchases

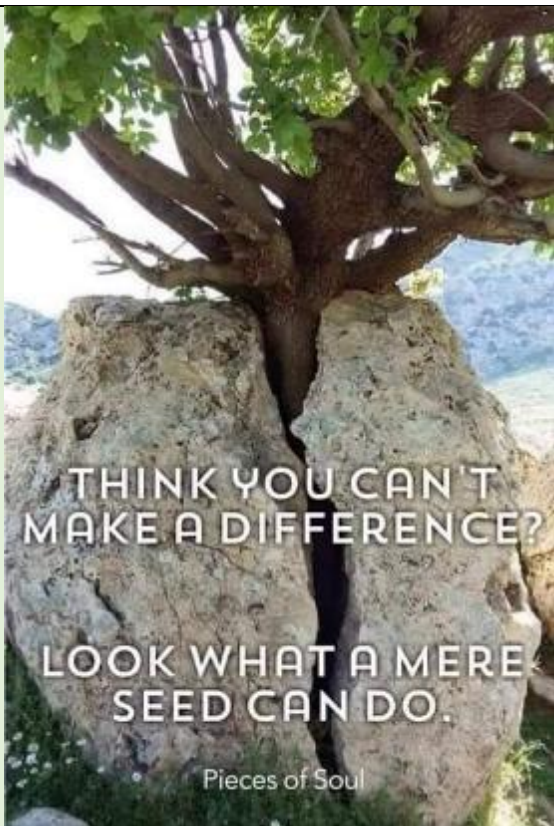
Tuesday

31



Hate, it has
caused a lot of
problems in the
world, but has
*not solved
one yet.*

MAYA ANGELOU



THINK YOU CAN'T
MAKE A DIFFERENCE?

LOOK WHAT A MERE
SEED CAN DO.

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