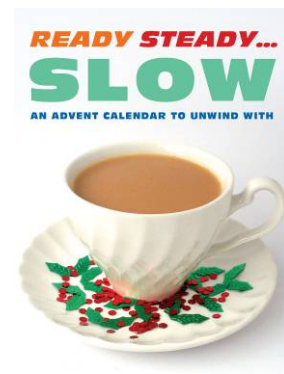


Ready Steady Slow An Autism-Friendlier Version



This little book invites us to slow down and take time to look inward at our hopes and fears, to look outward at a world in need of hope, and to look God-ward, confident in his love and commitment to the world. It's a great challenge, but one we can approach with great hope.
THE ARCHBISHOP OF CANTERBURY

Compiled by Ann Memmott

1 December

If you can, you might go to a park, a garden or the countryside today. Or, if you have children, perhaps take them to a playground. Enjoy being there. If you are not able to go outdoors today, you could instead enjoy looking at pictures of parks and the countryside.

2 December

When we turn a tap on to get water, we know that there will be some clean water. In many parts of the world there is no clean water to drink. Try to find information about charities that help to solve this problem in other countries. Find out how you can help them to do this.

3 December

If you go shopping, take bags with you instead of using new ones in the shop. If we re-use bags, we can help stop pollution and waste.

4 December

Do you normally use a tumble drier to dry your clothes? Do you have a washing line outside that you can use? If it is not raining, use this washing line to dry your clothes. Not using electricity will save you money and is better for the environment.

5 December

God told us to rest on one day a week. Try also to rest and relax for a few minutes today and think about God.

6 December

In your Bible, read Psalm 46 and look at verse 10. Try it. If you would prefer to read a different Psalm instead, that is OK.

7 December

Walk somewhere where you can then sit down and think about God for a while. It might be outside, or you might want to just find a comfortable place to think about God in your own home.

8 December

Often people spend lots of money on Christmas presents and food for Christmas. Instead, try to buy good things, but for less money.

9 December

Are there ways you could use less electricity, gas or other fuels at home or at work? Ask if this can be done.

10 December

Have a look at www.climatejusticefund.org and read about its work. Think of a way you could help them if you can. You can try to use less carbon. See the ideas on their "shrinking the footprint" link about this.

11 December

When you have a drink today or a lunch break, find out if you can add some extra time to relax and think about God for a few minutes.

12 December

Find out about a local charity or local community project and how you can help them.

13 December

Think about what you have learned about God, Jesus and our faith during this Advent. Think about how it might make a difference to your faith.

14 December

Try not to waste food that you have not eaten. Make another meal with the leftovers if it is safe to do so, or find out if you can make compost out of some of it.

15 December

You don't have to pray only in one place or only in one position. Find a way of praying that is most comfortable and relaxing for you.

16 December

If you are going somewhere today, try to find a way to travel that uses less fuel.

17 December

When factories make paper it uses up fuel and can be bad for the environment. Find ways to use less paper at Christmas.

18 December

We need to find ways to make life fair for everyone on the planet. Think about a way you could use less of the planet's energy. Think also about how you can help others to live safely and happily.

19 December

Save fuel by making sure you close the curtains at night and leave them closed for a little bit longer than usual. Also use good insulation in your home.

20 December

What are you good at? Use a God-given talent today, wherever you are.

21 December

Enjoy a carol service this Christmas.

22 December

If you are travelling somewhere this Christmas, make sure you travel legally, safely and politely.

23 December

Find out what the Mothers' Union really does at home and abroad.

24 December

What are you waiting for? Give it some thought.



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For more information, please look at our website: www.readysteadyslow.org