

The Pledge

By Helms Jarrell

You are invited to join me in a Lenten practice of rootedness and creativity.

From Feb 18-April 5, pledge to only buy food, clothing, toiletries, and entertainment within one mile of _____. You can fill in the blank with "my home" or "my work" or "my church." Record your observations through pictures and words and post to social media using the hashtag: #withinonemile . Use the weekly reflection guide for extra direction, challenge and encouragement. Encourage others who are practicing #withinonemile.

There may be some exceptions to the rule. This isn't about how difficult you can make your life. It is about regaining a sense of place. When you venture out of your one mile radius, write about it. Record your observations. Remain reflective and mindful in all of the places you go.

Invite others to join in this group practice. At the end of the Lenten Season, observations and reflections will be collected into one great big story of a people who chose to live more locally, more simply, and more mindfully.

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