

7 Day Action Calendar!



Wednesday 24th June

Can you do something for someone else today?

Maybe you could post a treat through a neighbours door?

Thursday 25th June

Why not contact someone you have not spoken to for a while?

(Don't forget to contact the collection team for your BAM donations - see web page: <https://ipswichbuddhistcentre.org.uk/june-is-bam-month/>)

Friday 26th June

Smile at someone who crosses your path today - Lets up the Smile R-Rate!

(It could be your donation collector, or your postman)

Saturday 27th June

Could you eat more ethically today?

(Perhaps buying local produce, or having a dairy, or meat free day)

Sunday 28 th June

How about reaching out to the wider community today?

(How about giving to a food bank, or recycling clothes)

Monday 29th June

Can you find some extra time for yourself today??

(You could swap social media time for meditation or reading)

Tuesday 30th June

Today you could do something to benefit the planet

(for example, picking up some litter, or leaving the car behind)

Remember we are collecting for the Ipswich Soup Kitchen & Lighthouse Womens Refuge

Donations of crisps, individually wrapped cake bars & biscuits; toiletries & non perishable foods