

*Together we can make a difference*

**Daily Reflection Thursday 14th May**

**Rogation Sunday.**

**This coming Sunday is Rogation Sunday. This is an old feast that was a time when people asked God to bless the crops.**

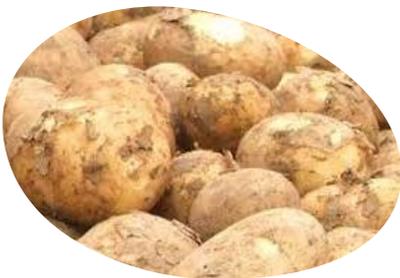
**We thought about how we could link this idea to caring for our planet.**



**We talked about what crops (vegetables and fruit) is grown in Cornwall today.**

**How many things can you think of?**

**Can you name all of these?**



**We then thought about how far our food has travelled to get to our plate. This is called 'food miles'.**

**We worked out that if we buy fruit and vegetables grown locally then we help our precious Earth as there will not be as much carbon footprint from things sourced locally.**

**We are blessed in Cornwall to be surrounded by bountiful crops to feed us.**



**Dear God,**

**This Rogation tide we thank you, Lord, for food to eat.**

**Thank you for your bountiful planet that has all we need.**

**Help us to look after the Earth and think carefully about the food we buy and help this precious earth by reducing food miles.**

**AMEN**

### **CHALLENGE**

**List all the food you have eaten today,**

**How much was from Cornwall?**

**Can you work out how many miles everything on your plate has travelled to get to you?**

**How could you reduce the food miles?**