

# Cardic Bike Tour

where could you cycle to that needs prayer?  
an arms factory, company HQ or government department?  
cycle there as part of the Cardic Bike Tour

say a 'grace' prayer of thanks before you eat this month, there's a great one in the Seeding Change booklet get your group together for a picnic this summer and pray it together before you start

Stuffs to remember in August:

spend a week blessing people or places try to discern what God might want to say to bless them or just pray good things over them hold SPEAK in your thoughts as we head to summer festivals ask God to help us bless people we meet

get outside and spend some time looking at the sky silently reflect as you contemplate the sky and what it means to you we share the same sky with people dispossessed by land grabs, like the people of West Papua - pray for them and their struggle for freedom



# AUGUST

**Speak**  
www.speak.org.uk



# SEPTEMBER

stuff to remember  
in September;  
Vocal Training 6-9th

at uni? hold a feast for freshers!  
make a meal together using ethical ingredients  
before you eat, say a prayer of thanks for  
good farming practices, as well as for the food you're sharing  
afterwards, end in prayer for people suffering  
the effects of pesticide use

Vocal Training, SPEAK's activist training and community weekend  
is taking place in Sheffield on 6-9th September

some of us are heading to London afterwards  
to protest at DSEI, a huge international arms fair

get out a Bible and some art materials  
read Micah 4:1-5 prayerfully!  
then prayerfully use the art materials to respond

we where inspiration takes you

fast in the run-up to make space for prayer,  
to seek out's direction for your activism  
and in solidarity with DSEI activists

