

### Leadership Meeting Guide – Find Your Fire

#### Breathe Free and Easy

*Family Health: Children, Parents and Grandparents*

Everyone has the right to pollution free air. It's a fundamental gift from God (Genesis 1). Still in the United States, we have to fight for clean air. There are a variety of industries who don't care about the quality of air if it means they will have to spend money to keep the air clean. Most American cities now have smog warnings so people at high risk including infants, asthma sufferers and the elderly have to stay indoors on those high smog days. Polluted air doesn't just affect your family but everyone around your family. Imagine days where outdoor sports and playdates at the park get canceled or postponed because our air quality is too poor to be outside. The good news is everyone has a role to play in helping keep our air clean.

#### Speaker or Video program

Moms clean air force organizer, EEN Director of Women's Ministries, a local doctor, a pediatrician who is an expert on asthma. Play video [Global Pandemic - Air Pollution | Romain Lacombe | TEDx-Athens \(19 mins\)](#)

#### Discussion questions:

1. Do any of your kids already show signs of asthma? Can we pray for them now?
2. If you have to keep your kids indoors, what's your favorite play activity to do with them?
3. How are we called as Moms to work towards healthier air?
4. What actions can we take individually to not contribute unnecessarily to air pollution?
5. How, as Moms, can you advocate for healthy air in your community, so all children can benefit?
6. What changes will you commit to at home to reduce your family's impact on polluted air?

#### Additional resources

- [EEN Handout 5 Ways to Reduce Air Pollution.](#)
- Visit [Moms Clean Air Force Smog Section](#) on website. Order pamphlets from Mom's Clean Air to hand out at meeting.

#### Additional activities for off MOPs meeting weeks

- Visit hospital ward with asthma wing.
- Implement a no idle policy for your church, preschool or school.
- Have a bike, walk or carpool Sunday.