



# Buy Nothing Community Board

As another way to support one another, Central Baptist is putting into practice a Buy Nothing Community Board. As we implement this new sustainable practice, you can find the board in the Green Living hallway. This Buy Nothing Community Board will consist of three parts. The GIVE section of the Buy Nothing board is a place where you can post what you no longer need or use in your homes. The "give" does not have to be a thing. It can be a gift of your time or skills. You can "gift" someone two hours of your time helping change the oil in their vehicle. The ASK section of the Buy Nothing board is a place where you ask for something you need or want. It does not have to be a physical thing. A request for time or skills is perfectly okay. You can ask for one hour of help weeding your garden. The GRATITUDE section is the one where you will leave notes of gratitude for how giving or receiving has made space in your life, blessed you, or brought you joy.

The first step is to grab a card and write out your GIVE, ASK, or GRATITUDE. Then finish with your name and tack the card onto the board. For safety reasons, interested parties can then find your contact information in the church directory. Another way to get in touch with that person is via email with Juliette Wallace

(juliette@lexcentral.com).



lexcentral.com  
859-278-2331

110 Wilson Downing Road  
Lexington, KY 40517