



The Presbyterian Hunger Program strives to walk with people in moving towards sustainable personal life choices that restore and protect all of God's children and creation. We believe that "God's Economy" is one of abundance for all. In order to live within this kind of economy, our relationship to those resources must reflect God's love for creation. We all must tread a little lighter on the face of God's Earth.

In Lent, we reflect on Christ's ministry, death, and resurrection. We slow down, take time, and examine our internal spiritual lives and the way we live out our Christian faith in the world around us. This Lenten calendar begins with ways to prepare ourselves for the Lent and Easter season and then moves to weekly foci of Giving, Debt, Transportation, Food and Material "Stuff." Ideas for action can be used by congregations as well as individuals.

GIVING

Debt

Sunday

18

Tzedakah is the responsibility to give as an act of justice. Consider how you use financial resources to create a more just and righteous world.

25

Consider how a shift in thinking about our wants vs. our needs could impact our future and current financial situations.



Monday

19

Read and reflect on 2 Corinthians 8:12.

26

Read and Reflect on 1 Timothy 6:10.

Tuesday

20

Give a gift of encouragement today. Use recycled paper or make a card from reusable sources to give to a someone who inspires you.



27

Consider creating a budget today if you don't have one already. The Presbyterian Foundation offers one option to help calculate your budget. Visit their Toolbox at <http://bit.ly/2n7w7QU>

February

Wednesday

14

**Ash Wednesday**  
Read Isaiah 58:1-12. Decide to adopt Lenten practices that draw you close to God, and that help you live your faith.

21

Celebrations often become gift focused. Explore Treasury of Celebrations: Create Celebrations that Reflect Your Values and Don't Cost the Earth edited by Carolyn Pogue online

28

Did you know that the Presbyterian Church (USA)'s Financial Aid for Service office can help with student loan debt and counseling? Visit [www.pcusa.org/loanassist](http://www.pcusa.org/loanassist) to learn more.

Thursday

15

Download the Presbyterians for Earth Care Lenten devotional for use alongside this "daily action" calendar at [www.presbyearthcare.org/wp-content/uploads/2015/12/Lenten-Devotional-2017-final.pdf](http://www.presbyearthcare.org/wp-content/uploads/2015/12/Lenten-Devotional-2017-final.pdf).

22

Do you know that the PCUSA offers alternative giving options? Learn more about the Giving Catalogue online at [www.presbyteriangifts.org](http://www.presbyteriangifts.org).

March

1

Support debt relief for hurricane-hit islands. Learn how at [www.jubileedebt.org/actions/demand-debt-relief-for-hurricane-hit-islands](http://www.jubileedebt.org/actions/demand-debt-relief-for-hurricane-hit-islands)



Friday

16

Set aside a special time for prayer today, on how to incorporate your Lent actions throughout God's creation.



23

It's important to be good stewards when we give. Research the organizations you give to by using Charity Navigator. Visit [www.charitynavigator.org](http://www.charitynavigator.org) to learn more.

2

**World Day of Prayer**  
Join with people around the world and set aside a quiet time for prayer, remembering all those who have encouraged you to care for God's creation and giving thanks for those blessings. [www.wdp-usa.org/](http://www.wdp-usa.org/)

Saturday

17

Plan ahead for Palm Sunday. The people who harvest palms for Palm Sunday are often not paid a fair price, nor are they able to harvest them sustainably. Learn more and order "Eco-Palms" before March 18: [www.pcusa.org/eco-palms](http://www.pcusa.org/eco-palms).

24

Volunteer together at a local non-profit, as a way to "gift" a shared experience to a loved one and to participate in something that also makes the world a better place.



3

Consider empowering someone else with the opportunity to repay their own debts by funding a micro-loan for at least \$25 dollars through an organization like KIVA that offers them to people in the developing world. Learn more at [www.kiva.org](http://www.kiva.org).

## Sunday

4

Every act of eating and each purchase of a food product becomes a moral and ultimately a faith decision. Consider what the food you ate last week says about your faith values.



11

If the world reduced meat consumption by 15% it would save the same greenhouse gas emissions as taking 240 million cars off the road each year. Plan to try one meatless Monday during Lent. Visit [www.meatlessmonday.com](http://www.meatlessmonday.com).

18

Have you ever wondered about your daily purchasing choices and the supply chain that brought them to you? Watch *The Story of Stuff* by Annie Leonard online at [www.storyofstuff.com](http://www.storyofstuff.com).



## Monday

5

Read and Reflect on Genesis 1:29.

12

Read and Reflect on Luke 12:48.

19

Read and Reflect on 1 Corinthians 4:1-2.

## Tuesday

6

Learn about the Farm bill to urge Congress to choose reform that reduces hunger and poverty in the U.S. and around the world. Raise your voice to push for justice and good stewardship in the next Farm [www.presbyterianmission.org/food-faith/farmbill/](http://www.presbyterianmission.org/food-faith/farmbill/)

13

Choose today to be mindful of the impacts of using your vehicle. Choose to walk anywhere within six blocks today.



20

Buy a reusable water bottle, thermos or coffee mug and commit to using it for the rest of the year.



## Wednesday

7

Learn where your food comes from. Calculate your food footprint at [www.eatlowcarbon.org](http://www.eatlowcarbon.org).



14

Calculate your costs for car ownership at [www.nerdwallet.com/blog/loans/total-cost-owning-car/](http://www.nerdwallet.com/blog/loans/total-cost-owning-car/) to see how much you can save by using public transportation.

21

Find out how your lifestyle choices and consumer habits impact modern slavery. Visit [www.slaveryfootprint.org](http://www.slaveryfootprint.org).

## Thursday

8

**International Women's Day**

We are more likely to be conscious of what and how we're eating if someone has lovingly prepared a meal for us and sits down with us to share it. Share a meal with an important woman in your life today.

15

U.S. driver's consumption of 500 gallons of gasoline every year per driver creates as much as 10,000 pounds of carbon dioxide. Share a ride with someone today to save on carbon emissions.



22

Strive to produce Zero Waste. Learn about the movement and read *Ten Tips to Get Started* online at [www.goingzerowaste.com/top-10-to-get-started/](http://www.goingzerowaste.com/top-10-to-get-started/).



## Friday

9

Join the Campaign for Fair Food in asking for fair wages for laborers. Visit [www.pcusa.org/fairfood](http://www.pcusa.org/fairfood).



16

Purchase carbon offsets for your commute today. Visit [www.nativeenergy.com](http://www.nativeenergy.com) to learn more.



23

Understand the environmental and social impacts of what you are buying. Do research on products you commonly use and find information on more creation friendly products at [www.ethicalconsumer.org](http://www.ethicalconsumer.org).

## Saturday

10

For Easter baskets, buy Fair Trade chocolate, dried fruit, tea and coffee or small gifts made by women's cooperatives! Fair trade helps farmers and workers around the world. [www.pcusa.org/fairtrade](http://www.pcusa.org/fairtrade).

17

Consider working with others in your congregation to plan your own Alternative Transportation Sunday event using materials available through PHP. Download a resource at [www.presbyterianmission.org/wp-content/uploads/bike\\_there\\_bus\\_there\\_rideshare\\_resource.pdf](http://www.presbyterianmission.org/wp-content/uploads/bike_there_bus_there_rideshare_resource.pdf)



24

Help defend the next generation. Visit [www.commercialfreechildhood.org/actions](http://www.commercialfreechildhood.org/actions) to see how you can be an advocate and support parents' efforts to raise healthy families by limiting commercial access to children.

Sunday

25

**Passion/Palm Sunday  
HOLY WEEK**

Read Psalm 31. As we think about Christ’s journey this Holy Week, may we recognize that while it is easy to be overwhelmed with climate injustice, overwhelming poverty, insatiable hunger, and human suffering that all seem insurmountable, that we do not travel alone. May we pray and cry out to God, as Jesus taught us, trusting that God hears us.

1

**Easter**

Matthew 28:1-10 Do not be afraid! Go out into God’s good world, holding onto God’s steadfast love and joyfully answering the call to be Christ’s disciple. Give with joy to the One Great Hour of Sharing.



Monday

26

Speak to the powerful. Urge elected officials to support legislation making justice a priority. Visit [www.capwiz.com/pcusa/home](http://www.capwiz.com/pcusa/home) to take action now.

Tuesday

27

Plan or plant seeds for a garden, even a window garden, to remember hope and new life in Christ: [www.almanac.com/content/beginners-vegetable-garden](http://www.almanac.com/content/beginners-vegetable-garden).



Wednesday

28

Begin thinking about how you would like to see the Care of Creation incorporated into Earth Day Sunday and talk to your congregation about resources available for worship from PHP. See them online at [www.presbyterianmission.org/ministries/environment/worship-and-eco-justice/](http://www.presbyterianmission.org/ministries/environment/worship-and-eco-justice/)

Thursday

29

**Maundy Thursday**  
John 13:1-17, 31b-35. How can we love one another—and God’s whole world—as Christ has loved us? Write down your commitment to show love to a person or part of creation today.

Friday

30

**Good Friday**  
Hebrews 4:14-16. In confidence of God’s presence and attention, may we confess all that we have done and failed to do, willing to be made new in Christ for a reconciled and reconciling world.



Saturday

31

**Great Vigil of Easter**  
Choose one of the practices from this Lent that may be meaningful to you to adopt for the year ahead, as a way you care for all God’s creation.

**For further learning and action**

- Celebrate One Great Hour of Sharing, an offering that strengthens earth care ministries, disaster response, and hunger and poverty alleviation: [www.pcusa.org/oghs](http://www.pcusa.org/oghs).
- Sign up for the Presbyterian Justice and Peace e-newsletter: [www.pcusa.org/subscribe](http://www.pcusa.org/subscribe).
- Lead your church in a study on the biblical and theological basis for eco-justice using resources from [www.pcusa.org/environment](http://www.pcusa.org/environment).
- Find a more complete list of ideas for congregational earth-care activities in the Earth Care Congregations guide: [www.pcusa.org/earthcarecongregations](http://www.pcusa.org/earthcarecongregations).
- Become a member of the grassroots organization Presbyterians for Earth Care: [www.presbyearthcare.org](http://www.presbyearthcare.org).
- Connect to ecumenical programs: [www.creationjustice.org](http://www.creationjustice.org).
- Follow fair work and labor rights: [www.laborrights.org](http://www.laborrights.org).
- Stay up-to-date on public policy concerns through the Office of Public Witness: [www.pcusa.org/washington](http://www.pcusa.org/washington).
- Support Environmental Ministries, Enough for Everyone and Presbyterian Hunger Program through gifts to the Hunger Fund H999999:
- Plan ahead to have a study group for next Lent using the Lent 4.5 study materials. Email [php@pcusa.org](mailto:php@pcusa.org) for copies.
- The calendar was created by the Presbyterian Hunger Program. Please visit us at [www.pcusa.org/hunger](http://www.pcusa.org/hunger) to learn more about ongoing opportunities.

