

Tread Lightly for Lent

Daily reflection-action calendar

2019



Presbyterian Church (U.S.A.)

Presbyterian Mission

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.

The Presbyterian Hunger Program strives to walk with people in moving towards sustainable choices that restore and protect all of God's children and creation. As people of faith, we seek to "serve and preserve" God's world. However, some of our collective choices have led to a changing global climate, which translates to warmer temperatures, rising sea-levels, and severe storms, just to name a few. To turn this tide, we must tread lightly on the face of God's Earth.

This Lenten calendar begins with ways to prepare ourselves for the Lent and Easter season and then moves into reflection items and days of carbon fasting. A carbon fast is a way to be mindful of our consumption, while participating in restrictions intended to create more mindful behaviors throughout the year.

March

Wednesday

6
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.

Thursday

7
Download and begin the Presbyterians for Earth Care Lenten devotional for use alongside this "daily action" calendar.

Friday

8
Reflect on the great lament of creation and those who share it. Pray with people around the world: Creator, open my heart to the pain of your creation.

Saturday

9
Plan ahead for Palm Sunday. Palms for Palm Sunday are often not harvested sustainably. Eco-Palms preserve the Mayan Biosphere. Learn more and order online: pcusa.org/eco-palms.

Sunday

10
During Lent, we commit to living more righteously. Pray with people around the world: Creator, give me strength to live in harmony with your creation.



Monday

11
Read and reflect on Psalm 8.



18
Read and Reflect on Isaiah 65:17-25.



Tuesday

12
Plan to eat lower on the food chain during the rest of Lent. Try a few new vegetarian or vegan recipes.



19
Unplug the chargers for your cell phone and laptop when you leave your home or office today to minimize vampire energy. Many electronics continue to draw power even when they are off.

13
Remove one light bulb (without creating an unsafe situation) or unplug one light in your home. Live without its light for the rest of Lent. This will decrease your energy use and act as a reminder of your carbon fast.

20
Challenge yourself to drink only water today. It takes 600 cups of water to produce a single cup of coffee, and 125 cups of water to produce a cup of tea.



14
Change the settings on your computer so it hibernates automatically if you haven't used it in 15 minutes.



21
Refresh your memory regarding which items your city or town allows for curbside recycling. Remind your family, friends and coworkers to recycle.



15
Many of our daily activities cause greenhouse gas emissions. Together these emissions make up a household's carbon footprint. Calculate your footprint: www3.epa.gov/carbon-footprint-calculator.

22
Write down everything you throw away today. Challenge yourself to reduce the trash you produce for the remaining days of Lent.

16
Try to have zero food waste today. Take only the amount of food that you will eat.



23
Learn where your food comes from. Calculate your food footprint at www.eatlowcarbon.org.



Sunday

24

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.



31

Read and reflect on the Canticle of the Sun by St. Francis of Assisi.



7

Check your tire pressure today. Low tire pressure means high energy/fuel consumption.

Monday

25

Read and Reflect on Genesis 1:29.



April

1

Read and Reflect on Luke 12:48.



8

Read and Reflect on Matthew 6:25-34.



Tuesday

26

Pick up at least one piece of litter today and dispose of it properly.



2

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



9

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. pcusa.org/fairtrade.

Wednesday

27

Think about the environment Jesus lived in and how it affected his ministry. Reflect on examples of Jesus drawing on his environment for illustrations and inspiration.

3

Calculate your costs for car ownership to see how much you can save by using public transportation.



10

Buy a reusable water bottle and commit to using it for the rest of the year.



Thursday

28

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.



4

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.



11

Have a "Buy Nothing Day" today - or all weekend.



Friday

29

Take a walk to appreciate the Earth's natural beauty. Remember why preserving the Earth is crucial for the health of future generations.



5

Purchase carbon offsets for your commute today. Visit www.nativeenergy.com to learn more.

12

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.

Saturday

30

Participate in Earth Hour by switching off all electricity at 8:30pm local time in solidarity with global efforts to secure nature and our home: www.earthhour.org



6

Consider working with others in your congregation to plan your own Alternative Transportation Sunday event using materials available through PHP.



13

Learn more about your personal ecological footprint: www.footprintcalculator.org.



Sunday

14

**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, we do not travel alone. May we pray, as Jesus taught us, trusting that God hears us.

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**

15

Making changes to reduce carbon use in our own lives is important. It's equally as important to be able to speak with our friends and family about what they can do. Download Blessed Tomorrow's Let's Talk resource to craft your own message. www.presbyterianmission.org/resource/lets-talk-faith-and-climate

Tuesday

16

Our lawmakers' votes are influenced by many things. The single most important influence should be yours. Download the Holy Discontentment: Lifting Your Voice for Effective Advocacy resource from the Office of Public Witness to learn more about how to use your voice to create change. www.presbyterianmission.org/resource/holy-discontentment-advocacy-resource

Wednesday

17

Now it's time to speak to the powerful. Urge elected officials to support legislation making justice and creation-care a priority. Visit capwiz.com/pcusa/ home to reach out to your representative.

Thursday

18

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 part of creation today.

**Friday**

19

Good Friday

Reflect on the communities most impacted by our consumption of carbon. Read the case studies presented at the end of this workshop on Environmental Justice and consider hosting a workshop in your community on the topic: www.presbyterianmission.org/resource/environmental-justice-workshop-case-studies.

Saturday

20

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

- Support the sustainable living work of the Presbyterian Hunger Program through gifts to the Hunger Fund H999999.
- Celebrate One Great Hour of Sharing, an offering that strengthens earth care ministries, disaster response, and hunger and poverty alleviation: www.pcusa.org/oghs.
- Sign up for the Presbyterian Justice and Peace e-newsletter: <http://info.pcusa.org/h/i/01BC164887C86A78>
- Lead your church in a study on the biblical and theological basis for eco-justice using resources from 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.
- Become a member of the grassroots organization Presbyterians for Earth Care: www.presbyearthcare.org.
- Encourage your congregation to go Carbon Neutral: www.presbyterianmission.org/wp-content/uploads/carbon-neutral-guide.pdf
- Connect to ecumenical programs: www.creationjustice.org.
- Stay up-to-date on public policy concerns through the Office of Public Witness: www.pcusa.org/washington.
- Plan ahead to have a study group for next Lent using the Lent 4.5 study materials. Email php@pcusa.org for copies.

The calendar was created by the Presbyterian Hunger Program drawing from carbon fast materials available at www.earthministry.org. Please visit us at www.pcusa.org/hunger to learn more about ongoing opportunities for simple living, environmental justice, alleviating poverty, and eliminating root causes of hunger.

