Tread Lightly for Lent
Daily reflection-action calendar
2020
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 commit to treading lightly on 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.

Our hope is that this Lenten calendar will be the beginning of actions intended to create more mindful behaviors throughout the year.

### March

#### Sunday
2. Join those using the Special Offerings Giving Calendar in prayer: “God, open my heart so I can see the many blessings you’ve given me. Open it and move me to share, so each of God’s children can feel love and care. Amen.”
3. Watch and share the “Jesus Calls Us” video with a friend or via social media and discuss how you feel called to care for God’s creation. [www.vimeo.com/370339034](http://www.vimeo.com/370339034)
4. What did you use water for today? In Flint, Michigan using the water isn’t as easy. Visit [www.flintpoisoning.com](http://www.flintpoisoning.com) to learn more and then say a prayer for those impacted in Flint.
5. Learn more about your personal ecological footprint: [www.footprintcalculator.org](http://www.footprintcalculator.org).
6. Pray with people around the world: God of Peace, we pray for everyone to come to know that, despite differences, we need to love, to reconcile with each other, and have peace.
7. Change the settings on your computer so it hibernates automatically if you haven’t used it in 15 minutes.
9. Join those using the Special Offerings Giving Calendar in prayer: “For homes, for families, for friends, for food, we’re thankful, Lord. To us you’ve been good! On all who feel scared, sick, hungry, not loved, pour out your rich comfort and peace from above. Amen.”
10. 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.
11. Refresh your memory regarding which items your city or town allows for curbside recycling. Remind your family, friends and coworkers to recycle.
12. Write down everything you throw away today. Challenge yourself to reduce the trash you produce for the remaining days of Lent.
14. Visit [www.pcusa.org/ccc](http://www.pcusa.org/ccc) to learn more about and consider taking PHP’s Climate Care Challenge.

#### Thursday
27. Download and begin the Presbyterians for Earth Care Lenten devotional for use alongside this “daily action” calendar.

#### Friday
28. Use the OGHS map online at [www.presbyterianmission.org/oghsmap](http://www.presbyterianmission.org/oghsmap) to find the OGHS partner closest to you and say a prayer for them.

#### Saturday
29. Plan ahead for Palm Sunday. Eco-Palms are harvested sustainably and preserve the Mayan Bio-sphere. Learn more and order online: [pcusa.org/eco-palms](http://pcusa.org/eco-palms).

### February

#### Wednesday
26. Ash Wednesday
Read Isaiah 58:1-12. Consider these questions: What are we asked to do? What can we do to be restorers today?

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### Lenten Calendar

**Wednesday, Thursday, Friday, and Saturday**

- **Wednesday**: Ash Wednesday
- **Thursday**: Download and begin the Presbyterians for Earth Care Lenten devotional for use alongside this “daily action” calendar.
- **Friday**: Use the OGHS map online at [www.presbyterianmission.org/oghsmap](http://www.presbyterianmission.org/oghsmap) to find the OGHS partner closest to you and say a prayer for them.
- **Saturday**: Plan ahead for Palm Sunday. Eco-Palms are harvested sustainably and preserve the Mayan Bio-sphere. Learn more and order online: [pcusa.org/eco-palms](http://pcusa.org/eco-palms).
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td>15</td>
<td>Read and Reflect on Genesis 1:29.</td>
<td>16</td>
<td>Join those using the Special Offerings Giving Calendar in prayer: “Creator of the rivers and oceans, who washes us clean and refreshes us daily, help us to be like a cup of cold water to others in your name: refreshing, cleansing, and relieving. Amen”</td>
<td>17</td>
<td>Pick up as many pieces of litter as you can today and dispose of them properly.</td>
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<td>22</td>
<td>Read and Reflect on Luke 12:48.</td>
<td>23</td>
<td>Did you know that there may be a connection between your soap and climate change? Read this blog post about our Joining Hands partners to learn more: bit.ly/2LRgNnz</td>
<td>24</td>
<td>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.</td>
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<td>29</td>
<td>Read and Reflect on Psalm 130. Consider our responsibility to be part of God's redemption in creation.</td>
<td>30</td>
<td>Learn more about the faithful response to climate change. Visit <a href="http://www.FaithClimateActionWeek.org">www.FaithClimateActionWeek.org</a></td>
<td>31</td>
<td>Pledge to be a Faith Climate Voter and vote with Creation in mind. Visit bit.ly/FaithClimateVoter</td>
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<td>31</td>
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<td>April</td>
<td>Plan to plant trees to absorb carbon dioxide during Faith Climate Action Week and report your numbers to the “For Love of Trees” campaign grand total on faithclimateactionweek.org</td>
<td>2</td>
<td>Commit to planning or joining a Sacred Activism event to protect the people you love from climate change. Download the Sacred Activism Guide or find a faith-supported action in your area at <a href="http://www.FaithClimateActionWeek.org">www.FaithClimateActionWeek.org</a></td>
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Maundy Thursday
Remind yourself of the PC(USA)'s policy on engaging with issues of climate change by visiting www.presbyterianmission.org/lordsearthpolicy.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday
5 Passion/Palm Sunday
HOLY WEEK
As we think about Christ's journey this Holy Week, take space to acknowledge that while it is easy to be overwhelmed with climate injustice, we do not travel alone.

6 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

7 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

8 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.

9 Maundy Thursday
Remind yourself of the PC(USA)'s policy on engaging with issues of climate change by visiting www.presbyterianmission.org/lordsearthpolicy.

10 Good Friday
Reflect on the communities most impacted by our consumption of carbon. Read about PHP’s partner Little Village Environmental Justice Organization: www.presbyterianmission.org/eco-journey/2019/06/03/power-of-community/

11 Great Vigil of Easter
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.

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: https://bit.ly/2Eo8R9p
• 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.
• 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.
• Lead a study group with the Lent 4.5 materials. Email php@pcusa.org for copies.
• Learn about carbon pricing, climate materials. Learn about carbon pricing, climate resources, environmental justice and more at www.presbyterianmission.org/eco-journey

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.