

Tread Lightly for Lent

Daily reflection-action calendar

2020



Presbyterian Church (U.S.A.)

Presbyterian Mission

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

1
Read and reflect on Genesis 2:15-17.

8
Read and Reflect on Isaiah 65:17-25.

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."*

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."*

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

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.



4
What did you use water for today? In Flint, Michigan using the water isn't as easy. Visit www.flintpoisoning.com to learn more and then say a prayer for those impacted in Flint.

11
Refresh your memory regarding which items your city or town allows for curbside recycling. Remind your family, friends and coworkers to recycle.



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?

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 to find the OGHS partner closest to you and say a prayer for them.

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.*



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.



5
Learn more about your personal ecological footprint: www.footprintcalculator.org.



12
Write down everything you throw away today. Challenge yourself to reduce the trash you produce for the remaining days of Lent.



13
Learn where your food comes from. Calculate your food footprint at www.eatlowcarbon.org.



7
Change the settings on your computer so it hibernates automatically if you haven't used it in 15 minutes.

14
Visit www.pcusa.org/cc to learn more about and consider taking PHP's Climate Care Challenge.

Sunday

15

Read and Reflect on Genesis 1:29.

22

Read and Reflect on Luke 12:48.

29

Read and Reflect on Psalm 130. Consider our responsibility to be part of God's redemption in creation.

Monday

16

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"

23

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

30

Learn more about the faithful response to climate change. Visit www.FaithClimateActionWeek.org

Tuesday

17

Pick up as many pieces of litter as you can today and dispose of them properly.



24

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.



31

Pledge to be a Faith Climate Voter and vote with Creation in mind. Visit bit.ly/FaithClimateVoter



Wednesday

18

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



25

Visit www.cooleffect.org/content/ecoamerica to learn more about carbon offsets for your congregation.



April

1

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

Thursday

19

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



26

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



Friday

20

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.



27

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.

3

Download the prayer at www.FaithClimateActionWeek.org so you can join the National Climate Prayer on Earth Day (4/22) at noon local time.

Saturday

21

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

28

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



4

Read and reflect on Psalm 8.

Sunday

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.

12

Easter

Read Matthew 28:1-10 Give with joy to the One Great Hour of Sharing.



Monday

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

Tuesday

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

Wednesday

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.



Thursday

9

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



Friday

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/

Saturday

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 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.

