

Tread Lightly for Lent
Daily reflection-action calendar

2019



Presbyterian Church (U.S.A.)
Presbyterian Mission

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.



Monday

25

Read and Reflect on Genesis 1:29.



April

1

Read and Reflect on Luke 12:48.



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.



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.



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.



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.



7

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



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.



10

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

11

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



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.

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

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

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.

18

Maunder 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.



19

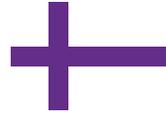
Good Friday
Reflect on the communities most impacted by our consumption of carbon. Read the case studies presented at the end of this workshop on Environmental Justice and consider hosting a workshop in your community on the topic: www.presbyterianmission.org/resource/environmental-justice-workshop-case-studies.

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.

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.



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.

