

Tread Lightly for Lent

Daily reflection-action calendar

2022



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

The Presbyterian Hunger Program strives to walk with people in moving toward 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. 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.

Sunday

6
Download the Sustainable Development Study Guide from the Office at the U.N. at bit.ly/3G7PvTC to connect environmental and human health around the world.



13
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 ethicalconsumer.org.

Monday

7
Read and reflect on Genesis 2:15–17.



14
Read and reflect on Matthew 25.



Tuesday

8
Write down everything you throw away today. Challenge yourself to reduce the trash you produce for the remaining days of Lent.



15
Consider where you see Christ today. Share this with one person.

Wednesday

March

2
Ash Wednesday
Read Matthew 6:1–6, 16–21. Consider these questions: What do we see as treasure here on Earth? How do or don’t those treasures draw us closer to God?

9
Read and reflect on Psalm 130. Consider our responsibility to be part of God’s redemption in Creation.



16
Pray: *God, show us, your people, how to honor your gift of Creation. Let us not be selfish with our gift, rather allow us to share as generously with each other as you have shared with us. Amen.*



Thursday

3
Use the OGHS map at presbyterianmission.org/oghsmap to find the OGHS partner closest to you and say a prayer for them.



10
Take a walk to appreciate the Earth’s natural beauty. Remember why preserving the Earth is crucial for the health of future generations.



17
Explore Creation Care Prayers from other traditions: blessedtomorrow.org/six-interfaith-creation-care-prayers.

Friday

4
Even though many of us aren’t gathering in a traditional sense, there is still a place for sustainable palms in your virtual worship. Learn more and order online: pcusa.org/eco-palms.



11
Download a prayer at faithclimateactionweek.org so you can be prepared for the National Climate Prayer on Earth Day (April 22) at noon local time.



18
Learn more about your personal ecological footprint: footprintcalculator.org.



Saturday

5
Challenge yourself to drink only water. It takes 600 cups of water to produce a single cup of coffee, and 125 cups of water to produce a cup of tea.



12
Read and reflect on Psalm 8.



19
Pray: *God of Enough, let us remember those in this world who still have not been able to realize your abundance because we have taken more than what we need. And let that remembering drive us to change. Amen.*



Sunday

20



Download "Considering Our Treasure" from PHP and take one of the action steps listed in the study. tinyurl.com/y27szc3z.

27

Take PHP's Climate Care Challenge at pcusa.org/cc.



3

Celebrate the Animal Kingdom by singing along to "A Place in the Choir": youtube.com/watch?v=-iP27eatYxE.

Monday

21

Read and reflect on Isaiah 65:17-25.



28

Read and reflect on Genesis 1:29.



4

Read and reflect on Philippians 3:4b-14.



Tuesday

22

Pray: "In the rising and setting of the sun and the cycles of the seasons, in the patterns of the shining stars, may we remember the goodness of God. Amen."



29

Pray: "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."



5

Sign up for Blessed Tomorrow's Climate Ambassador Program: presbyterianmission.org/eco-journey/2021/11/22/btclimateambassador training.

Wednesday

23

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



30

Pick up as many pieces of litter as you can and challenge a friend to do the same.



6

The consumption of 500 gallons of gasoline every year per U.S. driver creates as much as 10,000 pounds of carbon dioxide. Walk somewhere you would have driven today.



Thursday

24

Learn about the U.N.'s Children's Climate Risk Index at bit.ly/3EphRZk.



31

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. See pcusa.org/fairtrade.



7

Donate to offset your carbon use. Visit presbyterianmission.org/eco-journey/presbyterian-carbon-tree-fund to learn more.



Friday

25

Watch this short video on environmental injustice's disproportionate impact on people of color: youtu.be/dREtXUij6_c.



April

1

Use the map at bit.ly/3lgW2xf to find the closest Earth Care



Congregation to you and say a prayer for them.

8

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



Saturday

26

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



2

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



9

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



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

10

**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.



11

Download ecoAmerica/ Blessed Tomorrow's info sheets on various climate topics at ecoamerica.org/research.



12

Visit the Eco-Justice Journey blog at presbyterianmission.org/eco-journey and read an entry you haven't seen before.



13

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



14

Maundy Thursday
Urge elected officials to support legislation making justice and Creation-care a priority. Download this helpful guide: ecoamerica.org/wp-content/uploads/2021/06/advocacy-policy-makers-climate-solutions-p2p-ea.pdf.



15

Good Friday
Learn more about environmental injustice using the poster at presbyterianmission.org/wp-content/uploads/PHP-Poster-Environmental-Racism.pdf and consider who is most impacted.

16

Great Vigil of Easter
Visit lectionary.library.vanderbilt.edu/prayers.php?id=130 to reflect on poems and prayers for Holy Saturday.

17

Easter

Read Zephaniah 3:14–20. 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: pcusa.org/oghs.
- Download a poster about sustainability and Earth care concerns at presbyterianmission.org/resource/php-post-fall-2020.
- Sign up for the Presbyterian Justice and Peace e-newsletter: pcusa.activehosted.com/f/164.
- Lead your church in a study on the biblical and theological basis for eco-justice using resources from pcusa.org/environment.
- Find a more complete list of ideas for congregational Earth-care activities in the Earth Care Congregations guide: pcusa.org/earthcarecongregations.
- Become a member of the grassroots organization Presbyterians for Earth Care: presbyearthcare.org.
- Read our blog, Eco-Justice Journey: presbyterianmission.org/eco-journey.
- Connect to ecumenical programs: creationjustice.org.
- Stay up to date on public policy concerns through the Office of Public Witness: pcusa.org/washington.
- Lead a study group with the Lent 4.5 materials. Email php@pcusa.org for copies.

Please visit us at pcusa.org/hunger to learn more about ongoing opportunities for simple living, environmental justice, alleviating poverty and eliminating root causes of hunger.

