

# Tread Lightly for Lent

Daily reflection-action calendar

# 2021



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**

21  
Download this guide from the Office at the U.N.: [presbyterianmission.org/resource/study-devotional-guide-for-the-sustainable-development-goals-to-connect-environmental-and-human-health-around-the-world](https://presbyterianmission.org/resource/study-devotional-guide-for-the-sustainable-development-goals-to-connect-environmental-and-human-health-around-the-world).



28  
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](https://ethicalconsumer.org).

**Monday**

22  
Read and reflect on Genesis 2:15–17.



**March**

1  
Read and reflect on Matthew 25.



**Tuesday**

23  
Watch this short video on environmental injustice’s disproportionate impact on people of color: [youtu.be/dREtXUij6\\_c](https://youtu.be/dREtXUij6_c).



2  
Consider where you see Christ today. Share this with one person.

**Wednesday**

17  
**Ash Wednesday**  
Read Isaiah 58:1–12. Read Psalm 51:1. Consider these questions: In the past year, where have I seen steadfast love? How have I transgressed against the earth?

February

24  
Read and reflect on Psalm 130. Consider our responsibility to be part of God’s redemption in Creation.



3  
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**

18  
Use the OGHS map at [presbyterianmission.org/oghsmap](https://presbyterianmission.org/oghsmap) to find the OGHS partner closest to you and say a prayer for them.



25  
Use the map at [tinyurl.com/y4ctf7z3](https://tinyurl.com/y4ctf7z3) to find the closest Earth Care Congregation to you and say a prayer for them.



4  
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: [vimeo.com/370339034](https://vimeo.com/370339034).



**Friday**

19  
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 at [pcusa.org/eco-palms](https://pcusa.org/eco-palms).



26  
Download a prayer at [faithclimateactionweek.org](https://faithclimateactionweek.org) so you can be prepared for the National Climate Prayer on Earth Day (April 22) at noon local time.



5  
Learn more about your personal ecological footprint: [footprintcalculator.org](https://footprintcalculator.org).



**Saturday**

20  
Read this review about The Green Good News: [presbyterianmission.org/eco-journey/2020/10/12/green-good-news](https://presbyterianmission.org/eco-journey/2020/10/12/green-good-news).



27  
Read and reflect on Psalm 8.



6  
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

7



Download Considering Our Treasure from PHP and take one of the action steps listed in the study: [tinyurl.com/y27szc3z](http://tinyurl.com/y27szc3z).

14

Visit [pcusa.org/cc](http://pcusa.org/cc) to learn more about and consider taking PHP's Climate Care Challenge.



21

Read and reflect on the Canticle of the Creatures at [slr-ofs.org/canticle-of-the-creatures.html](http://slr-ofs.org/canticle-of-the-creatures.html).



Monday

8

Read and reflect on Isaiah 65:17–25.



15

Read and reflect on Genesis 1:29.



22

Read and reflect on Luke 12:48.



Tuesday

9

Pray: "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."



16

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."



23

Do you know about the connections between climate change and wildfires? Read this blog post: [tinyurl.com/y5hub4yk](http://tinyurl.com/y5hub4yk).



Wednesday

10

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.



17

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



24

Every year, each U.S. driver consumes 500 gallons of gasoline. This creates as much as 10,000 pounds of carbon dioxide. Walk somewhere you would have driven today.



Thursday

11

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



18

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.



25

Purchase carbon offsets for your commute. Visit [cooleffect.org/content/ecoamerica](http://cooleffect.org/content/ecoamerica) to learn more.



Friday

12

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

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. Low tire pressure means high energy/fuel consumption.



Saturday

13

Learn where your food comes from. Calculate your food footprint at [eatlowcarbon.org](http://eatlowcarbon.org).



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. Visit [pcusa.org/fairtrade](http://pcusa.org/fairtrade).



27

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. Visit [earthhour.org](http://earthhour.org).



28

**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.

4

**Easter**

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



29

Download Blessed Tomorrow's Let's Talk resource to craft your own message to be able to speak with our friends and family about reducing carbon use. Visit [presbyterianmission.org/resource/lets-talk-faith-and-climate](https://presbyterianmission.org/resource/lets-talk-faith-and-climate).



30

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: [presbyterianmission.org/resource/holy-discontentment-advocacy-resource](https://presbyterianmission.org/resource/holy-discontentment-advocacy-resource).



31

Speak to the powerful. Urge elected officials to support legislation making justice and Creation-care a priority. Visit [capwiz.com/pcusa/home](https://capwiz.com/pcusa/home) to reach out to your representative.



April

1

**Maundy Thursday**

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



2

**Good Friday**

Reflect on the air pollution created by our consumption of carbon. Identify who in your own community might be most impacted by this pollution.

3

**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: [pcusa.org/oghs](https://pcusa.org/oghs).
- Download a poster about Sustainability and Earth Care Concerns at [presbyterianmission.org/resource/php-post-fall-2020](https://presbyterianmission.org/resource/php-post-fall-2020).
- Sign up for the Presbyterian Justice and Peace e-newsletter: [info.pcusa.org/h/i/01BC164887C86A78](https://info.pcusa.org/h/i/01BC164887C86A78).
- Lead your church in a study on the biblical and theological basis for eco-justice using resources from [pcusa.org/environment](https://pcusa.org/environment).
- Find a more complete list of ideas for congregational earth-care activities in the Earth Care Congregations guide: [pcusa.org/earthcarecongregations](https://pcusa.org/earthcarecongregations).
- Become a member of the grassroots organization Presbyterians for Earth Care: [presbyearthcare.org](https://presbyearthcare.org).
- Read our blog, Eco-Justice Journey: [presbyterianmission.org/eco-journey](https://presbyterianmission.org/eco-journey).
- Connect to ecumenical programs: [creationjustice.org](https://creationjustice.org).
- Stay up to date on public policy concerns through the Office of Public Witness: [pcusa.org/washington](https://pcusa.org/washington).
- Lead a study group with the Lent 4.5 materials. Email [php@pcusa.org](mailto:php@pcusa.org) for copies.

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

