Ash Wednesday

During this Lenten season, we invite you into a deeper thought of our relationship with the Earth, our home, remembering that we are so intimately interwoven with the Earth that we will return to it as dust. Take some time today to think about a change you could make during Lent, being mindful of its impact on the world.

Think about giving up your use of bottled water for the rest of Lent. Annual consumption of plastic water bottles is set to top half a trillion by 2021, far outstripping recycling efforts.

Meatless

In today’s Gospel, we’re reminded that our earthly possessions do not define who we are. In the spirit of almsgiving, consider doing some “spring cleaning” and donating the things you no longer want or need.

In today’s Gospel, Jesus reminds us that we need only give and we shall receive. This applies not only to our interactions with other people, but also our relationship to the earth. Our planet gives us good food to eat, natural medicines, places to live, and so many other great gifts! What do we do for it in return?

Meatless

On this first Friday of Lent, let us remind ourselves that we abstain from eating meat as an act of self-denial, remembering that it is God who sustains us, and that Jesus gave up his body for us.

Purchase more mindfully today as every dollar you spend makes a statement. Buy wisely, asking yourself: Do I need this & do I need it now? Was it made sustainably? Is it worth the money?

Meatless

During this season of Lent, make an effort to have zero food waste at home and when eating out in restaurants. Take only the amount of food that you will eat.

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. Try only using a reusable beverage container for your water refills.

Spend some time today being mindful of the ways we care for our common home, which includes taking care of yourself and the creation of life around you. Giving up single-use plastics during Lent is a one way to help take care of the home we all live in.

Take a shower rather than a bath. Showers use less water than filling a bathtub, but remember to keep it short- even a 5-minute shower uses more water than most people have access to for an entire day.

Today’s Gospel reminds us that we are to share what we have with those around us. Consider becoming involved with Cultivate Culinary in their efforts to provide meals to individuals and families experiencing food insecurity.

Walk, bike, carpool, or use public transportation when traveling today. You can save money and help the environment.

When Jesus taught his disciples to pray The Our Father, he told them to ask for their daily bread - no more and no less than they need. Today, remember to take only what you need, be that in terms of food, water, time, or anything else.

Part of Lent involves becoming more mindful of ourselves. Joseph heard God’s call to be Mary’s spouse, but some calls are smaller, every day challenges that we can take up. Today, try to make one healthier choice in your meals. Taking care of our own bodies is the first step towards a fuller understanding of how we impact the world.