



# LENT 2021

*In Lent, we reflect on Christ's ministry, death, and resurrection. We slow down, and examine our internal spiritual lives as well as the way we live out our Christian faith in the world. Our faith teaches us that humans were put on this earth with the responsibility to be stewards. We also know our individual as well as collective U.S. lifestyles have led to serious harm to God's good creation. This Lenten reflection and action guide will help individuals take time to learn, reflect, repent, ask God for forgiveness, and take concrete steps to change course.*

## Week 1

### February 17: Ash Wednesday

Read Matthew 6: 16-21. Spend some time praying, meditating, or journaling about your decision to adopt Lenten practices that draw you closer to God, neighbor, and creation.

### February 18

Grab a copy of your home energy bill, and calculate your carbon footprint at [www3.epa.gov/carbon-footprint-calculator](http://www3.epa.gov/carbon-footprint-calculator). Take note of the activities that are the most carbon-intensive. Resolve to change them.

### February 19

Laborers who harvest palms for Palm Sunday are often not paid a fair price, nor are they able to harvest sustainably. Learn more and encourage your faith community to order "Eco-Palms" before the order deadline: [www.ecopalms.org](http://www.ecopalms.org)

### February 20

If the world reduced meat consumption by 15% it would save the same greenhouse gas emissions as taking 240 million cars off the road each year. Consider planning for meatless Mondays during Lent. Learn more and get recipe ideas at [meatlessmonday.com](http://meatlessmonday.com).