

2024 Lent Resource

Daily Reflection–Action Calendar to Cultivate Creation Justice



Consider using this Lenten season as an opportunity to reflect on the impact of plastic waste. One way to do this is to practice a “plastic-free Lent.”

February 2024

February 14: 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 15

Check out The Green Lectionary Podcast! Hosted by CJM’s Theological Training and Education Coordinator Derrick Weston, the podcast is a conversation on scripture through the lens of creation justice.

February 16

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.

February 17

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 www.meatlessmonday.com.

February 18

Stay cozy and conserve energy by checking your windows and doors for air leakage. Make a plan to caulk and weather-strip as needed. (These do need maintenance and replacement over time!)

Our Guide to Lent

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 love and protect creation. 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 seek restoration and reconciliation.

The calendar was adapted for ecumenical use by Creation Justice Ministries from the Presbyterian Hunger Program’s Environmental Ministries and Enough for Everyone offices, drawing heavily on the 2018 version.

February 19

The average adult receives 41 pounds of junk mail annually. This requires 53 million trees and 56 billion gallons of water to produce. Visit www.dmachoice.org to help stop unwanted junk mail. Call companies to unsubscribe from their mailings or catalogs. Resolve to do it today!

February 20

Save energy and add some beneficial humidity to your house by air-drying your laundry.



February 21

Watch our Faithful Resilience videos here: www.creationjustice.org/faithfulresiliencefilms.html

February 22

Consider going plastic-free this Lent. Simpler ways to reduce single-use plastics are to bring your own reusable bags to stores and swap out plastic straws for metal straws.

February 23

Write a note to a child in your life who inspires you to sustain God's creation for future generations.

February 24

Watch a nature documentary. Planet Earth and Earth's Natural Wonders are good options. Also, see Nature on Public Television. Marvel at the miracle of God's creation.

February 25

Reduce shellfish consumption. Microplastics that end up in the ocean are ingested by bottom-feeding shellfish. When you consume the shellfish, the microplastics are then ingested by you. Reducing or avoiding your consumption of shellfish can help cut down on the amount of microplastics that get into your system.

February 26

Carve out time for landscape or garden-planning. Cut back on or eliminate pesticide use this year. What role could native and pollinator-friendly plants play in your landscape? Write down one planned action you will take to honor God's creation with your landscape or garden plans in the spring. Not able to landscape? Check out community gardens and house plant opportunities.

February 27

Watch the "Story of Stuff" online video at www.storyofstuff.org. An absolute must-see!

February 28

Decide not to add any items to the landfill today. Use real cups, cloth napkins, reusable bags for groceries, and reusable water bottles.

February 29

If you don't already have one, consider ordering a copy of The Green Bible. All passages related to care and justice for God's creation are in green print. It is available online.



March 2024

March 1

Reduce the amount of reusable plastics used for community meals. For example, use paper or bamboo plates instead of plastic or styrofoam.

March 2

Take note of how your church's coffee hour is run. Look for opportunities to become more sustainable, such as eliminating styrofoam, using china instead of paper cups, or buying from local vendors.

March 3

Labor exploitation is often tied up in sustaining our current levels of consumption. Take the Human Slavery Footprintsurvey at (slaveryfootprint.org). Consider ways to decrease your participation in modern-day slavery.

March 4

Do you know what watershed you live in? Find out, explore, and consider connecting with a local watershed stewardship organization: <https://watersgeo.epa.gov/mywatersway/rlist.html>



March 5

Plan or plant seeds for a garden, even a window garden, to support a local food system, and to remember hope and new life in Christ: almanac.com/content/beginners-vegetable-garden



March 6

Refugee displacement and hunger relate to damage to God's creation. Spend some time reflecting on how issues of care for God's creation relate to your faith community's anti-hunger, peacemaking, and refugee resettlement ministries.

March 7

Learn where your food comes from. Explore the Christian food movement to learn how Christians across the country are making a difference through food.

March 8

Donate to support communities impacted by pollution, such as Rise St. James in Louisiana. You can donate to their community efforts, here: <https://risestjames.org>.

March 9

Do a "water fast" by turning off water while brushing your teeth and flushing your toilet half as often. Around the world, many people have access only to the amount of water each day that Americans use in one toilet flush.

March 10

Give up two degrees: for every degree the thermostat is below 68 in the winter or above 78 in the summer there's a 3-5% savings in energy use and cost.

March 11

Many of the actions necessary to care for God's creation require coordinated, collective action. Often, government is the best instrument for such action. Check to make sure your voter registration is current and prepare to vote in every election. Find information at www.vote411.org.



March 12

Lower the temperature of your water heater to 120 degrees. Ask for help if you need it!

March 13

Check the light bulbs in your house. Are they the most efficient possible? Energy savings from LED light bulbs pay off quickly for God's creation and your energy bill.

March 14

Begin the process of thinking through how to give away unneeded clothes, bakeware, and other goods to people who could use them, and rethink, reuse, and recycle other items. Learn more at www.earth911.com

March 15

We can see through the biodiversity of all God's creation that God loves diversity. God loves diversity among people, too. Yet, it is easy to only associate with people most like ourselves. Go out of your way to make contact with a person who differs from you by gender, race, nationality, creed, faith, economic resources, or life-style. Read Ephesians 2:11-22.

March 16

Schedule a tune-up to set your car tire pressure to the recommended level for optimal gas mileage. Practice driving mindfully. Higher speeds (55 mph+) reduce fuel economy.

March 17

Remember your baptism today. What does it mean to you to be baptized? Spend some time praying or journaling about what happens to this sacrament when the world's waters become polluted and inaccessible?

March 18

For Easter baskets, consider buying Fair Trade chocolate, dried fruit, tea and coffee or small gifts made by fair trade cooperatives. www.equalexchange.coop

March 19

Visit waterfootprint.org to learn more about water footprint. Say a prayer of gratitude every time you sip water today.

March 20

Do a community clean up in your neighborhoods or public spaces.



March 21

Choose a reusable water bottle and commit to using it instead of purchasing individual, disposable water bottles.

March 22

It's World Water Day. Observed annually, today we recognize how people around the world are affected by water issues: www.un.org/en/events/waterday.

March 23

To show love for our Creator, we respect and protect all of creation. Take a moment today to pick up trash off the street, or from a local stream or storm drain.

March 24

Read Psalm 31. As we think about Christ's journey this Holy Week, may we recognize the lament, grief, and despair of the world around us. Climate injustice, poverty, hunger, and human suffering seem insurmountable. May we pray and cry out to God, as Jesus taught us, trusting that God hears us.

March 25

Read Duane Elgin's essay Choosing a New Lifeway: Voluntary Simplicity. www.duaneelgin.com/wp-content/uploads/2010/11/choosing_a_new_lifeway.pdf

March 26

Burial rituals can help, rather than harm, God's creation. Learn about how to leave a sustainable legacy at www.GreenBurialCouncil.org. Schedule a time to talk with a loved one regarding your feelings about this subject.

March 27

Choose one of the practices from this Lent that may be meaningful to you to adopt for the year ahead. Write down your choice and share your commitment with a family member or friend.

March 28

Read John 13:1-17, 31b-35. How does creation participate alongside humanity as Jesus institutes the Lord's Supper and washes the disciples' feet? 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 person or a part of God's creation today.



Care for Creation Past this Season of Lent

Our 2024 Earth Day Resource theme is "Plastic Jesus."

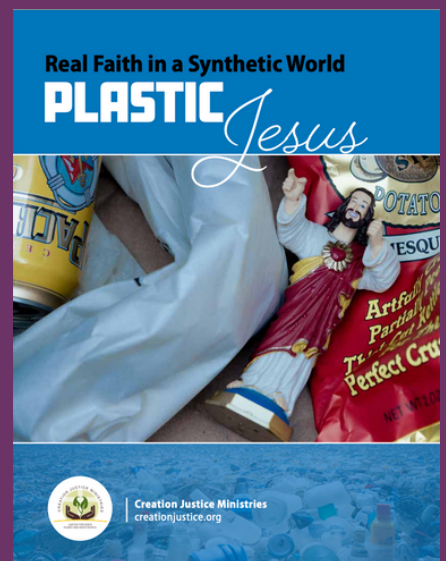
This resource provides stories from people committed to caring for our planet through reducing plastic waste, sermon starters, prayers, and more to guide you and your congregation in faithful action.

Launched in January 2024, our Earth Day Resource is available at <https://www.creationjustice.org/earth-day-library.html>

Please enjoy an excerpt from the resource:

"Single-use plastics have become one of the most urgent environmental threats. These are too often buried in landfills or dumped untreated in our precious water sources. Even the manufacturing process itself has been identified as a major source of climate-warming greenhouse gas emissions.

"As people of faith, we are not exempt from the overuse of plastics. Communion cups, nativity scenes, and Easter Eggs are just a few of the Christian staples that contribute to our single use plastics issue."



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