



Tread Lightly  
for Lent  
Daily reflection-action calendar  
**2023**



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

# 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.

The Presbyterian Hunger Program walks with people in adopting 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.

February

## Sunday

26

Download this guide from the Office at the U.N. at [presbyterianmission.org/resource/engaging-our-world](https://presbyterianmission.org/resource/engaging-our-world) to connect environmental and human health around the world.



5

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



## Monday

27

Read and reflect on Genesis 2:15–17.



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.



## Tuesday

28

Watch a short video about environmental racism and justice at [youtu.be/dREtXUij6\\_c](https://youtu.be/dREtXUij6_c).



7

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



## Wednesday

22

**Ash Wednesday**  
Read Psalm 51:1. Consider these questions: In the past year, where has our congregation been steadfast love? How have we transgressed against the Earth?

## March

1

Read and reflect on Matthew 25:31–46. How might parts of Creation be "the least of these brothers and sisters of mine"?



8

Read and reflect on Isaiah 65:17–25.



## Thursday

23

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.



2

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



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.



## Friday

24

Learn more about using sustainable palms in your church. Learn more and order online at [pcusa.org/eco-palms](https://pcusa.org/eco-palms).



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.



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.



## Saturday

25

Read about the Green Good News: Christ's Path to Sustainable and Joyful Life at [presbyterianmission.org/eco-journey/2020/10/12/green-good-news](https://presbyterianmission.org/eco-journey/2020/10/12/green-good-news).



4

Pray for global action on climate. Read about the November 2022 United Nations global climate talks at [presbyterianmission.org/eco-journey/climate-change-resources/cop](https://presbyterianmission.org/eco-journey/climate-change-resources/cop).



11

Research which items your city or town allows for curbside recycling and share this refresher with your church, family, friends and coworkers.



Sunday

12

Review the Environmental Justice actions taken by the 225th General Assembly at [presbyterianmission.org/eco-journey/2022/08/29/general-assembly-225-in-review](https://presbyterianmission.org/eco-journey/2022/08/29/general-assembly-225-in-review).



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

Consider a donation to the Presbyterian Tree Fund to offset your carbon use. Visit [pcusa.org/trees](https://pcusa.org/trees).



Monday

13

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



27

Download ecoAmerica/ Blessed Tomorrow's info sheets on various climate topics at [ecoamerica.org/research](https://ecoamerica.org/research).



Tuesday

14

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



21

Consider environmental injustice impacts using the poster at [presbyterianmission.org/wp-content/uploads/PHP-Poster-Environmental-Racism.pdf](https://presbyterianmission.org/wp-content/uploads/PHP-Poster-Environmental-Racism.pdf).



28

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



Wednesday

15

Read and reflect on Genesis 1:29.



22

Read and reflect on Luke 12:48.



29

Use the map at [bit.ly/3FvwpJY](https://bit.ly/3FvwpJY) to find the closest Earth Care Congregation to you and say a prayer for them.



Thursday

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

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.



30

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.



Friday

17

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



24

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



31

Read and reflect on Psalm 8.



Saturday

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

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](https://earthhour.org).



April

1

Celebrate the Animal Kingdom by singing along to A Place in the Choir: [www.youtube.com/watch?v=-iP27eatYxE](https://www.youtube.com/watch?v=-iP27eatYxE)



## Sunday

2

### 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.



9

### Easter

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



## Monday

3

Download Blessed Tomorrow's Let's Talk resource to craft your own message to be able to speak with your 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).



## Tuesday

4

Storytelling is a powerful tool to inspire and engage people. Consider what your climate story is and download this canvas to help you strategize telling it: [digitalstorytellers.com.au/the-story-canvas](https://digitalstorytellers.com.au/the-story-canvas).



## Wednesday

5

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



## Thursday

6

### 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).



## Friday

7

### Good Friday

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



## Saturday

8

### Great Vigil of Easter

Read 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 at [presbyterianmission.org/donate/h999999/](https://presbyterianmission.org/donate/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).
- Become a Climate Change Ambassador: [bit.ly/3B769D1](https://bit.ly/3B769D1).
- 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: [pcusa.activehosted.com/f/164](https://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](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.

