

Lenten

MOMENTS



Another common Lenten observance is fasting – eating less, giving up extras like cake and chocolate or not eating out. But we can fast from so much more. In response to Pope Francis’ call to care for the Earth, reducing our carbon footprint can be regarded as an action of fasting.

PAUSE FOR REFLECTION

Some fasting actions for the Earth from the Catholic Climate Council:

buy local: locally grown food is fresher and requires less energy to produce and transport

buy fair trade: uphold the standards of fair trade with farmers and workers

reduce energy consumption: investigate ways to make your home more energy efficient

fast from overconsumption: use the money and time saved to read, pray, pursue a hobby, build relationships or support your community

fast from plastic: plastics pollute our Earth; only seven per cent of plastics are recycled

fast from technology: turn off your phone, computer, television, go for a walk, talk to neighbours.

– <http://catholicclimatemovement.global/wp-content/uploads/2016/02/Maryknoll-OGC-Lenten-Reflection-Guide-2016.pdf>

Fasting weakens our tendency to violence; it disarms us and becomes an important opportunity for growth ... Fasting wakes us up. It makes us more attentive to God and our neighbour.

– Pope Francis: Lenten Message 2018

PRAYER

Help us God of love and compassion; to show mercy to the Earth this Lent; to fast from actions which harm the environment; to take time to appreciate the natural world; to encourage others to walk with us toward a greener future. Amen.

LENTEEN REFLECTION

What type of fast will you undertake this Lent?
How can you live more simply?