



EARTH CARE @LEWINSVILLE

AN ECO-MINDED LENT

Lent is a contemplative season of fasting, self-denial, spiritual growth and simplicity; a time to become more in touch with our Creator. Our journey as an Earth Care Congregation invites us to link the traditional practices of Lent with a greater awareness of the finite resources of our planet. As you think about how you will observe Lent this year, consider engaging in some form of ecological fasting. Possibilities include reducing purchases to essential goods only; eliminating the use of single use plastics; reducing water usage; reducing waste; eliminating or reducing meat from your diet; and taking steps to reduce energy consumption.



For detailed suggestions, see

www.globalstewards.org/ecotips.htm

A link to a Lenten Creation Care calendar of daily readings and actions will be provided in the Lewinsville Update and on this website prior to the beginning of Lent to help guide your earth care-related Lenten discipline.

-- [*From the March 2021 Newsletter*](#)