

## A Guide to Lent

Only from time given to God will we grow in love for God and God's creation

*During this Lent, can we respond to Pope Francis' call to have a real sense of communion with each other and with all creation, reminded by Jesus that we have a common Father in God.*

### WEEK 1

#### LIVE SIMPLY

Take time to count your blessings even the smallest of these.

There are so many and so much we take for granted.

Reflect at the end of each day on the good you have encountered.

In giving thanks think about how you might pray more often in Lent at home, alone or together as a family. (Take a risk!)  
Could you attend church more often?

#### LIVE SUSTAINABLY

Think about your carbon footprint this week.  
How much you are going to drive, could you plan your travelling in a better way?  
What holiday are you planning that involves flying?  
Could you change your life to lessen your carbon footprint.

#### LIVE IN SOLIDARITY

Is there someone that you know of, someone in your street, that you could help or perhaps you know someone who lives on their own and you have yet to meet.  
Have you met your neighbours?

### WEEK 2

#### LIVE SIMPLY

Pause in the garden or on a walk or with a view of the garden and just reflect on one aspect of God's creation, possibly a flower, insects or trees or whatever you see there.  
Concentrate on a small thing or area and reflect on the wonder of God's creation.

#### LIVE SUSTAINABLY

22<sup>nd</sup> March is World Water Day.  
Clean water is a vital resource and conservation of water is essential.  
Think about your water use and how much is wasted.  
Reflect on those without clean water and plan better use yourself.  
22<sup>nd</sup> March is also Lenten Fast day for Climate Justice.

#### LIVE IN SOLIDARITY

How could you help people who are suffering who live abroad?  
Could you give alms or join an organisation such as CAFOD in order to help in some way?

### WEEK 3

#### LIVE SIMPLY

Decide to use one less form of media during the week, TV, mobile phone, tablet or whatever it may be.  
This is another form of fasting and possibly more difficult than some others.

#### LIVE SUSTAINABLY

Think about your energy use.  
This applies to all ages.  
Our use of electricity, lights, heating, how often we boil water, use the tumble dryer.  
How can you reduce your use and/or find a greener source of energy?

#### LIVE IN SOLIDARITY

Could you devote this week to praying for those who are suffering from warfare or from some other violent event (possibly domestic).  
How can you help asylum seekers and Refugees in your area.



***We are now half way through Lent.***

***How is it going?***

#### **WEEK 4**

##### **LIVE SIMPLY**

Think about what you are going to buy this week and whether you could purchase less plastic, buy fewer unnecessary things.

Ensure that what you buy is made without another person suffering in any way.

##### **LIVE SUSTAINABLY**

Plant something.

In the garden or a window-box, or plant-pot.  
Volunteer to help care for nature in your local area in the town or countryside.

Collect rubbish from a beach or litter from a park or on a country walk.

##### **LIVE IN SOLIDARITY**

Discover where your local Foodbank is.

Donate what you can.

Is there a way in which you can be more practically involved in local events and the needs of the community?

Try writing to your MP about local issues on which you feel strongly.

It is important to let them know.

#### **WEEK 5**

##### **LIVE SIMPLY**

Choose something to read this week that has a spiritual content.

The Bible or some spiritual reading.

Or listen to something that helps you reflect in a spiritual way.

Find a time and a place for silence this week.

Listening to God takes time and practice to be fruitful.

##### **LIVE SUSTAINABLY**

Buy and cook with locally sourced food.

Plan meals based on what is available locally at this time of year.

Think how you could cook using seasonal foods throughout the year.

(Buy Fairtrade where possible.)

##### **LIVE IN SOLIDARITY**

Take a good look at your wardrobe.

Do you need all that you have,  
or really need to buy more?

What can be given away?

What can go to the clothes bank or charity shop?

How many items do you rarely wear or which have not been worn for a long time?



#### **WEEK 6**

##### **Holy Week**

##### **LIVE SIMPLY**

Read the account of Christ's Passion in St. Luke's Gospel.

Spend some time with it reading it slowly.  
Imagine what it would be like to be a disciple during those events.

##### **LIVE SUSTAINABLY**

Explore the natural world around you and find out more about it.

Learn the names of trees and wild flowers.  
Find out what might be on your doorstep but you have yet to visit.

See if you can help someone get out to it who has mobility problems.

##### **LIVE IN SOLIDARITY**

Decide to take part in the church services this

Holy Week, especially Maundy Thursday, Good Friday and Easter (the Vigil if possible.)

Find out when they are.

As you come together with your local community, reflect that communities rich and poor are sharing in your experience around the world in our universal Church.