

















## Lent 2026 Schedule




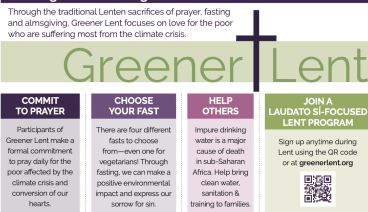

The following table of activities are provided to help you make sure that the rollout of Greener Lent is organized. Please read the table in its entirety to understand the whole process, and then proceed through the steps that you choose. If you have any questions, please contact Rosemary Herhold at [rosemaryherhold@greenerlent.org](mailto:rosemaryherhold@greenerlent.org). Your parish may want to modify some steps. That is absolutely fine! This is YOUR program and it should be conducted as your pastor directs. Promotional materials are available at <https://greenerlent.org/Resources.html>. Questions about how the Diocese of Raleigh is implementing Laudato Sí should be directed to Deacon Josh Klickman at [Joshua.Klickman@raldioc.org](mailto:Joshua.Klickman@raldioc.org).



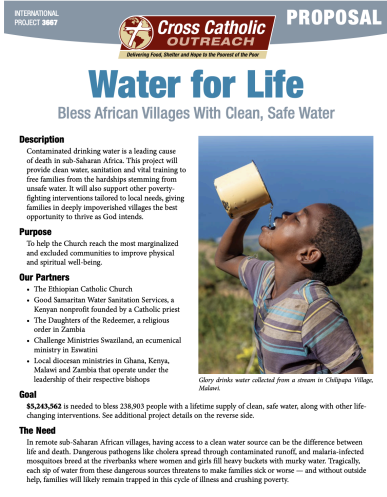
Suggested Time	Activity	Resource – see Resource page <a href="https://greenerlent.org/Resources.html">https://greenerlent.org/Resources.html</a>
Now	Headshot picture of Parish Coordinator on a plain background for the website.GL (Greener Lent) Parish Coordinator emails the picture to <a href="mailto:rosemaryherhold@greenerlent.org">rosemaryherhold@greenerlent.org</a>	



<p>Now</p>	<p>Give your priests a copy of "What is Greener Lent 2026"</p>	  <h3>What is Greener Lent?</h3> <p>A Lenten Program to return our hearts to God through prayer, fasting and almsgiving through the lens of Laudato Si.</p> <p>The reason for Greener Lent is to prepare ourselves for Easter by experiencing a true inner conversion. Greener Lent's focus is on prayer, fasting and giving to the poor through the lens of the ecological crisis. Pope Francis eloquently explains the crisis in an encyclical, Laudato Si.</p> <p>The Greener Lent program encourages participants to do the following:</p> <p><i>Intensely pray</i>, especially for the poor whose livelihoods are being severely impacted by the climate crisis. Participants are encouraged to formally commit to daily prayer. Weekly correspondence to participants emphasizes prayer, although each participant may achieve that in different ways, e.g. Adoration, rosary, etc.</p> <p><i>Sacrificially reducing the amount of meat, namely beef, and/or cheese</i> we are used to. Participants choose one of four fasting levels which reduce the environmental impact of their diets by substituting meat, namely beef, and/or cheese with foods with a lower environmental impact, such as poultry, grains, beans, oils and vegetables. This is a sign of penance for sin. The Church has traditionally used its authority to establish days of fast and abstinence during Lent, and Greener Lent builds upon this.</p> <p><small>Diocese of ...</small></p>
<p>Now</p>	<p>Contact Rosemary to brainstorm and look at the Resources page. (Type the entire address exactly as written to get to the Resources page.)</p>	<p><a href="https://greenerlent.org/Resources.html">https://greenerlent.org/Resources.html</a></p>
<p>Anytime starting now</p>	<p>Meet with your Pro-Life group (see flyer) and plan to participate in each other's outreach activities.</p>	   <h3>Greener Lent</h3> <p><b>A Consistent Ethic</b></p> <p>The Catholic Church's social teaching is instrumental in building a just society. This teaching is found in papal and Vatican documents, such as "The Dignity of a Person", -- Congregation for the Doctrine of the Faith, 1988 and "On Care for our Common Home", Pope Francis, 2015.</p> <p>Catholic social teaching tells us that human life is sacred and the dignity of the human person is a foundation for a moral society. It teaches us that we are stewards of creation, that we are one human family and we must put the needs of the poor and vulnerable first.</p> <p>Greener Lent is a Lenten program that prepares our hearts to celebrate the resurrection of our Lord through increased rigor of our traditional lenten practices, as we turn our thoughts to the poor who are first and most severely impacted by the climate crisis.</p> <p>Want to join or learn more? Go to <a href="http://www.greenerlent.org">www.greenerlent.org</a></p>

	<p>Contact parish groups such as Knights of Columbus, Women’s groups, OCIA, etc. and ask for 15 minutes of their meeting time to introduce Greener Lent. BTW, this works extremely well! I am available to participate in meetings.</p>	<p><b>Lent</b> Make your Lenten spiritual practices bring you closer to Christ and benefit the world.</p> <p>Lent is time where we focus on our need for conversion. We turn from looking to satisfy our desires to repentance. Our sins, the times we have failed to consider others' needs as important as our own, damage our hearts and reject God.</p> <p>During Lent, we must try to make a sacrifice that is meaningful, one that is difficult enough to recognize our dependence on God and be truly repentant for our sins. Some of you may remember Lent from long ago. Until the 1960s, Lenten penance was more demanding.</p> <p>Are you looking for a more meaningful Lent this year, one that emphasizes fasting, prayer and atonement in a serious way? Are you concerned about how the recent drought, fires, hurricanes and floods affecting people in the US and throughout the world, making refugees in countries without adequate resources to rebuild, and making insurance unaffordable in the US?</p> <p>If you said "yes" to these questions, consider participating in Greener Lent. Greener Lent helps us to prepare our hearts for Easter through the lens of the ecological crisis that is affecting our brothers and sisters in the poorest areas of the world. Greener Lent asks for a commitment to daily prayer, a more rigorous fast and giving the money saved from reducing the consumption of beef and cheese to the poor.</p>  <p>Pope Paul VI, Saint Pope John Paul II, Pope Benedict XVI and Pope Francis have all exhorted us to care for God's creation which he gave to support all of us. Reducing greenhouse gases by eating less meat and cheese during Lent will make an impact. In prior years, Greener Lent participants saved the equivalent of an entire small-sized tanker of gas just by reducing the consumption of meat and cheese. More importantly, God hears our prayers and sees our fasting. Combined with doing tangible good for our neighbors in Africa through our partnership with Cross Catholic Outreach, it is truly a more meaningful Lent.</p> <p><b>"During Lent, we must try to make a sacrifice that is meaningful..."</b></p>  <p>Sign up anytime now or during Lent</p> <p>Use the QR code or go to <a href="http://greenerlent.org">greenerlent.org</a></p> <p>Questions: email <a href="mailto:support@greenerlent.org">support@greenerlent.org</a></p> 
<p>Anytime before Lent and prior to Greener Lent sign-up weekends</p>	<p>Education through a fast, fun activity that illustrates Church teaching over the last 30+ years about environmental stewardship. Great for OCIA, Confirmation or adult education. This activity is especially wonderful for older adults who will remember more popes.</p>	 <p><b>Pope Matching</b> Test your knowledge: Match the Popes with their statements</p> <p>A. The protection of the environment is not only a technical question; it is also and above all an ethical issue. All have a moral duty to care for the environment, not only for their own good but also for the good of future generations.</p> <p>B. Not only is the material environment becoming a permanent menace - pollution and refuse, new illness and absolute destructive capacity - but the human framework is no longer under man's control, thus creating an environment for tomorrow which may well be intolerable. This is a wide-ranging social problem which concerns the entire human family. The Christian must turn to these new perceptions in order to take on responsibility, together with the rest of men, for a destiny which from now on is shared by all.</p> <p>C. There has been a tragic rise in the number of migrants seeking to flee from the growing poverty caused by environmental degradation. They are not recognized by international conventions as refugees; they bear the loss of the lives they have left behind, without enjoying any legal protection whatsoever. Sadly, there is widespread indifference to such suffering, which is even now taking place throughout our world. Our lack of response to these tragedies involving our brothers and sisters points to the loss of that sense of responsibility for our fellow men and women upon which all civil society is founded.</p> <p>D. Respect for creation is of immense consequence, not least not least because 'creation is the beginning and the foundation of all God's works,' and its preservation has now become essential for the peaceful coexistence of mankind.</p> <p> <input type="checkbox"/> A. Saint Pope John Paul II   <input type="checkbox"/> B. Pope Paul VI   <input type="checkbox"/> C. Pope Francis   <input type="checkbox"/> D. Pope Benedict XVI </p>  <p>Pope Paul VI June 1963 - August 1978</p>  <p>Saint Pope John Paul II October 1978 - April 2005</p>  <p>Pope Benedict XVI April 2005 - February 2013</p>  <p>Pope Francis March 2013 - present</p>
<p>January 18, 2026</p>	<p>If outside of Raleigh Diocese, remember to put Greener Lent information on diocese website and calendar</p>	<p>Contact whoever is responsible for this at the diocese level.</p>
<p>Around January 18, 2026</p>	<p>Consider creating a link from your parish's website to <a href="http://greenerlent.org">greenerlent.org</a></p>	

<p>Anytime but beginning around February 1, 2026 works well.</p>	<p>Determine if you want to use posters (24 x 36) to promote Greener Lent and print them.</p>	
<p>January, 2026</p>	<p>Deliver bulletin announcements for placement in bulletins on weekends preceding Lent. Not everyone decides what they are going to do for Lent by Ash Wednesday, and sign-ups normally continue during the first two weeks of lent. See the Greener Lent Resource page or write your own.  <a href="https://greenerlent.org/Resources.html">https://greenerlent.org/Resources.html</a></p>	<p>Before Lent begins:</p> 
	<p>Also great for a bulletin or social media. This has a 2:1 aspect ratio which is perfect for Instagram or FB.</p>	

<p>Early February, 2026</p>	<p>Pulpit announcements. There is enough background in this document to get ideas for a pulpit announcement that directs people to sign-up tables. Or consider a full page flyer.</p>	<p><b>Lent</b> Make your Lenten spiritual practices bring you closer to Christ and benefit the world.</p> <p>Lent is time where we focus on our need for conversion. We turn from looking to satisfy our desire to repentance. Our sins, the times we have failed to consider others' needs as important as our own, damage our hearts and reject God.</p> <p>During Lent, we must try to make a sacrifice that is meaningful, one that is difficult enough to recognize our dependence on God and be truly repentant for our sins. Some of you may remember Lent from long ago. Until the 1980s, Lenten penance was more demanding.</p> <p>Are you looking for a more meaningful Lent this year, one that emphasizes fasting, prayer and almsgiving in a serious way? Are you concerned about how the recent droughts, fires, hurricanes and floods affecting people in the US and throughout the world, making refugees in countries without adequate resources to rebuild, and making insurance unaffordable in the US?</p> <p>If you said "yes" to these questions, consider participating in Greener Lent. Greener Lent helps us to prepare our hearts for Easter through the lens of the ecological crisis that is affecting our brothers and sisters in the poorest areas of the world. Greener Lent asks for a commitment to daily prayer, a more rigorous fast and giving the money saved from reducing the consumption of beef and cheese to the poor.</p> <p>Pope Paul VI, Saint Pope John Paul II, Pope Benedict VI and Pope Francis have all exhorted us to care for God's creation which he gave to support all of us. Reducing greenhouse gases by eating less meat and cheese during Lent will make an impact. In prior years, Greener Lent participants saved the equivalent of an entire small-sized tanker of gas just by reducing the consumption of meat and cheese. More importantly, God hears our prayers and sees our fasting. Combined with doing tangible good for our neighbors in Africa through our partnership with Cross Catholic Outreach, it is truly a more meaningful Lent.</p> <p><b>"During Lent, we must try to make a sacrifice that is meaningful..."</b></p>  <p>Sign up anytime now or during Lent Use the QR code or go to <a href="http://greenerlent.org">greenerlent.org</a> Questions: email <a href="mailto:support@greenerlent.org">support@greenerlent.org</a></p> 
<p>February</p>	<p>Does your parish have TV screens? Consider this slide available on the Resources page.</p>	 <p><b>GREENER LENT</b></p> <ol style="list-style-type: none"> <li><b>1. Fast &amp; Abstinence</b> Once in a while the climate crisis hits the poor in the hottest parts of the world by building upon the existing Catholic practices of abstaining from meat during Lent. Abstain for a few more meals and see how your sacrifice is making a difference.</li> <li><b>2. Prayer</b> Develop a daily habit of prayer by participating in unique prayer opportunities.</li> <li><b>3. Alms</b> The necessary benefits of your Lenten abstinence can help contribute to the lives of the poor in African parishes and foster peace.</li> <li><b>4. A Meaningful Lent</b> Just in the last two years, 400 Greener Lent participants have provided water to about 1500 people and annually saved the carbon equivalent of a mid-sized tanker of gas!</li> </ol>
<p>Host a Sign up weekend (Have a Heart for our Earth and the Poor) capitalizing on Valentine's Day February 14/15.</p>	<p>A full page flyer is useful for people reading in the car as they leave Mass. Spanish available upon request. Depending on how generous the bulletin space is, it can be a full page bulletin insert.</p>	
<p>Sign up weekend Feb 22 - 23 and March 1,2</p>	<p>Half page flyers (2 to a page) need to be cut after printing. Spanish and English available.</p>	<p><b>Looking for something different this Lent?</b> Through the traditional Lenten sacrifices of prayer, fasting and almsgiving, Greener Lent focuses on love for the poor who are suffering most from the climate crisis.</p>  <p><b>COMMIT TO PRAYER</b> Participants of Greener Lent make a formal commitment to pray daily for the poor affected by the climate crisis and conversion of our hearts.</p> <p><b>CHOOSE YOUR FAST</b> There are four different fasts to choose from—even one for vegetarians! Through fasting, we can make a positive environmental impact and express our sorrow for sin.</p> <p><b>HELP OTHERS</b> Impure drinking water is a major cause of death in sub-Saharan Africa. Help bring clean water, sanitation &amp; training to families.</p> <p><b>JOIN A LAUDATO SI-FOCUSED LENT PROGRAM</b> Sign up anytime during Lent using the QR code or at <a href="http://greenerlent.org">greenerlent.org</a></p> <p><b>Looking for something different this Lent?</b> Through the traditional Lenten sacrifices of prayer, fasting and almsgiving, Greener Lent focuses on love for the poor who are suffering most from the climate crisis.</p>  <p><b>COMMIT TO PRAYER</b> Participants of Greener Lent make a formal commitment to pray daily for the poor affected by the climate crisis and conversion of our hearts.</p> <p><b>CHOOSE YOUR FAST</b> There are four different fasts to choose from—even one for vegetarians! Through fasting, we can make a positive environmental impact and express our sorrow for sin.</p> <p><b>HELP OTHERS</b> Impure drinking water is a major cause of death in sub-Saharan Africa. Help bring clean water, sanitation &amp; training to families.</p> <p><b>JOIN A LAUDATO SI-FOCUSED LENT PROGRAM</b> Sign up anytime during Lent using the QR code or at <a href="http://greenerlent.org">greenerlent.org</a></p>

<p>Sign up weekend Feb 22 - 23 and March 1,2</p>	<p>Use tape or a staple to attach these sign-up messages to pieces of candy (Kit Kat seems to be the Catholic favorite) or Equal Exchange tea bags. People like a little "gift" and it draws them to tables. Spanish/English available.</p>	
<p>Sign up weekends Feb 7&amp;8 and 14&amp;15</p>	<p>Use tape or a staple to attach these sign-up messages to pieces of candy (Kit Kat seems to be the Catholic favorite) or Equal Exchange tea bags. People like a little "gift". English only.</p>	
<p>Now</p>	<p>Some people will likely be familiar with Cross Catholic Outreach, and some won't be. Contact me if you want Cross Catholic materials. People can donate by credit card or check and even IRA transfer. People will save a little over \$80 normally adopting a plant-based diet during Lent and we ask that it be given to dig wells in Africa. Wells are dug on parish property because of land titles, but water is available to everyone. These are good for talks with groups, e.g. Knights of Columbus, Rosary</p>	

	Ministry, etc.	
<p>Sign up weekends Feb 7&amp;8 and 14&amp;15</p>	<p>Some people won't be interested in fasting but will pray. These prayer cards are perfect for them, and others who want to use the Greener Lent prayer, "Praise to the Father, Son and Holy Spirit". John the Baptist preached a baptism of repentance, and repentance is one of our best ways to turn to God through self-sacrifice. This gorgeous prayer card is meant to be printed front/back. A digital prayer card is also available. Spanish available upon request.</p>	
<p>February 18, 2026</p>	<p>Lent Starts.</p>	
<p>Weekends after Ash Wednesday</p>	<p>"It's not too late to sign up" bulletin announcements</p>	<p>During Lent</p> <div data-bbox="1052 989 1409 1171"> <p><b>Pope Francis on the Environment</b>          "The universe as a whole, in all its manifold relationships, shows forth the inexhaustible riches of God."          (Laudato Si', no. 86)</p> <p>It is not too late to join Greener Lent! Commit to prayer, fasting and almsgiving and prepare your heart for the Lord's resurrection at Easter.</p> <p>Sign up anytime during Lent at <a href="http://greenerlent.org">greenerlent.org</a></p>  </div>