

How Can We Care for Creation and the Poor this Lent?

Answer: by joining Greener Lent, a Lenten program through the Lens of Laudato Sí

During Lent, Catholics pray, give alms and fast, and abstain from meat on set days. Greener Lent builds on these practices to benefit the earth and the poor who are living in the hottest parts of the world, where the impact of the climate crisis is felt the most.



Fast and Abstinence Dovetailing on existing Catholic tradition, participants choose to abstain additional days from beef, other white meat or cheese and the carbon equivalents saved by their abstinence are calculated and reported back to participants throughout Lent.

Prayer Fasting with out prayer is just a diet. Greener Lent helps participants develop a 40-day habit of prayer with the goal of praying for a lifetime.

Alms Reducing the consumption of meat saves a small amount on money (average \$82). It is suggested that this money be given to our partner, Cross Catholic Outreach, *Water for Life* Project, to dig wells in some of the hottest and poorest areas in Africa.

RESULTS

Every year, Greener Lent participants save the carbon equivalent of a medium-size tanker of gas.

Over the past two years, Greener Lent participants have contributed \$28,067 to Cross Catholic Outreach and provided an estimated 1300 people with water, changing lives forever.

A significant percent of Greener Lent participants commit to daily prayer. Thousands of prayers of unmeasurable value are lifted to heaven.

INTERESTED?

Join Us & Arrive at Ash Wednesday with a plan!

- Follow Christ's example of fasting to grow spiritually, help avoid temptation and place reliance on God
- Recognize the poor in our Lenten practices
- Strengthen your relationship with God through prayer.

Questions? Contact: GreenerLent@greenerlent.org

