

# Lent

Make your Lenten spiritual practices bring you closer to Christ and benefit the world.

Lent is time where we focus on our need for conversion. We look to satisfy the desire to restore our relationship with God and our brothers and sisters. Our sins, the times we have failed to consider others' needs as important as our own, damage our hearts and reject God.

During Lent, we try to find ways to make meaningful sacrifices, ones that are difficult enough to recognize our dependence on God. In years past, as some of you may remember, Lenten penance was more demanding than it is in current teaching.

Are you looking for a more meaningful Lent this year, one that emphasizes fasting, prayer and almsgiving? Are you concerned about how the recent droughts, fires, hurricanes and floods are affecting people in the US and throughout the world, how refugees in other countries, who are without adequate resources, will rebuild, and how insurance is becoming unaffordable in the US?

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 and a more rigorous fast. We then give the money that we save from reducing consumption to the poor.

Pope Paul VI, Saint Pope John Paul II, Pope Benedict VI and Pope Francis have all exhorted us to care for God's creation. 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. Join us today at [greenerlent.org](http://greenerlent.org).

**“During Lent, we try to find ways to make meaningful sacrifices...”**



Sign up anytime now or during Lent

Use the QR code or go to [greenerlent.org](http://greenerlent.org).

Questions: email [support@greenerlent.org](mailto:support@greenerlent.org)

