2022 Lent Resource
Daily Reflection-Action Calendar to Cultivate Creation Justice

March 2022

March 2: Ash Wednesday
Read Matthew 6: 16-21. Spend some time praying, meditating, or journaling about your decision to adopt Lenten practices that draw you closer to God, neighbor, and creation.

March 3
Grab a copy of your home energy bill, and calculate your carbon footprint at www3.epa.gov/carbon-footprint-calculator. Take note of the activities that are the most carbon-intensive. Resolve to change them.

March 4
Laborers who harvest palms for Palm Sunday are often not paid a fair price, nor are they able to harvest sustainably. Learn more and encourage your faith community to order "Eco-Palms" before the order deadline: www.ecopalms.org.

March 5
If the world reduced meat consumption by 15%, it would save the same greenhouse gas emissions as taking 240 million cars off the road each year. Consider planning for meatless Mondays during Lent. Learn more and get recipe ideas at www.meatlessmonday.com.

March 6
Stay cozy and conserve energy by checking your windows and doors for air leakage. Make a plan to caulk and weather-strip as needed. (These do need maintenance and replacement over time!)

Our Guide to Lent

In Lent, we reflect on Christ’s ministry, death, and resurrection. We slow down, and examine our internal spiritual lives as well as the way we live out our Christian faith in the world.

Our faith teaches us that humans were put on this earth with the responsibility to be stewards. We also know our individual as well as collective U.S. lifestyles have led to serious harm to God’s good creation.

This Lenten reflection and action guide will help individuals take time to learn, reflect, repent, ask God for forgiveness, and take concrete steps to change course.

The calendar was adapted for ecumenical use by Creation Justice Ministries from the Presbyterian Hunger Program’s Environmental Ministries and Enough for Everyone offices, drawing heavily on the 2018 version.
March 7
The average adult receives 41 pounds of junk mail annually. This requires 53 million trees and 56 billion gallons of water to produce. Visit www.dmachoice.org to help stop unwanted junk mail. Call companies to unsubscribe from their mailings or catalogs. Resolve to do it today!

March 8
Save energy and add some beneficial humidity to your house by air-drying your laundry.

March 9
Check out our new faithful resilience videos here: https://www.creationjustice.org/faithfulresiliencefilms.html

March 10
Consider making a plan with others at church for an Earth Day/Easter Sunday celebration, on April 17. (Earth Day is April 22). Resources available at www.creationjustice.org/earth-day-Sunday

March 11
Write a note to a child in your life who inspires you to sustain God’s creation for future generations.

March 12
Watch a nature documentary. Planet Earth and Earth’s Natural Wonders are good options. Also, see Nature on Public Television. Marvel at the miracle of God’s creation.

March 13
The average person spends 87% of their time indoors, and another 6% of their time inside a vehicle. Consider adopting a new spiritual practice that makes you more attuned to God’s creation. Find ideas at www.centerforspiritualityinnature.org/practices.

March 14
Carve out time for landscape or garden-planning. Cut back on or eliminate pesticide use this year. What role could native and pollinator-friendly plants play in your landscape? Write down one planned action you will take to honor God’s creation with your landscape or garden plans in the spring. Not able to landscape? Check out community gardens and house plant opportunities.

March 15
Watch the “Story of Stuff” online video at www.storyofstuff.org. An absolute, must-see!

March 16
Decide not to add any items to the landfill today. Use real cups, cloth napkins, reusable bags for groceries, and reusable water bottles.

March 17
If you don’t already have one, consider ordering a copy of The Green Bible. All passages related to care and justice for God’s creation are in green print. It is available online.

March 18
Are there “energy vampires” in your home which you can unplug to make a difference? Check www.smartenergy.com/energy-vampire for ideas. Then, try out a practice of observing the Sabbath by unplugging your electronics and yourself! Relish simple pleasures.

March 19
Take note of how your church’s coffee hour is run. Look for opportunities to become more sustainable, such as eliminating Styrofoam, using china instead of paper cups, or buying from local vendors.

March 20
Labor exploitation is often tied up in sustaining our current levels of consumption. Take the Human Slavery Footprint survey at (slaveryfootprint.org). Consider ways to decrease your participation in modern-day slavery.

March 21
Do you know what watershed you live in? Find out, explore, and consider connecting with a local watershed stewardship organization: https://watersgeo.epa.gov/mywatershed/rlist.html
March 22
It’s World Water Day. Observed annually, today we recognize how people around the world are affected by water issues: www.un.org/en/events/waterday

March 23
Refugee displacement and hunger relate to damage to God’s creation. Spend some time reflecting on how issues of care for God’s creation relate to your faith community’s anti-hunger, peacemaking, and refugee resettlement ministries.

March 24
Learn where your food comes from. Explore the Christian food movement to learn how Christians across the country are making a difference through food: www.christianfoodmovement.org

March 25

March 26
Do a “water fast” by turning off water while brushing your teeth and flushing your toilet half as often. Around the world, many people have access only to the amount of water each day that Americans use in one toilet flush.

March 27
Give up two degrees: for every degree the thermostat is below 68 in the winter or above 78 in the summer there's a 3-5% savings in energy use and cost.

March 28
Many of the actions necessary to care for God’s creation require coordinated, collective action. Often, government is the best instrument for such action. Check to make sure your voter registration is current and prepare to vote in every election. Find information at www.vote411.org.

March 29
Lower the temperature of your water heater to 120 degrees. Ask for help if you need it!

March 30
Check the light bulbs in your house. Are they the most efficient possible? Energy savings from LED light bulbs pay off quickly for God’s creation and your energy bill.

March 31
Begin the process of thinking through how to give away unneeded clothes, bakeware, and other goods to people who could use them, and rethink, reuse, and recycle other items. Learn more at www.earth911.com.

April 1
We can see through the biodiversity of all God’s creation that God loves diversity. God loves diversity among people, too. Yet, it is easy to only associate with people most like ourselves. Go out of your way to make contact with a person who differs from you by gender, race, nationality, creed, faith, economic resources, or lifestyle. Read Ephesians 2:11-22.

April 2
Schedule a tune-up to set your car tire pressure to the recommended level for optimal gas mileage. Practice driving mindfully. Higher speeds (55 mph+) reduce fuel economy.

April 3
Remember your baptism today. What does it mean to you to be baptized? Spend some time praying or journaling about what happens to this sacrament when the world’s waters become polluted and inaccessible?

April 4
For Easter baskets, consider buying Fair Trade chocolate, dried fruit, tea and coffee or small gifts made by fair trade cooperatives. www.equalexchange.coop

April 5
Visit waterfootprint.org to learn more about water footprint. Say a prayer of gratitude every time you sip water today.

April 6
Nearly half of all food in the United States never gets eaten, while one in eight people in the U.S. suffer hunger. Spend some time problem-solving on reducing food waste at home and at church. Get ideas at www.epa.gov/sustainable-management-food.
Choose a reusable water bottle and commit to using it instead of purchasing individual, disposable water bottles.

Plan or plant seeds for a garden, even a window garden, to support a local food system, and to remember hope and new life in Christ: almanac.com/content/beginners-vegetable-garden

To show love for our Creator, we respect and protect all of creation. Take a moment today to pick up trash off the street, or from a local stream or storm drain.

Read Psalm 31. As we think about Christ's journey this Holy Week, may we recognize the lament, grief, and despair of the world around us. Climate injustice, poverty, hunger, and human suffering seem insurmountable. May we pray and cry out to God, as Jesus taught us, trusting that God hears us.


Burial rituals can help, rather than harm, God's creation. Learn about how to leave a sustainable legacy at www.GreenBurialCouncil.org. Schedule a time to talk with a loved one regarding your feelings about this subject.

Our 2022 Earth Day Resource theme is "Weathering the Storm: Faithful Climate Resilience". This resource provides stories of resiliency, reflection, sermon starters, prayers and more to guide you, your congregation and your community in faithful action across all of 2022.

Launching March 2022, our Earth Day Resource will be available at www.earthdaysunday.org.

Like Job in the whirlwind, or Jonah in the storm at sea, we come before you in awe of your power, God.

We recognize that today's storms and whirlwinds are not your judgment on your people, but the distortion of natural systems through our own sin and hubris.

As the storms and whirlwinds of the climate crisis accelerate around us, may our sanctuary be a place of refuge and resilience, where all of God's creation might be protected and sustained, and from which we, People of God, might be sent forth to bring healing and justice.