

*God of the Journey,
may this Lenten season
challenge us to a
change of heart:
to live gently,
to love generously,
to count blessings and
walk paths of peace
and inclusion.
Amen*

Second Sunday of Lent

What can you change this Lenten season?

Do you waste food?

This culture of waste has made us insensitive to wasting and throwing out excess foodstuffs, which is especially condemnable when, in every part of the world, many individuals and families suffer hunger and malnutrition. Consumerism has induced us to be accustomed to excess and to the daily waste of food ... I ask everyone to reflect on the problem of the loss and waste of food ... (Church of Mercy, 2014, 128).

There are many people in our communities who are suffering economic stress. Lack of housing, rising prices and difficulty in accessing support services are all too common across our country. Jesus' call to feed the hungry and clothe the naked is a constant challenge for all of us, but during Lent we are asked to specifically examine how we can respond to the most vulnerable.

Do you give generously to those in need?

Are there ways that you can limit food waste this Lent?