



And the desert shall rejoice and blossom as the rose..."



Facts and Acts for Lent

FACT quotations are taken from UN Secretary General Antonio Guterres "State of the Planet" address delivered in New York, in December 2020

ACTS include changes in lifestyle, as well as acts of advocacy and of prayer.

Week 1

† **Wednesday February 17th**

FACT: "We are facing a devastating pandemic, new heights of global heating, new lows of ecological degradation and new setbacks in our work towards global goals for more equitable, inclusive and sustainable development."¹



ACT: Watch Archbishop Desmond Tutu's exhortation to [pray for creation](#) (1 minute, 42 seconds)



Prayer: *Loving God, we thank you for the gift of life in all its diversity and beauty. Lord Jesus Christ we praise you that you came to redeem all of creation. Holy Spirit, we rejoice that you breathe in the life of the world. During this season of Lent, grant us faith and courage to deny ourselves, take up our cross and follow Jesus, as we seek healing and justice for your beautiful and bountiful creation. Through Christ our Lord, Amen.*

Thursday February 18th

FACT: "To put it simply, the state of the planet is broken. Humanity is waging war on nature. This is suicidal."



ACT: Contact your MP to [demand a green recovery](#) (links provided, 3 minutes)

Friday February 19th

Fact: “Biodiversity is collapsing.” The commercial fishery is the industry responsible for the most biodiversity loss, followed by agriculture. Fish can be a more ecologically friendly alternative to meat, but it can also be a disaster.



Act: Learn which seafoods are sustainable and which ones are not at <https://www.seafoodwatch.org/>

Saturday February 20th

Fact: “One million species are at risk of extinction. Ecosystems are disappearing before our eyes.”



Act: [Remind your MP](#) of Canada’s commitment to protect 30% of its land and water by 2030.

Sunday February 21st

*The garden is rich with diversity
With plants of a hundred families
In the space between the trees
With all the colours and fragrances.
Basil, mint and lavender,
Great Mystery keep my remembrance pure,
Raspberry, Apple, Rose,
Great Mystery fill my heart with love,
Dill, anise, tansy,
Holy winds blow in me.
Rhododendron, zinnia,
May my prayer be beautiful
May my remembrance O Great Mystery
Be as incense to thee
In the sacred grove of eternity As I smell and remember*

The ancient forests of earth.
- Chinook Psalter

Monday February 22nd

Fact: “Every year, we lose 10 million hectares of forests.” Meat and dairy production, especially beef, is a major cause of deforestation.



Act: Plan ways of eating less meat and dairy this Lent. Consider participating in “meatless Mondays.”

Tuesday February 23rd

Fact: “Deserts are spreading and wetlands are being lost.” Agriculture and animal husbandry is a major cause of land degradation.



Act: Learn about PWRDF’s partner in Uganda [St Jude Family Projects](#) , which is promoting food security and women’s empowerment through sustainable agriculture.

Bonus: 💰 Make a contribution (however small) [to St. Jude Family Projects](#) or [PWRDF](#).

Wednesday February 24th

Fact: “Oceans are overfished...” Mi’kmaq fishers engaged in small-scale, commercial fishing enterprises and are now facing charges from the federal government as well.



Act: Send a [message of support](#) to Mi’kmaq fishers.

Thursday February 25th



Fact: “Oceans are...choking with plastic waste.”

Act: Look around your house and choose one type of single use plastic which you can do without or replace with something non-plastic. For ideas, consult <https://myplasticfreelife.com/>.

Bonus: If you are a Canadian citizen, sign the [petition](#) to the federal government requesting measures to strengthen the upcoming ban on certain types of single use plastic.

Friday February 26th



Fact: “The carbon dioxide (the plastics) absorb is acidifying the seas. Coral reefs are bleached and dying.”



Act: [click here](#) to demand a strong international ocean protection agreement, and to learn more about the state of our seas.

Saturday February 27th



Fact: “Air and water pollution are killing 9 million people annually – more than six times the current toll of the pandemic.” The improvement in air quality alone would more than pay for the transition from fossil fuels to clean energy.



Act: Take ten minutes and write a very short (100-150 word) letter to the editor of your newspaper sharing your thoughts on the climate crisis. Suggestions, tips, as well as a form to submit online, can be found [here](#).

Sunday February 28th



Morningside Cathedral

By Thomas Berry

*We have heard in this Cathedral
Bach's Passion
The Lamentations of Jeremiah
Ancient experiences of darkness over the earth
Light born anew
But now, darkness deeper than even God
Can reach with a quick healing power
What sound,
What song,
What cry appropriate
What cry can bring a healing
When a million year rainfall
Can hardly wash away the life destroying stain?
What sound?
Listen -- earth sound
Listen -- the wind through the hemlock
Listen -- the owl's soft hooting
in the winter night
Listen -- the wolf -- wolf song
Cry of distant meanings
woven into a seamless sound
Never before has the cry of the wolf expressed such meaning
On the winter mountainside
Morningside
This cry our revelation
As the sun sinks lower in the sky
Over our wounded world
The meaning of the moment*

*And the healing of the wound
Are there in a single cry
A throat open wide
For the wild sacred sound
Of some Great Spirit
A Gothic sound -- come down from the beginning of time
If only humans could hear
Now see the wolf as guardian spirit
As saviour guide?
Our Jeremiah, telling us,
not about the destruction of
Jerusalem or its temple
Our Augustine, telling us,
not about the destruction of Rome and civilization
Our Bach,
telling us not about the Passion of Christ in ancient times,
But about the Passion of Earth in our times?
Wolf -- our earth, our Christ, ourselves.
The arch of the Cathedral itself takes on the shape
Of the uplifted throat of the wolf
Lamenting out present destiny
Beseeching humankind
To bring back the sun
To let the flowers bloom in the meadows,
The rivers run through the hills
And let the Earth
And all its living creatures
Live their
Wild,
Fierce,
Serene
And Abundant life.*

Fr Thomas Berry