



# A Journey through Lent with **TLC**

By: Teri Salmons

*“Remember you are earth and earth  
you shall become.”*

Lent begins with these words taken from the creation story in Genesis, “*You are dust, and to dust you shall return.*” The words are followed by the action of being marked by the Sign of the Cross. This Lent we ask you to imagine Lent as a journey to reconnect with the earth. The season offers a chance to see ourselves as a deep part of the earth and to offer it some **Tender Loving Care**. Let’s face the truth, the earth is fragile and needs some **TLC**! We invite you to reflect upon our relationship with the earth, then choose ways to act that put the care of Creation at the **heart** of our common life. Consider your daily act of *Earth-loving kindness* as a form of embodied prayer – a compassionate way to work for the future of our **beloved** planet. This Lent, let us journey together as we travel towards the hope of sharing resurrection life for ourselves and for all of creation.

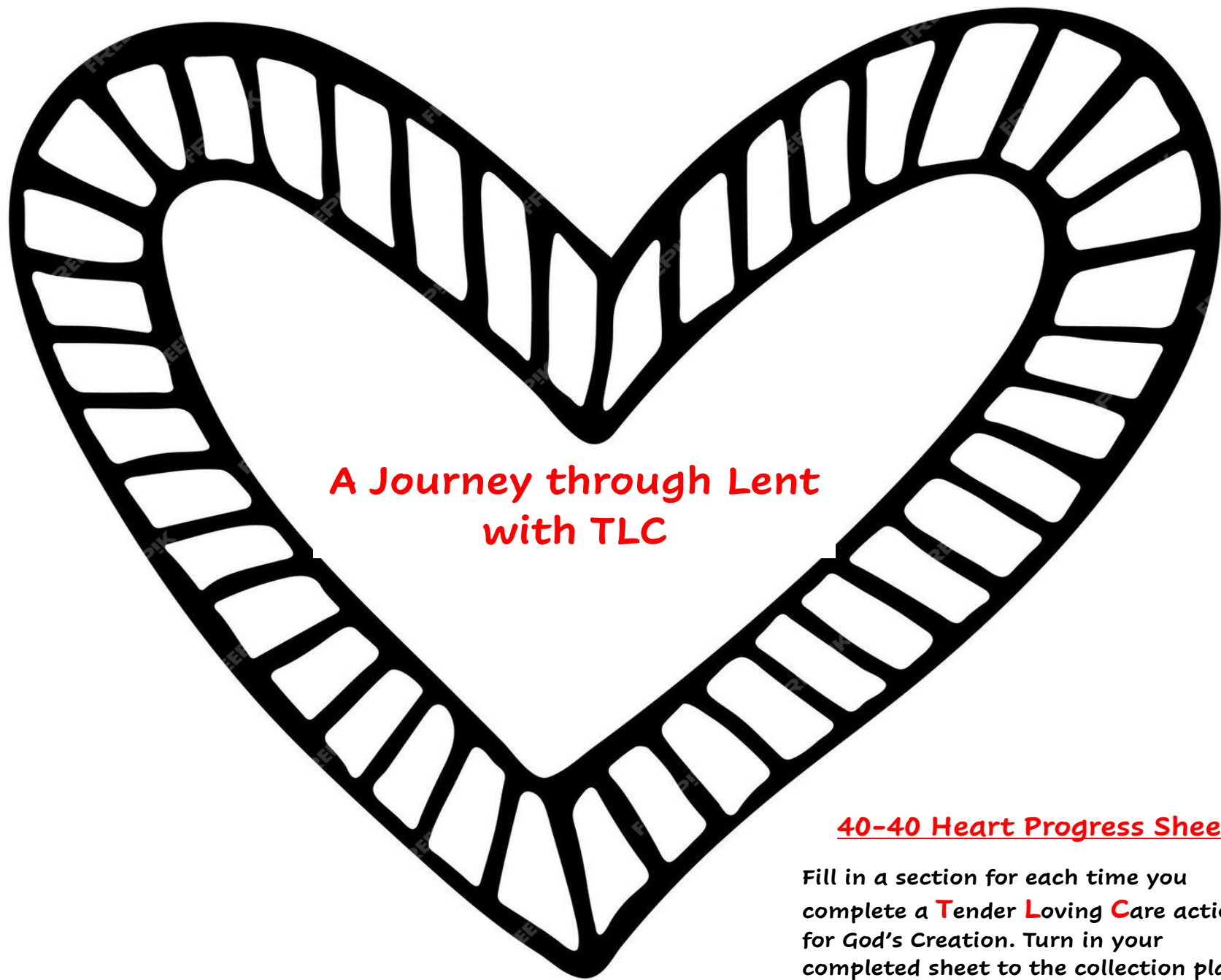
## ***What little thing can you do today for love of the earth?***

Beginning March 5<sup>th</sup> on Ash Wednesday, we ask you to commit to forty acts of *Creation Care* during the forty days of Lent. This means there will be a total of 40 actions that you will complete by the end of Lent. Each week we will provide you with some ideas in eBlessings to help with your daily action. **TLC** Suggestions for Week 1 are attached but you may be creative and think of your own ideas. Repetition of your actions are definitely acceptable! As you or your family complete an action, color in one of the sections on the Heart Progress Sheet. There are actually 44 days between Ash Wednesday and Holy Thursday, so if you miss a day just double up the next day. Just like the Bagzilla Challenge, we hope this leads to a daily ritual to show your kinship with our planet and how you “*Love the Lord your God with all your heart...*”

### **Attachments**

**40-40 Heart Progress Sheet**

**40-40 **TLC** Suggestions for Week 1**



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**40-40 Heart Progress Sheet**

Fill in a section for each time you complete a **T**ender **L**oving **C**are action for God's Creation. Turn in your completed sheet to the collection plate.

Name \_\_\_\_\_

What little thing can you do today for our beloved planet?



40-40 **TLC** Suggestions for Week 1