

# Join the OLQP

## LENTEN CREATION CARE CHALLENGE

*There is a nobility in the duty to care for Creation through little daily actions.*

*Pope Francis, Laudato Si, #211*

As the Church enters the Lenten season of Prayer, Fasting and Almsgiving, the Integrity of Creation committee invites you to consider how your daily food choices impact the Earth. One environmental expert states that the food choices we make are the single most important way individuals can combat climate change<sup>1</sup>. The **Creation Care Challenge** encourages parishioners to care for the Earth by choosing to reduce meat consumption during Lent.

### WHY FOCUS ON EATING LESS MEAT?

Production practices cause significant damage to the planet by:

- Releasing over 30% of global greenhouse gas emissions.
- Increasing deforestation for animal and feed production.
- Diverting huge quantities of water for livestock.



### OUR LENTEN CREATION CARE CHALLENGE:

Commit to eating less meat this Lent! Add Meatless Mondays to your Lenten practice in addition to traditional Meatless Fridays. Consider integrating more plant-based foods into your meals during the week. Reduce consumption of beef, pork and chicken overall. Each of us can approach this challenge prayerfully, with respect and balance for our own nutritional needs.

### RESOURCES:

- Resources for creative and tasty vegetarian recipes abound in cookbooks, magazines, and websites. Many family favorites--such as lasagna, pizza, chile/soups, and main dish salads--can be meatless and just as delicious! Use meat substitutes and plant-based proteins (e.g., beans, tofu, seitan) in place of meat in your favorite recipe.
- The CRS RiceBowl program provides meatless recipes from other countries each week. You are encouraged to prepare simple meals and donate the savings to Catholic Relief Services.
- For links to vegetarian recipes and recipes from parishioners, visit the [www.olqpva.org](http://www.olqpva.org) and click Lenten Creation Care Challenge under "News".

To raise further awareness, we'll provide information in future bulletins on how meat production practices and food waste contribute to deterioration of the planet.

With prayer, reflection, and mindfulness, this Lenten practice of earth-friendly eating can demonstrate our personal commitment to combat climate change, a compassion for all people on Earth and our Care for God's Creation. Look for our next update on

### A FAMILY LENTEN MEAL PRAYER

Dear God,  
Bless this food, a gift from the earth.  
We thank you for your wondrous creation with all its animals and plants.  
We pray that all people love and care for the earth.  
Amen.

OLQP Integrity of Creation Team

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For more information, please visit our parish webpage:

[www.ourladyqueenofpeace.org/integrity-of-creation.html](http://www.ourladyqueenofpeace.org/integrity-of-creation.html)

<sup>1</sup>Jonathan Saran Foer, *We Are the Weather*. 2019

*This program is open to the entire parish community, but offered in English only.  
Este programa le da la bienvenida a toda la comunidad, pero solo se ofrece en inglés.*