

Senior Vinnies Lenten Resource



LENT

- Lent reflects the 40 days Jesus spent in the desert in fasting and prayer.
- This year, Lent starts on Wednesday 18th February.
- The first day of Lent is called Ash Wednesday when we receive ashes on our forehead in the shape of a cross.
- Lent lasts for 40 days (not including Sunday's). It runs from Ash Wednesday until Holy Thursday; although many people continue their Lenten promise(s) until Easter Sunday.
- This year Easter Sunday is on Sunday 5th April.

During Lent we are called to be closer to Christ by taking on a Lenten Promise. This could be **giving something up**. For example you may choose to give up chocolate or crisps. Whenever you are tempted to break your promise you could stop and think about other young people in the world who rarely or never get treats because of war or famine. This can be a good time to say a prayer for them. If you have pocket money you could put some of the money you save by giving up a treat into your 'Wee Box' from SCIAF.

You can also make a Lenten Promise by **taking something on**. This could be by promising to do something that will help you **grow spiritually**. For example, spending more time in prayer each day. Or by promising **to do something kind** for a loved one or neighbour. For example you could help out more at home, donate an item or clothing to a charity, or go out of your way to say thank you to a friend.

Caring for God's creation: A 40 day Eco Challenge for Lent

United Nations reports have shown that 80% of the world's poor live in regions affected by climate change*.

Senior Vinnies are invited to take part in an eco challenge to do something to help the environment during the 40 days of lent.

Using the attached template, choose a challenge to do each day and tick it off the list as you go along. How many can you complete? You could also do the challenge in small groups and try to complete the whole grid together as a team.

*<https://hdr.undp.org/content/2025-global-multidimensional-poverty-index-mpi#/indicies/MPI>



TAKE THE 40 DAY ECO CHALLENGE FOR LENT

Here is a calendar of 40 actions you can take to help the environment.
Cross off each box as you complete an action!

1. Use a reusable water bottle	2. Recycle paper, plastic, and glass	3. Have a waste-free lunch	4. Unplug electronics when not in use	5. Turn off lights when the room is not in use
6. Plant a tree or flower	7. Shop with reusable bags	8. Buy local produce	9. Avoid single use plastics	10. Compost food scraps
11. Conserve water while brushing teeth	12. Donate unwanted items to charity	13. Reduce meat consumption	14. Put on a jumper rather than turning the heating on	15. Write a poem about the environment
16. Choose products with minimal packaging	17. Educate others about environmental issues	18. Walk or bike instead of using the car for a journey	19. Read St Francis's prayer 'The Canticle of the Sun'	20. Pick up litter in your school or neighbourhood
21. Research 5 facts about the Marine Conservation Society	22. Spend 30mins in nature and then write about or draw what you noticed	23. Repair something broken instead of throwing it away	24. Research an endangered species and share a fact with a friend	25. Find out the names of Scotland's National Nature Reserves
26. Recycle your used batteries	27. Avoid fast fashion	28. Make a DIY birdfeeder	29. Use public transport	30. Reduce your shower time
31. Pray a decade of the rosary for those affected by climate change	32. Watch 'The Letter' https://theletterfilm.org/watch/	33. Research eco friendly cleaning solutions	34. Borrow or rent items instead of buying new	35. Find out what it means to be a Steward of God's earth
36. Grow your own herbs or vegetables	37. Write a prayer of hope about the planet	38. Look up why biodiversity is important	39. Offer prayers at mass for the care of the earth	40. Reflect on your challenges. What ones will you continue after Lent?

For more information about Senior Vinnies email youth@ssvpscotland.com