Hello Trillium Friends!

Everyone, young and old, is welcome to participate in the Generations Lenten Program. We are so glad to be journeying through Lent together as a community!

Keep reading, or watch THIS video and THESE video instructions to learn more about some of the ways you are invited to journey through Lent with our community.

Lent is a time when we draw our attention towards God and the teachings of Jesus, in hopes of inner transformation for the sake of the world. Traditionally, the practices that Christians have engaged in over Lent include acts of service/giving of alms, prayer, and fasting. This year we invite you to engage in these three practices around the theme of food security.

With rising financial insecurity, healthy food is becoming more difficult for many to access. Furthermore, the climate crisis is challenging the ability of food producers and subsistence farmers to grow food. For those of us in privileged cultures, what we eat and the kinds of food systems we support are exacerbating this problem. We will be mindfully and prayerfully engaging with how we eat and who is able to eat over this Lenten season as we explore the biblical stories that teach us about feeding the world materially and spiritually.

Service/Alms Giving

1. **Offering for Community Ministry**: Place an offering jar near your dinner table. Each time you sit down for a meal, have each person place a coin in the jar (choose a coin that fits with your income level). This coin represents providing a meal for someone else each time you eat.

   At the first Generations program after Easter, we will count our offerings and provide them to the Community Ministry program hosted at Trillium, which provides a free meal on Thursday nights.

   *since the Ash Wednesday service was moved to an online format, see Monica in the office or Nathan on Sunday if you would like a Mason Jar ‘coin slot lid’ to help with the collection of your offerings

2. **Weekly Service Challenge**: Each Wednesday, Nathan will be providing a video with a bible story and a service challenge for the week, somehow related to food security. Check it out!

Prayer:

Prayer practices come in many forms; prayer can be silent, spoken aloud, have many words, or few. It can be a deep listening inside yourself or a speaking of words out into the cosmos. This year for Lent, you are invited to engage with a variety of prayer practices.

Choose a meal when you most often have a little more time. Take a moment to light a candle and acknowledge God's presence. Roll the prayer dice that you made with the template attached (or see alternative option below) and engage in whatever prayer practice you land on.

For kids and the young at heart: Attached to this email, there is a template for a paper dice. You can print the dice, color it, and then glue it together (cardstock or gluing the paper to an old cereal box might work best). If you don't have a printer, Nathan will have some printed copies on Sunday, or Monica in the office can help.

Non-crafty option: Roll a traditional dice and engage in the prayer practice that corresponds with the number you roll…

1. Name 3 things you are grateful for. Offer a prayer of thanks.
2. Name the living beings who contributed to your meal. Offer Gratitude.
3. Reflect on today's highs and lows. Give thanks for the gift of another day.
4. Name everything you know or wonder about a non-human creature of your choice. Offer thanks for this creature.
5. Pray for a person or community in need of love and support.
6. 1 minute silent prayer. Name God's presence. Close your eyes and breathe.

Fasting:

Fasting is a common spiritual practice across traditions. While the most common association with fasting is refraining from eating for a period of time, fasting as a spiritual practice can take on many forms. At its most basic, fasting is refraining from an otherwise routine activity in order to turn towards spiritual activity.

A person undergoing a fast is intentionally mindful of the thoughts and feelings they have about whatever they are fasting from; this mindfulness can itself be a form of prayer, but the person can also speak to God about the feelings and thoughts that come up.

For example, someone fasting from social media might notice when they reach for their phone, take a deep breath, and choose to redirect their attention. Just that deep breath can be a little prayer or you could pray "Help me be present."

Some ideas for fasting this year on a food security theme:

- The commitment of time for a focused mealtimes (no phones or screens) to be mindful of how and what you are eating
- Giving up a highly packaged snack that you regularly buy
- Choosing to eat a portion of one's meals as vegetarian or vegan over Lent
- Giving up red meat

- Trying to use all the food you buy, eliminate food waste (eat those left-overs)
- Give up take-out
- Try buying your groceries from the market and get to know who grows the food you eat