



# A Fast for the Earth: Lent 2021

(Diocese of Toronto website)

[www.toronto.anglican.ca/wp-content/uploads/2021/01/Lent-Fast-2021.pdf](http://www.toronto.anglican.ca/wp-content/uploads/2021/01/Lent-Fast-2021.pdf)

At the start of the biblical story, we are called to “serve and observe” the creation (Genesis 2.15). But sometimes we don’t know what to observe or how to serve the land and creatures that surround us. This Lenten resource is provided to help us in our walk as servants of creation.

What does a Lenten fast look like in a time of Covid? We have already sacrificed much in the last year: time with family and friends, community gatherings, and the give and take of personal interactions at work or play. While some of these changes have been good for the earth, many of us would like further guidance on faithful living in the face of the climate crisis. The following Lenten fast provides such guidance.

## HOW TO USE THIS GUIDE:

This guide can be used one of two ways:

- 1) Follow the fasts for each week as outlined below.
- 2) Read through each of the fasts below and choose the one that you would like to dig deeply into for the entire six weeks of lent.

## DON'T FAST ALONE!

Whether you choose 1) or 2), you may wish to find others who want to join you on this Lenten journey.

Discuss with each other how you will practice the fast; share ideas and encouragement.

At the end of each week, talk about what was hard, what was rewarding, and how this fast has impacted your commitment to living faithfully as servants of creation.

## PLAN AHEAD!

Whether you decide to do the fast on your own or with others, read through the entire Lent fast ahead of time so that you can prepare for each week.

Note also that many of these fasts reflect a position of privilege: unlimited electricity, excess food, and abundant water. For many, the call to fast with regard to these items is unnecessary, since economic and social circumstances inhibit access in the first place. For others, giving up disposable or unjustly created products is simply impossible. To this end, we hope that the fast from injustice during week six will encourage us all to work for a community where all have enough. In the meantime, we hope this fast will make you aware of what is possible in your life.