

Lent 4.5

Christian Simplicity

Protecting God's Creation ■ Embracing Gospel Justice ■ Nurturing Spiritual Fulfillment

A 7-Week Faith Formation Program for Catholic Parishes

There is a more meaningful way to observe Lent than simply giving up chocolate.

Lent 4.5 inspires and informs Catholic faith communities on how to use prayer, fasting, and almsgiving to care for God's creation, embrace Gospel justice and nurture spiritual fulfillment. It offers practical opportunities for people of faith to apply church teaching on Gospel simplicity to their everyday lives.

If the Earth were divided equally among all of us, each person would receive 4.5 acres. Now consider that everything you need – food, energy, home, clothing, appliances, gadgets – must come from those 4.5 acres. That's your fair share. But realize it takes a staggering 22.3 acres to maintain the average American lifestyle.

Not long ago, many believed that justice would be accomplished by lifting others up to our standard of living. Now, we know that is impossible, given the spatial restrictions and limited resources of the planet.

We have a huge global problem. We Christians in the affluent United States have a faith problem. Anyone who follows in the footsteps of Jesus Christ cannot ignore or remain indifferent to the consumption habits of our country. Our patterns of consuming must change if we are going to bring forth a world that is both sustainable and just.

There is a new way of observing Lent that helps us care for God's creation and bring forth a just society by taking steps toward using only our fair share of its resources. Moving in the direction of a 4.5 footprint is essential for anyone walking in the footsteps of Jesus today. How can we share this planet with the other 6.5 billion human beings in a way that enables all of us to live with dignity?

Sign up your parish or religious community to participate in Lent 4.5 during Lent 2012. Information is available online at www.lent45.org.

**Do more than give up chocolate for Lent;
learn to live more simply.
Help bring forth a just society;
abstain from taking more than your fair share.**



Lent 4.5—Christian Simplicity is produced and distributed by the Passionist Earth & Spirit Center

1924 Newburg Road • Louisville, Kentucky 40205

Telephone: 502.452.2749 • Email: lent@earthandspiritcenter.org • Website: www.lent45.org