

THIS LENT, COULD YOU...



Take up alternative forms of transport?



Give up single use plastics?



Live locally?



Buy nothing new?



Give up meat?



Give up electricity for an hour every day?

TO CHANGE YOUR IMPACT ON THE CLIMATE?



TAKE UP THE CHALLENGE AT
LIVINGLENT.ORG



Aleteia

LENT IS COMING

HERE'S WHAT YOU NEED TO KNOW



Ash Wednesday
is on February 14
(Valentine's Day)



Lent lasts 40 days
(excluding Sundays)



The three pillars
of Lent are:
prayer, fasting
and almsgiving.



Ash Wednesday
and **Good Friday**
are days of fasting
(one primary meal and
two lesser meals) and
abstinence from meat.



All Fridays in Lent
are days of abstinence
from meat.