



Art by Julie Lonneman



by Brenna Davis

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### **PAUSE**

### **REFLECT**

*We till the earth,*

*We tend the ground.*

*Sowing hope and peace*

*Where none is found.*

*In selfless love*

*God's life abounds*

*We till the earth,*

*We tend the ground.*

Take time to listen to a new hymn, [Tend the Ground](#), inspired by "*Laudato Si*": on Care for Our Common Home."

Notice how you feel as you listen to the song. Are there particular lyrics that speak to you?

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### **ACT**

Meditate on a word or phrase from the song today as you walk outside or eat meals.

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## Lenten Daily Food Reflections

pause | reflect | act

**Editor's note:** *These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the [Lenten Food Waste Fast](#) at the Ignatian Solidarity Network.*

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This story appears in the **Lenten Daily Food Reflections** feature series. [View the full series.](#)