News
EarthBeat



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PAUSE

REFLECT

A friend recently baked banana bread to share with our office. The recipe she used was one she found while watching a news show in which a mother baked the bread as she spoke about losing her child to opioid addiction. My friend prays for the woman's child each time she bakes the bread and makes the act of cooking into a prayer.

ACT

Select a recipe from Catholic Relief Services' Meatless Meals from Around the World, and pray for the people from the country your meal originates as you prepare the food. Or select a favorite family recipe and pray for a special intention in your own life as you cook.

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.