News
EarthBeat



(CNS/Carol Zimmermann)



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PAUSE

REFLECT

"Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds." — **John 12:24**

"As the tiniest of seeds, almost invisible to the eye, holds within itself the power to germinate — becoming a plant providing energy, beauty and food — so, too, do all the acts for social justice, peace, human rights and ecological justice that we have been about these past decades." "Seeds of change can still take root", Nancy Sylvester, Global Sisters Report

What seeds of change and hope have you seen germinate in your life this Lent?

PRAY

As you eat meals today, say a prayer of gratitude for the seeds that germinated to produce the food that sustains you in your work for social and ecological justice.

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.