News
EarthBeat



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PAUSE

REFLECT

> "Glance at the sun. See the moon and the stars.
>
> Gaze at the beauty of earth’s greenings.
>
> Now, think.
>
> What delight God gives to humankind
>
> with all these things .
>
> All nature is at the disposal of humankind.
>
> We are to work with it. For
>
> without we cannot survive." – Hildegard of Bingen

> "Even in a world that's being shipwrecked, remain brave and strong" – Hildegard of Bingen

St. Hildegard wrote many recipes including one for Cookies of Joy, which are said to increase joy and positivity.

PRAY and GIVE

If you are able, bake cookies of joy this week, or a different favorite recipe, to increase joy and positivity in your life. If possible, share what you cook with family or friends.

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.