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PAUSE

(Bethlehem Farm)

REFLECT

"We plant the seeds that one day will grow" - Prophets of a Future Not Our Own Prayer by Cardinal Dearden

My first visit to Bethlehem Farm, located in West Virginia, was as a theology teacher with students from Saint Martin de Porres, Cleveland's Cristo Rey High School. I was surprised by how much I learned about food throughout the week while completing morning chores on the farm. Did you know that asparagus grows from the ground like tiny trees?

I was particularly moved when one morning Eric, a caretaker and director of the farm, told the students and I that we would be planting potatoes that we would never eat but that would feed future volunteers. He went on to say that the food that was sustaining us during our time at the farm was a gift from past volunteers to

us.

PRAY and GIVE

How do you feel called to "plant seeds (physical or spiritual) that may one day grow" to sustain others this Lent?

Bethlehem Farm is a Catholic Community in Appalachia that transforms lives through service with the local community and the teaching of sustainable practices.They invite volunteers to farm, cook, build, pray, and share in community, especially through delicious meals. Learn more about their work and how you might schedule a future visit to the farm.

Research local organic farms in your area to find future opportunities to get your hands in the dirt and connect with the food you eat or consider starting seeds now for your own garden.

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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