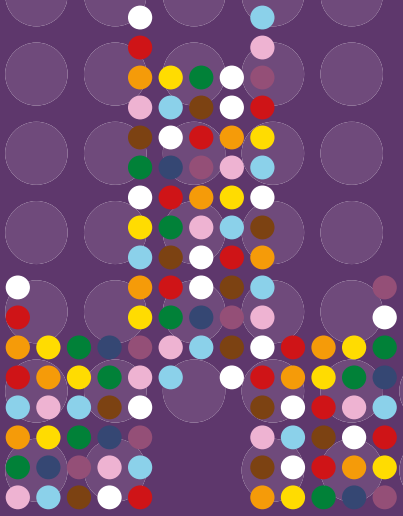
Creation Care

Lent 2026

Worship & Teaching • Buildings • Land • Community & Global Engagement • Lifestyle



ALL SAINTS

HIGH WYCOMBE

During Lent this year, our themes for the care of God's creation are based on the senses

We're encouraging everyone to take action to improve our environment and sustainability as a community, and each week we have an activity to join in with, or action to take in our daily lives. In this booklet you'll find details for each week of Lent, along with a short scripture reading to reflect on each day in that week.

There is also a selection of recipes with creation care in mind at the back of this booklet.

See

WEEK 1

1 CORINTHIANS 13:12

For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

REFLECTION

Come and see - Notice your surroundings, people, nature. How is that person really? A new face? What's growing in nature? Catkins? Mushrooms? Green shoots? Notice God in the world.

ACTION

When you shop this week, look at where your food comes from. Try to buy food that is LOAF – Locally grown or made, organic, animal friendly (free range, vegetarian, vegan) or fairly traded.

RECIPE SUGGESTION

Sweet potato curry with spinach and chickpeas p12

Listen

WEEK 2

ROMANS 10:17

So faith comes from hearing, and hearing through the word of Christ.

REFLECTION

Come and listen - Listen to your surroundings, people, nature. What are people saying? What birds and animals can you hear? What is God saying to you?

ACTION

Share a meal with your family or friends, giving them your full attention and listening carefully. Pray for God's creation before the meal.

RECIPE SUGGESTION

Tuna fishcakes p15

Smell

WEEK 3

JOHN 12:3

Mary then took a pound of very costly perfume of pure nard, and anointed the feet of Jesus and wiped His feet with her hair; and the house was filled with the fragrance of the perfume.

REFLECTION

Come and smell – Smell your surroundings, notice the smells that come from nature. Smell a flower, a leaf, or the rain. Notice the smell of your food, of herbs or spices. Perhaps light a scented candle or burn some incense. Are the smells healthy, or bad? How do they connect us with God?

ACTION

Do your bit to reduce bad odours and waste! Shop, plan and prepare meals carefully. Buy only what you need, and use up any leftovers.

RECIPE SUGGESTION

Potato peel soup p18

Touch

WEEK 4

MATTHEW 17:7

But Jesus came and touched them, saying, "Rise, and have no fear."

REFLECTION

Come and touch - Through touch, reawaken your connection with creation and with God and be comforted. Feel different textures around you, in your home, work, and outside in nature. Hygge cushions, blankets, scarves. Touch the leaves of a plant, hold a stone in your hands, feel water flowing through your fingers, get your hands dirty in the soil (good bacteria in the soil can contribute to feelings of happiness).

ACTION

Grow your own food: collect some mustard cress (very quick results) or spinach or lettuce seeds to grow on a windowsill at home.

RECIPE SUGGESTION

Savoury bread and butter pudding p13

Taste

WEEK 5

PSALM 34:8

Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!

REFLECTION

Come and taste – As you eat or drink, savour the flavours and be thankful, don't rush. Maybe experience a new flavour, recipe, a food you haven't tried before. How does taste draw us closer to God?

ACTION

Make your own healthy, unprocessed food. Put away the crisps and make your own. Replace a processed sauce, takeaway or pre-packaged ready meal with healthy fresh vegetables, fish, or other whole foods.

RECIPE SUGGESTION

Mexican vegetable crisps p17

Faith

WEEK 6

MATTHEW 21:21-22

And Jesus answered them, "Truly, I say to you, if you have faith and do not doubt, you will not only do what has been done to the fig tree, but even if you say to this mountain, 'Be taken up and thrown into the sea,' it will happen. And whatever you ask in prayer, you will receive, if you have faith."

REFLECTION

Come in faith – As we approach Easter week, use all your senses to feel the richness of God's creation, and the love He has shown for us through the sacrifice of His only son. What is God calling you to do in faith this week?

ACTION

Help someone in need this week. Donate an item of non-perishable food to One Can Trust or the Wycombe Food Hub.

RECIPE SUGGESTION

Potato babka p16

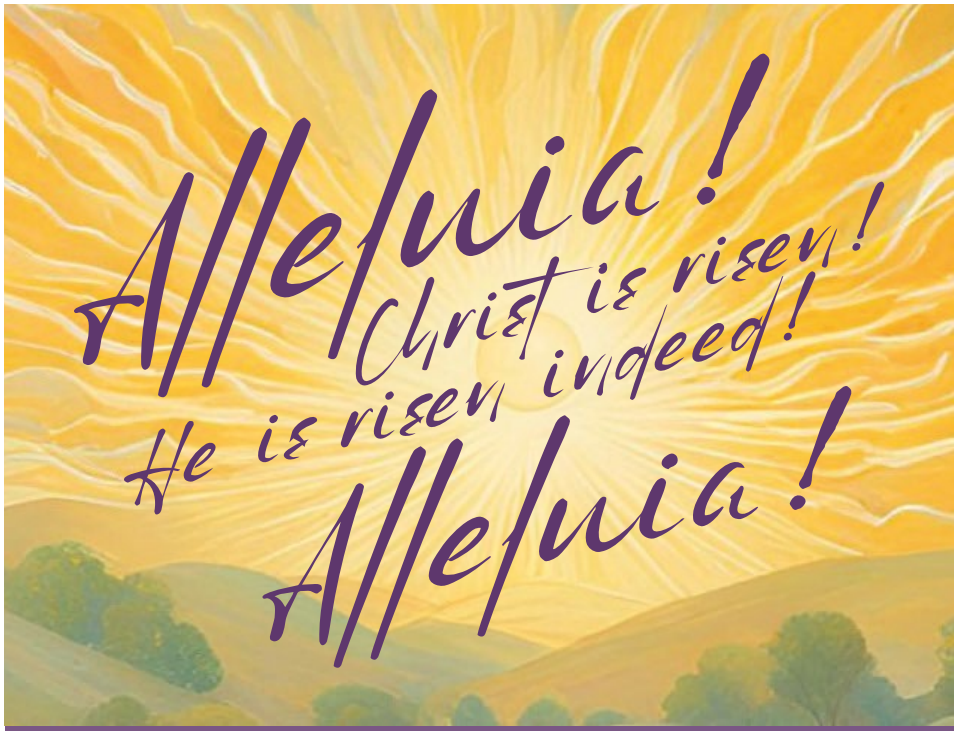
Easter Sunday

MATTHEW 28: 2 – 10

Suddenly there was a great earthquake, for an angel of the Lord descended from heaven, rolled away the stone, and sat on it. His appearance was like lightning, and his clothes were white as snow. The guards trembled in fear of him and became like dead men.

But the angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; He has risen, just as He said! Come, see the place where He lay. Then go quickly and tell His disciples, 'He has risen from the dead and is going ahead of you into Galilee. There you will see Him.' See, I have told you."

So they hurried away from the tomb in fear and great joy, and ran to tell His disciples. Suddenly Jesus met them and said, "Greetings!" They came to Him, grasped His feet, and worshipped Him. "Do not be afraid," said Jesus. "Go and tell My brothers to go to Galilee. There they will see Me."



REFLECTION

Rejoice and be glad. The Lord has risen!

ACTION

Go out into God's creation, rejoice and share the Good News.

RECIPE SUGGESTION

Easter nests p20

RECIPES

Creation Care meals for Lent

Leftovers / locally sourced / batch cooked and frozen meals, plus a treat for Easter!

The vegetarian recipes can be made vegan by substituting the dairy ingredients with plant based alternatives.

SWEET POTATO CURRY WITH SPINACH AND CHICK PEAS (serves 2).

The recipe is for 2 people, however it can be scaled up, batch cooked and frozen into portions which can be microwaved later, saving energy.

1 sweet potato, peeled and cut into chunks
1 red onion, chopped
1 clove garlic, crushed
1 red chilli, seeded & finely chopped, or ½ - 1 tsp crushed chillies
1 cm piece fresh root ginger, peeled & finely chopped
1 tsp medium/hot curry powder
½ tsp ground cumin
227g can chopped tomatoes
100ml vegetable stock or water
215g can chick peas, drained and rinsed
115g fresh or frozen (defrosted) spinach
1 tbsp chopped fresh coriander (optional)

Cook sweet potato chunks in boiling water for about 7 min, drain & set aside.

Heat oil in a non-stick saucepan. Add onion, cook gently

for about 5 min until soft. Add garlic, chilli & ginger, cook gently for 3 min, stirring occasionally. Stir in ground spices, cook gently for 1 min, stirring.

Stir in tomatoes, stock or water, chick peas and sweet potato. Bring to the boil, reduce heat and simmer for 5 min, stirring occasionally. Stir in spinach, cover and cook gently for 2 -3 min or until spinach wilts. Stir in coriander, if using.

Can be served with rice or locally grown jacket potatoes. All the ingredients, except the spices and chick peas can be grown in the UK.

SAVOURY BREAD AND BUTTER PUDDING (serves 4)
A way of using up stale bread

1 large leek
Knob of butter
Small onion, sliced
1 garlic clove, crushed
½ tsp dried thyme
Pinch of sea salt
100g mushrooms, quartered
500 ml milk
3 eggs
1 tsp ground nutmeg
Approx 400g stale bread
75g soft blue cheese (or any other leftover)
75g ham (optional)

Cut leek into 2cm slices and blanch in boiling water for 3 minutes. Drain and set aside.

Melt butter in a casserole dish. Add onion, sauté gently for 5 min until soft. Add garlic, thyme and salt, fry for 3 more minutes. Add mushrooms and leek and remove from heat.

Combine milk, eggs and nutmeg in a jug and lightly whisk. Cut or tear bread into 4cm chunks.

Combine half the bread with the onion and leek mixture in the dish and dot half the cheese and ham equally around the dish. Layer the remaining bread, cheese and ham over the top and pour over the egg mixture.

Allow the bread to soak for at least 30 min. Preheat the oven to 190°C/ Gas Mark 5 and bake for 25 – 30 min until golden and crispy.

Serve with green salad or seasonal vegetables.

TUNA FISHCAKES (serves 4)

Using up leftover mashed potato

450g mashed potato
2 tbsp mayonnaise
2 x 185g cans tuna drained, (look for pole and line caught cans with the blue Marine Stewardship Council (MSC) label)
198g can sweetcorn, drained
Small bunch chives (or fresh or dried herbs)
2 eggs, beaten
100g dried breadcrumbs (can use stale bread)
Sunflower or vegetable oil for frying

Mix potato, mayonnaise, tuna, sweetcorn and chives or herbs. Shape into 4 cakes and chill until cold and firm.

Dip each cake into the egg, letting excess drip off, then coat with the breadcrumbs. Chill for 15 min.

Heat a little of the oil in a pan, gently fry the cakes for 2 -3 min on each side until golden. You may need to do this in batches, keep warm in a low oven. Serve with extra mayonnaise and salad.

POTATO BABKA (serves 4)

A way of using any spare potatoes. Can be eaten as a side dish, but also as a vegetarian main course.

5 medium sized potatoes
200g mushrooms
75g cheddar cheese
2 -3 tbsp sour cream
20g butter, sunflower or olive spread
2 small onions
1 tbsp vegetable oil
Salt and pepper to taste

Chop the onions and fry in the vegetable oil. Rub the mushrooms clean, chop and add to the pan. Season with salt and pepper.

Grate the potatoes and season. Grease a baking tin or dish with the butter or spread and put in half of the grated potatoes.

Grate the cheese. Put the mushroom and onion mix onto the potatoes, coat with 1 tablespoon of sour cream and sprinkle with half of the cheese.

Put the second half of the potatoes over the cheese, cover with the remaining sour cream and sprinkle with the rest of the cheese.

Bake at 180° C/ Gas Mark 4 for 30-45 minutes until cooked through and golden on top.

MEXICAN VEGETABLE CRISPS (serves 4)
A healthier version of nachos, using up root vegetables, served as a snack or sharing starter.

200g fresh beetroot
1 large carrot
1 large sweet potato, scrubbed and peeled (save peel for another recipe)
2 tbsp vegetable oil
Black pepper to season
240g mixed pack of salsa, guacamole and sour cream (or use up leftover dips)

Preheat oven to 220° C/ Gas Mark 7

Cut off the top and bottom of the beetroot and carrot, then scrub well. Peel the sweet potato.

(Tip: Wear rubber gloves when preparing beetroot to avoid staining your hands)

Slice the vegetables very thinly, using a swivel peeler or mandolin if you have one. Gently press between kitchen paper to absorb excess moisture.

Line 3 baking trays with baking parchment and brush with oil. Lay the vegetable on the trays in a single layer, keeping the beetroot on a separate tray to prevent it from staining the other vegetables. Brush vegetables with the remaining oil, season with black pepper, then roast for 25 minutes, turning halfway through. Transfer to a tray lined with kitchen paper and allow to cool completely

Arrange the crisps on a plate and serve with dips

POTATO PEEL SOUP
The ultimate leftovers recipe!

About 200g potato peelings (scrub potatoes well, you could use up the sweet potato peelings from the previous recipe)

1 large or 2 medium onions, diced (or leeks, spring onions etc.)
500 ml milk
500 ml chicken or vegetable stock
20g butter or rapeseed or sunflower oil
1 bay leaf
Salt and freshly ground black pepper

2 tbsp chopped parsley (optional)
Crisp-grilled bacon (optional)

Heat butter or oil in a medium saucepan over a medium-low heat and add onions, bay leaf and a good pinch of salt. Sauté gently until the onions are soft, about 10 min.

Add the potato peelings and stir well for 1 minute.

Pour in the milk and stock, season well and bring to the boil. Reduce heat and simmer gently until the peels are tender, about 10 min

Remove from the heat and cool slightly. Purée in a food processor, blender or using a stick blender until very smooth.

Return the soup to the pan and reheat gently. Add extra seasoning if necessary and stir in the chopped parsley, if using.

Serve in warmed bowls, top with shards of grilled bacon, if using.

Any portions left over can be frozen for reheating later.

EASTER NESTS – an Easter treat!

12 fairy cake cases
80g packet of mini chocolate eggs (about 24 eggs)
200g white chocolate
4 Shredded Wheat biscuits (approx. 90g), crushed

Melt chocolate in a small bowl placed over a pan of barely simmering water.

Pour chocolate over the Shredded Wheat and quickly stir well to combine the mixture.

Spoon the mix into the cases and press the back of a teaspoon in the centre to create a nest shape.

Place 2 mini chocolate eggs on top of each nest, Chill the nests in the fridge for 2 hrs until set.

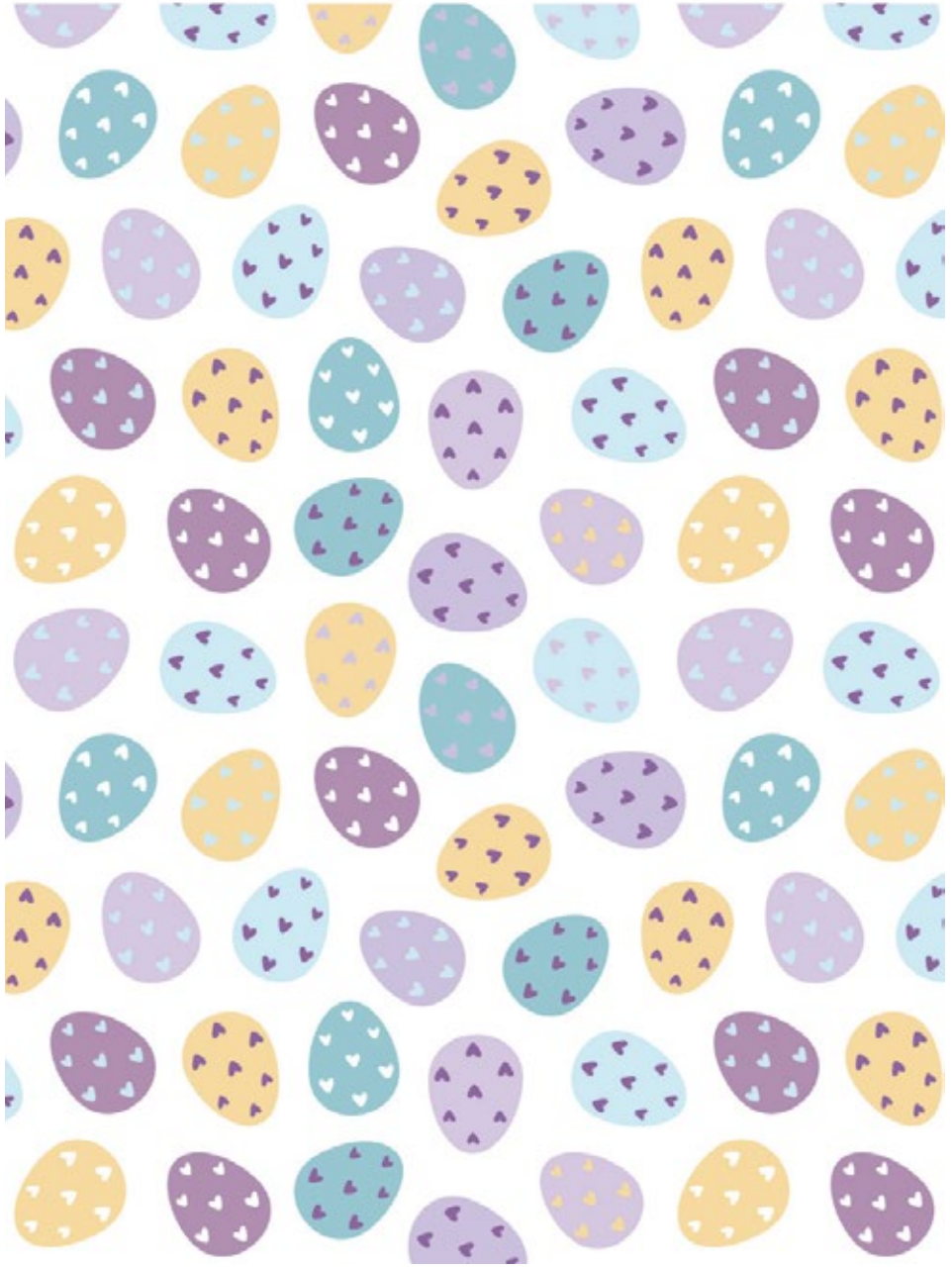
Ethical certifications you may wish to look for when buying chocolate:

Fairtrade: Ensures farmers receive better prices and that no forced labour is used.

Organic: Indicates no synthetic pesticides or fertilizers.

Palm Oil-Free: Protects against deforestation.

Vegan/Plant-Based: Dairy-free, ensuring no animal products are used.



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If you are interested in finding out more about Creation Care, please speak to Joc, Angela, Derek, or Sue.