



LIVING



HOPE

CREATION CARE IN LENT

2025

You visit the earth and water it; you make it very plenteous. The river of God is full of water; you prepare grain for your people, for so you provide for the earth. You drench the furrows and smooth out the ridges; you soften the ground with showers and bless its increase. You crown the year with your goodness, and your paths overflow with plenty. May the pastures of the wilderness flow with goodness and the hills be girded with joy. May the meadows be clothed with flocks of sheep and the valleys stand so thick with corn that they shall laugh and sing.

PSALM 65.8-13

During Lent this year, our main theme is the care of God's creation.

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 and a prayer to use each day in that week.

Planting Seeds

LENT 1 9TH MARCH

Today we're giving away packets of seeds to take away and grow at home. Once the seedlings are big enough, we plan to plant them out in the churchyard later in the year, which is the only green space in the town centre. We want to make the space more attractive and beautiful for the wider community to use. Weather permitting, we will be having a planting day on **Saturday 12th April**.

Listen! A sower went out to sow.... and some seeds fell into good soil and produced grain, growing up and increasing and yielding thirtyfold and sixtyfold and a hundredfold." And he said, "They who have ears to hear, let them hear."

MARK 4.3,8-9

PRAYER

Generous God, you have given us the seed of your kingdom for sowing, and the bread of life to sustain us. May the seeds we plant grow to be a sign of new life and joy for our community, and may our lives be enriched a hundredfold in your service so that the kingdom may grow in High Wycombe. Through your Son Jesus Christ our Lord. Amen.

Buying Sustainably LENT 2 16TH MARCH

This week, we invite you to take a look at the food you buy. Where has it come from? What is it made of? How was it produced? How much food do you throw away?

Often our food has been imported from thousands of miles away, sometimes by air with a large impact on the environment. Sometimes it contains ingredients that have a negative impact, too, such as palm oil. Some of our foods are produced by people who are paid very little, or are forced to work for very little in miserable surroundings. Then, when we buy our food we often waste it because we bought too much or it went bad before we could eat it.

Shopping more sustainably has a really positive effect on the whole supply chain. Let's remember God's call on us to be good stewards of the earth's resources.

God said to them, "Be fruitful and multiply and fill the earth and subdue it and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.

GENESIS 1.28

PRAYER

God our Creator, you have made us stewards over the work of your hands. Help us to use the resources of the earth more wisely and fairly for the common good of all, and transform the lives of those who work to supply our needs. We ask this in the name of Jesus our Saviour. Amen.

Plastic pollution LENT 3 23RD MARCH

During week 3, we ask you to focus on avoiding single-use plastics. Some types, such as cups, plates and cutlery have already been banned but we still throw away huge amounts of plastic after a single use, even items that are marked recyclable. Plastics that end up in landfill last for hundreds of years, and large amounts end up in our oceans and rivers.

Have a look at home this week – could you recycle more? Could you buy less plastic in the first place?

The earth dries up and withers, the world languishes and withers, the heavens languish with the earth. The earth is defiled by its people; they have disobeyed the laws, violated the statutes and broken the everlasting covenant.

ISAIAH 24.4-5

PRAYER

Merciful Lord, we are sorry for the way we have spoiled the beautiful world you have given us. Forgive our foolish ways and re-clothe us in our rightful mind, that we might be less wasteful and more caring of your good creation. In Jesus' name we pray. Amen.

Flowers and plants

LENT 4 30TH MARCH
MOTHERING SUNDAY

Flowers are a beautiful gift and can be even more so if they are grown and transported in a way that is also kind to the planet. Carbon emissions, pesticide use and materials used to package our bouquets are factors for consideration. Buying local, seasonal British flowers, pot plants or bulbs can be a great alternative to the imported bouquets.

'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing?

And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith?

Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we

wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

MATTHEW 6.25, 28-33

PRAYER

Loving God, who knows our every need, may the flowers we plant reveal the glory of creation at the heart of our community. As we gather for the Eucharist, give us confidence in your love and power and help us to strive more and more for the growing of the kingdom among us. Through Jesus Christ our Lord. Amen.



Reuse, Repair and buy Second-hand

LENT 5 6TH APRIL

On the second Saturday of each month at All Saints we host our local **'Repair Café** from **10am-1pm**, where broken items find new life! Experts are on hand to fix broken appliances, or repair clothing or fabrics, rebind treasured books, and many more.

During this week, perhaps you can find things that could be reused if they were repaired? Bring them along on **Saturday 12th April**.

And don't forget to make use of charity shops, online marketplaces and the like to find great second-hand bargains – there's no need to always buy new, and by reusing items we are putting less into our waste.

Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.

ISAIAH 58.12

PRAYER

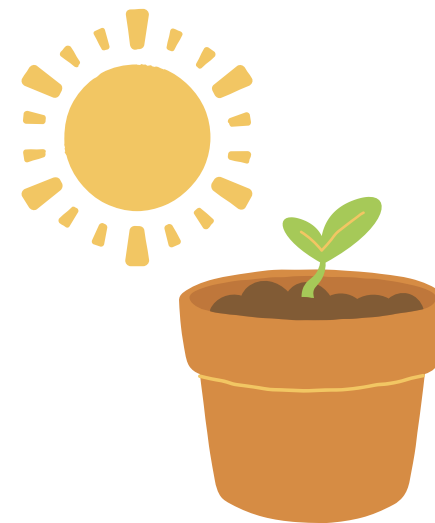
Lord our God, you make all things new, and build up those who are bowed down, be with us in the power of your Holy Spirit to restore and heal our brokenness so that we are freed to proclaim your holy name. We ask this in the name of Jesus our Saviour. Amen.

Planting Day

SATURDAY 12TH APRIL

While our Repair Café is busy repairing we invite you to join us from **11-12 pm**, in planting out the wildflower plug plants we sowed from the seeds we gave out last Autumn. Don't worry if you don't have any plug plants, we will be also be sowing seeds to be sown directly into the ground and need help for that too! Bring along your plants and a trowel, and we'll show you where they can be placed in our churchyard.

This is an exciting sign of our commitment to creation care as a church community, and will brighten up the space for everyone to enjoy.



Energy

PALM SUNDAY & HOLY WEEK 13TH APRIL

In Holy Week, our focus is on Jesus' last days, and the crucifixion. It is a solemn time in Church, yet also one of thankfulness for all that Jesus did for us on the Cross.

At a practical level, in our care for creation, can you use less energy this week? Minimising use of energy by switching off lights and appliances and so on.

Jesus said, 'The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.'

JOHN 12.23-26

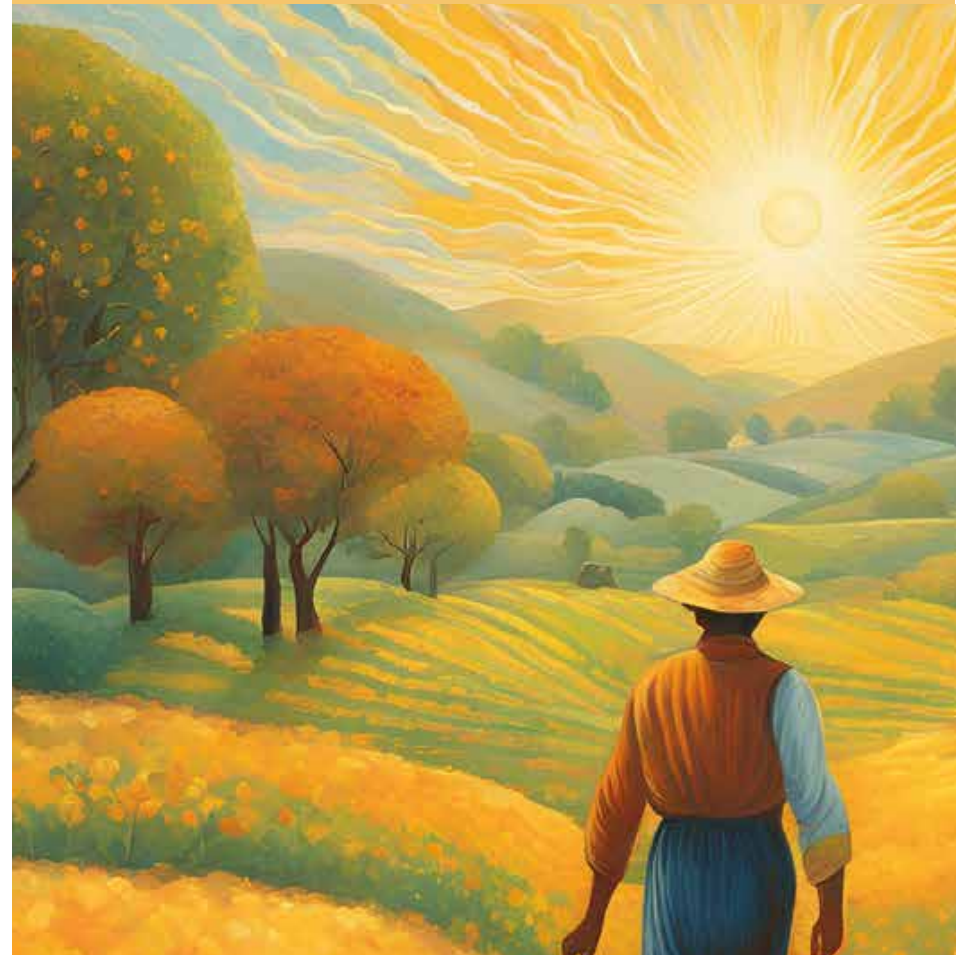
PRAYER

Lord Jesus, you opened wide your arms on the cross in love for the whole world, gave us grace, and opened the way to salvation. As we journey through this Holy Week, help us to be mindful of our use of energy, and of those who cannot afford enough for their needs. May our love for your creation lead us to work for social justice for all, that all may know your saving love. Amen.

We celebrate the
resurrection!

EASTER SUNDAY 20TH APRIL

ALLELUIA!





ALL SAINTS

H I G H W Y C O M B E

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If you are interested in finding out more about our Creation Care Group, speak to Joc, Derek, Kath or Sue.