

**From:** [A Rocha UK](#)  
**To:** [ctcinfohub@gmail.com](mailto:ctcinfohub@gmail.com)  
**Subject:** Are you ready for Lent?  
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Dear CTC,

Each Lenten period is an invitation to take time to stop, consider and bring our hearts before God. Like the call in Joel 2:12, '*return to me with all your heart*', Lent offers a call to return to God with our whole lives: body, mind and spirit. Traditionally, it is a time when Christians contemplate the suffering of Jesus and consider their own suffering, as they journey towards Easter Day when a new trajectory of resurrection is assured.

Romans 8 reminds us that the pain and suffering we experience is not just a human experience but one shared by God's wider creation. We live in a moment in history where we see species and habitat loss at shocking rates; humans - particularly in richer contexts - are too often living disconnected lives from nature and where crucial carbon sinks that naturally capture carbon are disappearing.

In Lent, we enter into a journey of lament, which recognises our fallen humanity and

the limitations of such a reality. We are also invited to stop, reflect and consider the broken creation we inhabit, that is subject to the decay and destruction that our own rejection of God's good rule continues to cause upon it. We seek God's forgiveness and call upon God's grace as we return to God and live in anticipation of that day of renewal, Easter Day when resurrection is assured.

If you are looking for further ideas or resources to accompany you on your journey through Lent this year, head to our new resource page for ideas to connect with our Creator and God's creation.

[Explore Lent Resources](#)

With blessings for this Lenten period,

A Rocha UK Supporter Relations team


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