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## PAUSE

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## 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.

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## 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.

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## 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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This story appears in the **Lenten Daily Food Reflections** feature series. [View the full series.](#)