

## [Opinion](#)



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February 26, 2020

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## **Ash Wednesday**

Inspired by the Lenten Food Waste Fast at Ignatian Solidarity Network, NCR's EarthBeat is offering Lenten Daily Food Reflections on food, faith, climate and our lives to provide spiritual sustenance for the Lenten journey. Here is the first one: [Humus, Humans and Humility](#). You can [sign up here](#) to receive morning emails with the reflection of the day.

More from EarthBeat on the subject: In 2016, the University of Notre Dame adopted a comprehensive sustainability strategy, and last year, after analysing how much food was being thrown out, it started capturing that waste and sending it to be converted into power. [Read more about it.](#)

For Lent, Judy Principe, an associate of the Sisters of St. Joseph, Philadelphia, is revisiting the inspirational words of the order's founder, Fr. Medaille, starting with four of his maxims:

Shed old ways that keep you self-centered. Embrace love. Be love.

Let the false self and its vanity die out. Be attached to God and God's dream for you.

Seek union with God and let that pure love transform you.

Suffering touches everyone. Unite yours to God and all who suffer.

There's a link to all 100 of them in her [column](#).

The tension between fasting and dieting in a culture that judges women's bodies is the subject of Jessica Coblentz's commentary on our homepage today. She asks:

[Should Catholic women give up fasting for Lent?](#)

We'll be posting more Lent-related stories as the day goes on.

On GSR: Sr. Carlette Gentle, a Sister of Charity of Nazareth, runs a ministry that focuses on five dimensions of well-being among the elderly in Belize City: housing, social supports, food access, medical care, and transportation. [Read the Q&A with her from Soli Salgado.](#)

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