



“Less is more”: the apparent contradiction of this well-known expression highlights important interconnections on our planet. Our actions affect the big picture: So just as overconsumption ramps up the climate crisis, we can cushion the consequences of it through environmentally friendly climate-protection measures.

The issue of climate justice will once again be the focus of attention from **Ash Wednesday, on 14 February, to Easter Sunday, 31 March 2024**. The people in the global south are suffering the most from global warming, even though they contributed the least to it. We are battling this injustice by protecting the climate and thus shielding people against an increase in natural disasters.

The clock is ticking. We must therefore remain unified, strengthen and motivate one another, rather than complaining about what is missing, negative or impossible. Let us expand our joint handprint (see back) by participating in collective projects and initiatives to actively protect the climate. This is the only way we can still reach the 1.5°C target. By strengthening ourselves for the climate’s benefit, we will reduce natural disasters such as droughts and flooding, which bring famine and suffering to millions of people. “Every little bit counts” is the motto of this year’s ecumenical campaign. Because we can all do good and promote hope.

For centuries, people have been marking the period leading up to Easter by showing that “less” consumption, stress and mobility leads to “more” wellbeing. Enhance your Lent 2024 experience with inspirational pointers on the topic of the current campaign. These can be found in the documentation on the ecumenical campaign as well on as our newly redesigned campaign site, www.sehen-und-handeln.ch.

Thank you for your support. Every little bit counts, and every year we are thrilled to see the many ways in which you work within your community and help people in our projects.

The Lent calendar is now also available in digital form

There really is no shortage of challenges right now. The climate crisis is one of the biggest of these. Fortunately, there are many people who lead by example. **The 2024 [Lent calendar](#) provides new inspiration every day, showing how we can all contribute to a fairer world.** Use this Lent guide just like the printed one to hang up or display.



Or completely new: subscribe to it online. You can access the content easily on your mobile phone or computer. You can also integrate the digital calendar into your website to give as many people as possible access to daily inspiration.





Expanding our handprint together.

Individual climate-protection deeds are important. But it's not enough to change our own lifestyle and thus reduce our personal carbon footprint. We need ways to enable everyone to be more sustainable and to make this the norm. Here's where the concept of the joint handprint comes into play.

Have you calculated your own carbon footprint before? This opens your eyes and helps you to become aware of your own habits, reflect on and finally change them: flying less, consuming more local foods, streaming less, recycling more, etc. And yet the result is often frustrating: even though people in Switzerland take care when shopping or travelling, we are still consuming the resources of three planets – even though we only have one. Individual efforts to lead a sustainable lifestyle soon reach their limits. Sustainable options can sometimes be complicated, expensive or simply unavailable. What's more, up to now, only a part of our society is actively engaged in reducing our carbon footprint.

Joint action can make sustainable efforts more accessible to all and obvious. Collective reflection and action can help us start changing the underlying conditions. Handprint activities such as these are designed to entrench sustainable lifestyles in a lasting manner, not only for yourself, but also for many people. We can expand the handprint at many levels: in our neighbourhoods, at work, in our shared households and in clubs and societies.

On our website, you'll find ideas as well as practical tools for handprint activities. <https://sehen-und-handeln.ch/handabdruck>

Workshop on the topic

Find out about ecological handprints in a fun, interactive way. You'll get suggestions and examples of how we can work together to expand our handprint. The workshop is informative and motivates groups and communities that are keen to start taking action. Discover the options available to you for ensuring more climate justice.

Duration: 90 minutes or by arrangement

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The new meditation book on the Lenten Veil



The 2023/2024 Lenten Veil "What do we hold as sacred?" by Emeka Udemba © MISEREOR.

Extract from the 2024 meditations "Nothing is too little" on Lent

By and large

By and large, we are all connected,
But let us see the big picture up close,
Put unity at the centre of our being,
So deep in our hearts that we feel
the tears of others rise up in our eyes,
Imagine that,
Tears of people who are somewhere
out there and always closest to us

The author Ruth Näf Bernhard lives in Winterthur. She was a special needs teacher, marriage guidance counsellor and family therapist before studying theology. Until her retirement, she worked as a pastor. Since then, she has undertaken voluntary work. Amongst other things, she has published a number of poetry collections.

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