









































Care for Creation 2020 Lenten Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUSTENANCE SUNDAYS	MEATLESS MONDAYS	TALK ENERGY TUESDAYS	WISDOM WEDNESDAYS	TURNAROUND THURSDAYS	FISH & FOOTPRINT FRIDAYS	SUSTAINABILITY SATURDAYS
<p>23 February Let Sunday's quotes from St. Francis of Assisi's <i>Canticle of Creation</i> inspire a deeper appreciation for God's creation.</p> 	<p>24 Lent is a time to live more simply and with joy as we draw closer to our Creator God. Let's unite our Lenten daily actions to Jesus' sacrifice on the cross.</p> 	<p>25 Make your Lenten Fast be a carbon fast. Reflect on your consumption of food and electricity, your mode of transportation, your heating/cooling and the impact of fossil fuel emissions. Try to lessen your carbon footprint & do things that recharge your spiritual energies.</p> 	<p>26 Ash Wednesday "There is a nobility in the duty to care for creation through little daily actions." <i>Laudato Si'</i></p> 	<p>27 Turn the tide on single-use plastic bags engulfing our waters and littering our streets. Remember to carry your own reusable bag. Advocate for a plastic bag ban in your locale.</p> 	<p>28 Challenge yourself to reduce your carbon footprint. Google "carbon footprint tracker". Track your consumption patterns, making note of what in your lifestyle creates more greenhouse gases. Remember Fish Fridays for Lent.</p> 	<p>29 Shop at green organic markets and try to buy what is in season. It's as "buy local" as you can get!</p>
<p>1 March "Be praised, my Lord, for sister moon and the stars: clear and precious and lovely they are formed in heaven." Let <i>Laudato Si'</i>, Pope Francis' encyclical on care for creation, be your guiding star this Lent.</p>	<p>2 Consider making Meatless Mondays a regular part of your life.</p> 	<p>3 Do an Energy Audit this Lent. Replace the incandescent & fluorescent bulbs with energy-saving LEDs.</p> 	<p>4 "The world is charged with the grandeur of God." Gerard Manley Hopkins</p> 	<p>5 Plastic bottles are a scourge on the planet. Only 12% of plastic bottles are recycled. Turn this around by buying a reusable water bottle.</p> 	<p>6 Go deeper with the footprint tracker and view your consumption patterns from a spiritual perspective. Use the <i>Ignatian Ecological Examen</i>, found online in different formats at ecologicalexamen.org</p>	<p>7 Refrigerator Rescue. Throwing out food? Try buying only what you will use. Don't throw out those leek tops, beet greens or mushroom stems. Wash and freeze them and add them to stock for soup.</p>
<p>8 "May you be praised, my Lord, with all your creatures, especially brother sun through whom you lighten the day for us." Brother sun provides clean renewable energy! Explore solar energy for your home.</p>	<p>9 A Meatless Monday helps your heart, and also reduces deforestation and methane gas that result from raising livestock. See meatlessmonday.com</p>	<p>10 Australia has one of the highest per capita emissions of carbon dioxide in the world. Try unplugging your devices and driving less. Don't Buy "Fast Fashion" ...</p> 	<p>11 "...the most comforting speech in the world is the talk that rain makes by itself." Thomas Merton</p> 	<p>12 Need another reason to bypass bottled water? Some bottling companies are trying to take over community water supplies to the detriment of those who live there.</p>	<p>13 Consider composting. If your local council or neighborhood doesn't have compost/FOGO collection, email, call or write a letter to ask 'why'.</p> 	<p>14 Take the kids to the library to read an environmentally-themed book. If your library doesn't have a good inventory of them, ask them to order some.</p> 
<p>15 "Be praised, my Lord, for brother wind and the air and clouds, clear skies and all weathers by which you give sustenance to your creatures." Global warming changes weather patterns with more hurricanes & floods.</p>	<p>16 Having fish instead of meat tonight? Check out the sustainability of the various fish or seafood species at seafoodwatch.org</p> 	<p>17 SWITCH! Reduce your carbon footprint dramatically by switching your home electricity to a clean, renewable source.</p> 	<p>18 "My work is loving the world. Here the sunflowers, there the humming bird - equal seekers of sweetness." Mary Oliver</p> 	<p>19 Think about our children's future. Let's continue to advocate for policies that reduce greenhouse gas emissions.</p> 	<p>20 Reducing our carbon footprint is best, but for the more difficult challenges of our lives i.e. flying, we can buy carbon offsets to support CO2 reduction projects. Go to nrdc.org/stories/should-you-buy-carbon-offsets.</p>	<p>21 Experience the beauty and variety of creation. Visit your local botanic gardens or the beach. Sit in a park and listen to the birds. Be present.</p> 

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<p>March 22 "Be praised, my Lord, for sister water, who is very useful and humble and precious and pure." Today is World Water Day. Water is scarce in some parts of the world and companies are commodifying it against the common good. Clean water is a human right.</p> 	<p>23 Take Meatless Monday to the next level. Switch olive oil in & butter out. Global livestock production creates more greenhouse gas than the entire transportation sector.</p> 	<p>24 Energy Audit turns inward. Recharge your own batteries by giving up one electronic device for a week – or all devices for one day. Have dinner by candlelight - with a soy-based candle of course.</p> 	<p>25 "...the word 'creation' has a broader meaning than 'nature', for it has to do with God's loving plan in which every creature has its own value and significance." <i>Laudato Si'</i></p> 	<p>26 Many nations are banning plastic cutlery, plates, straws, food containers and polystyrene cups. When you are ordering take-out, be a Nation of One, and tell them to hold the cutlery-- you are providing your own utensils.</p> 	<p>27 Pre-cycle before you buy. Choose products that have the least amount of packaging. Buy cereals, nuts, grains and other dry foods in bulk. Save \$\$\$ too.</p> 	<p>28 Start a porch or window box garden, or join a community garden.</p> 
<p>29 "Be praised, my Lord, for brother fire by whom the night is illumined for us. He is...full of power and strength." Fire can also do great damage in areas affected by drought/global warming: Australia, California and the Amazon.</p> 	<p>30 Meatless Mondays can be easy as 1, 2, 3. 1. Cook Frozen stir-fry vegetables 2. Season with bottled stir-fry sauce 3. Add tofu or cooked shrimp and serve over rice.</p> 	<p>31 Don't be a victim of the Energy Vampire! Unplug your mobile phone charger after use. Unplug as many electronics as practical when not in use; they have energy thieves in their little lights.</p> 	<p>1 April Learn more about "God's Holy Fool", St. Francis of Assisi, the patron saint of ecology.</p> 	<p>2 A lot of plastic lines our shores and ends up in the water, mistaken for food by marine life. Consider participating in the autumn and spring coastal clean-ups. It's fun and a good thing to do.</p> 	<p>3 More and more packaging involves plastic...coffee pods, detergent pods, food items like cheese slices. Choose one product and write to the company to ask them to reduce the plastic in their packaging or talk to the store manager.</p> 	<p>4 Buy a green plant and put it in a sunny spot in your home. Whenever you water it, say a prayer of gratitude for the incredible beauty and variety of all God's creation. If you can, plant a tree; they are sponges for soaking up CO2.</p> 
<p>5 Palm Sunday "Be praised, my Lord, for Sister Earth, our Mother, who nourishes and sustains us bringing forth diverse fruits & grains & flowers of many colors." Be mindful of farmers whose lands have parched & bear no fruit.</p> 	<p>6 You want to do Meatless Monday, but need a little protein with your pasta? Add a can of drained tuna to your tomato sauce just before serving.</p> 	<p>7 Consider divest/invest: Divest your savings from fossil fuels (oil & 'natural' gas) and fossil fuel infrastructure (pipelines) and invest in renewable energy projects or companies. Ask your bank or financial advisor to check for this. It's a win-win.</p> 	<p>8 "Let us sing as we go. May our struggles and our concern for this planet never take away the joy of our hope." <i>Laudato Si'</i></p> 	<p>9 Holy Thursday At the Last Supper, Jesus called us to service. <i>Laudato Si'</i> calls us to care for creation & care for the poor. What can I do today or next week to serve the poor?</p> 	<p>10 Good Friday Review your ecological practices of this Lent. What can you continue after Easter? Let's renew our commitment to protect God's creation & join our sacrifices with that of Jesus to bring forth a New Creation!</p> 	<p>11 Holy Saturday "What kind of world do we want to leave those who come after us, to children who are growing up." <i>Laudato Si'</i></p> 

12 Glorious Easter Christ is risen and all of creation with Him!

Savour the life that is in you and around you! The flowers bursting forth, the friends and your family, clean water and air! Be grateful for God's gift of creation! Rejoice and be glad!