

2013 Lenten *Care for Creation* Calendar

The following Lenten *Care for Creation* calendar was designed by the Office of Peace, Justice and Integrity of Creation as one way you can creatively prepare for Easter this year. We hope that it will help you to grow in your commitment to be wise stewards of God's creation now and for future generations.



St. Francis of Assisi walked in the footprints of Jesus and today the Patron Saint of Ecology challenges all of us to follow.

St. Francis knew that everything God created was good and he chose to praise God in prayer and by his daily life choices and actions. Let us embrace this Lent by treading lightly on God's creation.

When we care for God's Earth, we do so through both action and reflection. We are called to engage in intentional and thoughtful "doing" as well as "being." As we anticipate the lengthening of daylight during Lent, we are invited to deepen our reflections. These reflections will shape our actions. Likewise, our actions will shape how we reflect - on ourselves, our world and our Creator.

"But now ask the beasts, and let them teach you; And the birds of the heavens, and let them tell you. Or speak to the Earth, and let it teach you; And let the fish of the sea declare to you. Who among all these does not know that the hand of the Lord has done this, in whose hand is the life of every living thing, and the breath of all humankind?" **Job 12:7-10**

"I brought you into the garden land to eat its fine fruits, but you entered and defiled my land, you turned my heritage into an abomination." **Jeremiah 2:7**

"Is this not, rather, the fast that I choose: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking off every yoke? Is it not sharing your bread with the hungry, bringing the afflicted and the homeless into your house; clothing the naked when you see them, and not turning your back on your own flesh?" **Isaiah 58:6-7**



If an action or tip on a particular day does not apply to you, pass it on to someone who might benefit from it.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p data-bbox="489 378 856 667"><i>“When they had eaten enough he said to the disciples, ‘Pick up the pieces left over, so that nothing is wasted.’”</i> John 6:12</p> <p data-bbox="506 727 846 797">How can we live so that nothing is wasted?</p>			<p data-bbox="919 305 1180 342">February 13</p> <p data-bbox="919 358 1167 396">Ash Wednesday</p> <p data-bbox="919 407 1180 695">Remove one light bulb from a light in your home (without creating an unsafe situation). Do not replace the bulb...for now!</p>	<p data-bbox="1209 305 1465 342">February 14</p> <p data-bbox="1209 358 1465 646">Learn more about Church teaching through the Catholic Coalition on Climate Change: http://catholicclimatecovenant.org</p>	<p data-bbox="1499 305 1755 342">February 15</p> <p data-bbox="1499 358 1755 846">Try fasting from foods produced by factory-farming methods. Choose foods that are lower on the food chain and support humane livestock standards. http://www.alternet.org/story/15925/eating_low%3A_a_new_paradigm</p>	<p data-bbox="1789 305 2045 342">February 16</p> <p data-bbox="1789 358 2045 683">Turn your heating thermostat down by one degree or more. If you have separate thermostats on radiators, adjust them to suit the use of the room.</p>
<p data-bbox="50 902 306 940">February 17</p> <p data-bbox="50 956 306 1024">First Sunday of Lent</p> <p data-bbox="50 1040 306 1365">Celebrate God’s creation by taking a walk outdoors or telling stories with friends or family about your favorite “sacred spaces” in creation.</p>	<p data-bbox="340 902 596 940">February 18</p> <p data-bbox="340 956 596 1187">Calculate your water footprint. Consider pledging to reduce it. http://www.gracelinks.org/824/water-program</p>	<p data-bbox="630 902 886 940">February 19</p> <p data-bbox="630 956 886 1203">Remember to clean your dryer's lint filter after each use. This can slash its energy usage by as much as 30 percent.</p>	<p data-bbox="919 902 1176 940">February 20</p> <p data-bbox="919 956 1176 1235">Be mindful of your use of outdoor lights at night. Light pollution takes a toll on wildlife and the migration of birds can be affected.</p>	<p data-bbox="1209 902 1465 940">February 21</p> <p data-bbox="1209 956 1465 1317">If you are able, consider using a snow shovel or leaf rake instead of a snow blower or leaf blower. Not only does it give you a good workout but it is more eco-friendly!</p>	<p data-bbox="1499 902 1755 940">February 22</p> <p data-bbox="1499 956 1755 1382">Try a “water fast” by flushing your toilet half as often. Be mindful that many people around the world have access only to the amount of water each day that U.S. citizens use in one toilet flush.</p>	<p data-bbox="1789 902 2045 940">February 23</p> <p data-bbox="1789 956 2045 1284">Pray for those who are most at risk from climate change. Learn about “climate refugees”: http://catholicclimatecovenant.org/resources/sun-come-up-screening/</p>

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<p>February 24 Second Sunday of Lent Say a prayer of gratitude every time you take a drink of water today.</p>	<p>February 25 Check doors and windows for drafts with a ribbon or feather. Consider caulking, weather stripping or using a door draft-dodger/stopper.</p>	<p>February 26 Learn about, and consider donating to, an organization that is working to plant trees such as the Canopy Project: http://www.Earthday.org/campaign/canopy-project</p>	<p>February 27 Set a timer for five minutes and see how your normal shower length compares. Try to finish your next shower before the timer goes off.</p>	<p>February 28 Look into purchasing electricity made from renewable sources: http://apps3.eere.energy.gov/greenpower/markets/pricing.shtml?page=0</p>	<p>March 1 Fast from purchasing new and unnecessary things for yourself. Give away unneeded clothes and household items that could represent new life to a new owner.</p>	<p>March 2 Consider making a donation on this month's energy bill for those who cannot afford to pay their utility bills.</p>
<p>March 3 Third Sunday of Lent Prayerfully feast on the goodness of the land. If available to you, eat local, organically grown food. Take a walk or run today. Use your senses to appreciate the land.</p>	<p>March 4 Reflect on the idea that the air around you is God's breath or God's Spirit. How might you honor God by working to stop air pollution?</p>	<p>March 5 Be aware of your water use today. Turn the water off when brushing your teeth or shaving.</p>	<p>March 6 Call or write your policymakers in support of better eco-practices. http://www.house.gov/representatives/find/ and http://www.senate.gov/general/contact_information/senators_cfm.cfm</p>	<p>March 7 Get your hands dirty today! Touch the soil of a potted plant or place your palm on the frozen ground outdoors. Say a prayer of thanksgiving for the life in that earth.</p>	<p>March 8 Fast from purchasing and using individual, disposable, bottled water. Choose a reusable water bottle and commit to using it.</p>	<p>March 9 Buy fair-trade products such as tea, cocoa or coffee to support small fair-trade farmers and their families. http://www.motherEarthnews.com/Sustainable-Farming/2008-06-01/What-Is-Fair-Trade.aspx</p>

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<p>March 10</p> <p>Fourth Sunday of Lent</p> <p>Visualize one of your most spiritually meaningful landscapes. Let God fill your heart with this gift. In quiet and prayer, let God bring you peace through this landscape.</p>	<p>March 11</p> <p>Turn off the lights in your home and office at night when no one is in the rooms or building.</p>	<p>March 12</p> <p>Advocate for clean-air laws which benefit the environment and people, especially those with heart and respiratory problems - including asthma. http://www.epa.gov/air/caa/</p>	<p>March 13</p> <p>Commit to having household water drips and leaks repaired.</p>	<p>March 14</p> <p>Learn more about Catholic teaching on “care of Earth”: http://www.usccb.org/beliefs-and-teachings/what-we-believe/catholic-social-teaching/seven-themes-of-catholic-social-teaching.cfm</p>	<p>March 15</p> <p>Fast from disposable napkins and paper towels. Use cloth napkins at a meal. Wipe up with a dishcloth instead of paper towels.</p>	<p>March 16</p> <p>Check the tire pressure of your car today. Have the pressure adjusted, if necessary, to maximize mileage and save gas.</p>
<p>March 17</p> <p>Fifth Sunday of Lent</p> <p>Put out some bird food. Birds will almost certainly find it wherever the location. Enjoy the gift of these and other creatures on God’s Earth.</p>	<p>March 18</p> <p>Reflect on where your waste products go and who lives closest to those disposal areas. http://www.mnn.com/Earth-matters/wilderness-resources/stories/6-huge-american-landfills-and-the-people-who-live-nearby</p>	<p>March 19</p> <p>Unplug unused chargers and appliances. Remember to recycle and refurbish electronics.</p>	<p>March 20</p> <p>Consider suggesting that your church supports sustainable practices by ordering Eco-Palms for next year’s Palm Sunday: http://www.catholicsupply.com/churches/palm.html</p>	<p>March 21</p> <p>Try reducing your printing today. If you need to print, consider printing on both sides of the paper.</p>	<p>March 22</p> <p>Fast from multiple car trips today. Combine trips and consider carpooling, walking, biking or using public transportation in the future.</p>	<p>March 23</p> <p>If you will be eating out today, support your local economy by choosing a local restaurant.</p>

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<p>March 24 Passion/Palm Sunday Learn from God to create and not destroy. Be mindful that destruction shows a lack of respect towards our Creator and each other.</p>	<p>March 25 Reduce your use of plastic and paper bags by using reusable totes.</p>	<p>March 26 If you take your lunch to work, use reusable containers instead of plastic and paper bags.</p>	<p>March 27 Run the clothes washer on the "cold/cold" setting and only when you have full loads.</p>	<p>March 28 Holy Thursday Reflect on what it means to you to be baptized. What happens to this sacrament when the world's waters become polluted and inaccessible?</p>	<p>March 29 Good Friday Fast from violence in thought, word and deed. Feast on compassion in your relationship to others.</p>	<p>March 30 Replace that light bulb you removed on Ash Wednesday. Take a moment to reflect on this and all the other actions you have undertaken during Lent and how they have contributed to a greener, healthier Earth.</p>
<p>March 31 Easter Vigil Rejoice and give thanks that God's love extends to the whole cosmos. May we be an example of that love to each other and to all of creation.</p>						<p>Reflect on your Lenten journey. Have you noticed any changes in your actions stemming from your reflections? Have you noticed any changes in your reflections because of your actions?</p> <p>Consider making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.</p>

Resources:

Archdiocese of Washington, Environmental Outreach Committee

Green Living Tips

Lent 4.5, Passionist Earth and Spirit Center

Michigan Interfaith Power and Light

National Geographic

Norbertunes

Oxford Journals

Presbyterian Church USA, Environmental Ministries

Sierra Club

St. Monica-St. George Cincinnati, Ohio, St. Francis Pledge Team

U.S. Catholic Bishops

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