

*Care for Creation 2019 Lenten Calendar * Created by St. Francis Xavier Environment Ministry*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUSTENANCE SUNDAYS	MEATLESS MONDAY	TALK ENERGY TUESDAYS	WISDOM WEDNESDAYS	TURNAROUND THURSDAYS	FISH & FOOTPRINT FRIDAYS	SUSTAINABILITY SATURDAYS
<p><i>March</i></p> <p>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>4 Lent is a time to live more simply and with joy as we draw closer to our Creator God.</p>	<p>5 Reflect this Lent on where the energy you consume comes from & its impact on the world, especially on the poor. Try to use less energy & do things that recharge your spiritual energies.</p>	<p>6 Ash Wednesday</p> <p>"There is a nobility in the duty to care for creation through little daily actions." Laudato Si'</p> 	<p>7 Turn the tide on discarded single-use plastic bags engulfing our waters and littering our streets. Start bringing your own reusable bag now; by Easter, it will be a habit.</p>	<p>8 Challenge yourself to reduce your carbon footprint. Google "carbon footprint tracker". Track your consumption patterns. Start keeping a journal & update it weekly. Remember Fish Fridays for Lent.</p>	<p>9 Shop the Green Markets. Artichokes, asparagus, carrots, mushrooms, and spinach are at their peak in March and April. It's as "buy local" as you can get!</p>
<p>10 "May you be praised, my Lord, with all your creatures especially brother sun through whom you lighten the day for us."</p>	<p>11 A Meatless Monday helps your heart, and reduces deforestation and methane gas that results from raising livestock. See meatlessmonday.com</p>	<p>12 Do an Energy Audit this Lent. Replace the incandescent & fluorescent bulbs with energy-saving LEDs. Recycle mercury-laden fluorescent bulbs at Home Depot.</p>	<p>13 "The world is charged with the grandeur of God." Gerard Manley Hopkins</p>	<p>14 Avoid buying bottled water. Only 12% of bottles are recycled. Fill a reusable water bottle the night before, so it's ready to go in the morning.</p>	<p>15 Go deeper with the footprint tracker and view your consumption patterns from a spiritual perspective. Use the Jesuit Eco-Examen. Ecologicalexamen.org</p>	<p>16 Refrigerator Rescue. Don't throw out those leek tops or mushroom stems. Wash and freeze them and add them to soup stock for soup.</p>
<p>17 "Be praised, my Lord, for sister moon and the stars: clear and precious and lovely they are formed in heaven."</p>	<p>18 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>19 70% of NYC's greenhouse gas output comes from buildings. Lower the thermostat in winter and raise the temperature on you're a/c in summer. Adjust clothing accordingly!</p>	<p>20 "...the most comforting speech in the world is the talk that rain makes by itself." Thomas Merton</p>	<p>21 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>22 Consider composting. If your building doesn't collect compost, bring your food scraps to a green market or other site: grownyc.org/compost.</p>	<p>23 Read an environmentally-themed book to a child. Good Reads has recommendations for all ages.</p> 
<p>24 "Be praised, my Lord, for brother wind and by air and clouds, clear skies and all weathers by which you give sustenance to your creatures."</p>	<p>25 Having fish instead of meat tonight? Check out the sustainability of the various fish or seafood species at seafoodwatch.org</p>	<p>26 SWITCH! Reduce your carbon footprint dramatically by switching your home electricity to a sustainable source. Consult Metro NY Catholic Climate Movement mnyccm.org</p>	<p>27 "My work is loving the world. Here the sunflowers, there the humming bird - equal seekers of sweetness." Mary Oliver</p> 	<p>28 Be grateful: NY's ban on styrofoam is now in effect, with a 6-month grace period ending 6/30/19. Now let's support a plastic bag ban! Call your legislators.</p>	<p>29 Have you ever considered buying carbon offsets when you fly? The offsets are used to plant trees in places vulnerable to climate change. It's a first world-third world payback.</p>	<p>30 Love of nature & the threat by the industrial world are themes in the works of J.R.R. Tolkien. Visit the blockbuster exhibit on this visionary at the Morgan Library.</p>

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<p>March 31 "Be praised, my Lord, for sister water, who is very useful and humble and precious and pure."</p>	<p>April 1 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>2 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.</p> 	<p>3 "...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>4 Learn more about the dangers of micro-plastics. National Geographic's June 2018 "Planet or Plastic" covers the topic in depth.</p>	<p>5 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>6 Start a window box garden or join a community garden. NYC's GreenThumb organization will help you get started. Go to: greenthumb.nycgovparks.org</p> 
<p>7 "Be praised, my Lord, for brother fire by whom the night is illumined for us. He is beautiful and cheerful, full of power and strength."</p> 	<p>8 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. Serve over rice.</p>	<p>9 Don't be a victim of the Energy Vampire! Unplug your cell phone charger after use. Unplug as many electronics as practical when not in use; they have energy thieves in their little red lights.</p>	<p>10 "As people of faith, we don't just state our beliefs, we live them out." Justin Welby Archbishop of Caterbury</p>	<p>11 A lot of plastic lines our water shores and ends up in the water, mistaken for food by marine life. Consider participating in the spring and fall coastal clean-ups. It's fun and a good thing to do.</p>	<p>12 More and more packaging involves plastic...Keurig pods, detergent pods, food items. Choose one product and write to the company to ask them to reduce the plastic in their packaging.</p>	<p>13 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.</p>
<p>14 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."</p> 	<p>15 Can you make Meatless Mondays a regular part of your life? For inspiration and practical ideas, go to www.meatlessmonday.com</p>	<p>16 Consider divest/invest: Divest from fossil fuels and fossil fuel infrastructure and invest in renewable energy projects or companies.</p>	<p>17 "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>18 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>19 Good Friday Take a look at that journal you started in the first week. Find things that you can continue after Easter. Renew your commitment to protect God's creation.</p>	<p>20 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>

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

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