





Lenten Caring for Creation Calendar

March 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p style="text-align: center;">Catholic Climate Covenant suggests the following spiritual reflections and sacrificial actions during Lent. They are a way to help you grow in your commitment to care for God's creation and for the poor. We invite you to use this Lenten calendar creatively in your preparation for Easter.</p> 						
<p>1 Ash Wednesday reminds us that "[we] are dust and to dust [we] shall return." These words teach us that, like the incarnate Jesus Himself, we are a part of God's creation and in constant interaction with the earth. Reflect today on how you've interacted with God's creation, and how you can cultivate a better relationship with God, creation and all people, especially the poor this Lent.</p>				<p>2 Join the 10,000+ people and organizations working to care for creation and the poor by taking the St. Francis Pledge.</p>	<p>3 "This, rather, is the fasting that I wish." - Reflect on Isaiah 58:1-9 and how eating less meat may be a way to fast as the Lord desires (bit.ly/2iX9w2i).</p>	<p>4 Talk with your pastor about ordering "eco-palms" for Palm Sunday. These palms help improve workers' living standards and protect forests in Mexico and Guatemala (EcoPalms.org).</p>
<p>5 Embrace silence today. Turn off everything unnecessary. Reflect on God's glory in Creation: "The heavens are telling the glory of God; and the firmament proclaims his handiwork." (Psalm 19:1)</p>	<p>6 Make plans to join the People's Climate March on April 29. The Covenant is hosting a free lobby training the day before. More info: bit.ly/2m2N2EQ</p>	<p>7 Calculate your carbon footprint. Understanding which activities are carbon-intensive allows you to know where you can take action. (http://bit.ly/1Xlc9pa)</p>	<p>8 Minimize disposables at home. Use cloth napkins. Wipe up with a dishcloth instead of paper towels. Replace loofahs with washcloths.</p>	<p>9 Add Salt + Light's Creation series to your TV schedule. You can watch all 6 episodes for free! (saltandlighttv.org/creation)</p>	<p>10 Consider giving to the Covenant's Lenten Appeal as part of your sacrificial giving. All of the Covenant programs and resources are free because of your generosity. (CatholicClimateCovenant.org/Donate)</p>	<p>11 Sign up to receive the Covenant's Earth Day toolkit and share it with your pastor. (CatholicClimateCovenant.org/EarthDay)</p>
<p>12 In prayer today thank God for the beauty of creation. Reflect on Psalm 148 and share with someone what you learned.</p>	<p>13 Purchase more thoughtfully and question your need before buying. Use alternative gift giving that benefits creation and the poor, like CRS' Gift Catalog. (bit.ly/2iO1rCg)</p>	<p>14 Use your thermostat well. Keep your home cooler in the winter and warmer in the summer. Consider a programmable thermostat or program the one you have. Close vents to unused rooms.</p>	<p>15 Check out the "Teachings and Resources" page on the Covenant's website.</p>	<p>16 When driving obey the speed limit. Every 10 mph in speed reduces fuel economy by 4 mpg.</p>	<p>17 Minimize disposables at work. Use a mug for coffee and water. Carry lunch in reusable food containers. Use reusable cutlery instead of plastic.</p>	<p>18 Celebrate Spring! Plant a native tree, shrub, flower, or grasses, or support tree-planting in other places. Plant a tree for only \$1. (http://bit.ly/2mg7gw7)</p>
<p>19 Reclaim the Sabbath as a day of rest. Reflect on how you can honor the Lord's Day more intentionally. Consider reading Matthew Sleeth's book, <i>24/6: A Prescription for a Healthier, Happier Life</i>.</p>	<p>20 Consider switching to renewable energy. Contact your utility for "green" options. Most offer 100% renewable energy at a competitive price.</p>	<p>21 Many electronics draw power even when off. Today, unplug your appliances that are off and chargers that are not in use; place computers, radios, and TVs on a power strip and turn it off between uses.</p>	<p>22 Travel without flying. If you must fly, balance out the carbon impact by purchasing offsets. Prevent one ton of greenhouse gases for each ton cause by your trip. (NativeEnergy.com)</p>	<p>23 Consider composting your food waste, returning nutrients to the soil. Learn about composting. (bit.ly/2iOaFOP)</p>	<p>24 As you fast from meat today, consider vegan dishes for Easter Sunday. (stfrancisalliance.com/copy-of-recipes)</p>	<p>25 At 8:30pm, join millions of people around the world who will be switching off all lights for one hour to commit to global climate action and mindful energy use. (EarthHour.org)</p>
<p>26 Reflect on Pope Francis' "mercy to Earth message" and consider how you can be more merciful to creation and the poor. (bit.ly/2bFFZvG)</p>	<p>27 Make your journeys more environmentally friendly today. Could you combine two trips? Carpool rather than driving solo. Bike, walk, or take public transit.</p>	<p>28 Turn off lights that you're not using. Shut off the lights as you leave a room.</p>	<p>29 Give your dishwasher a rest: run it only when full and skip the energy intensive drying cycle. Just open the door to dry.</p>	<p>30 Wash laundry in cold water and hang it to dry to save energy and money. Read more here: bit.ly/1ywwfXQ</p>	<p>31 Talk to your pastor about him giving a creation care homily around Earth Day (April 22). Send your pastor the Covenant's homily helps. (bit.ly/2iS99xu)</p>	

April 2011

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<p>1</p> <p>Invite one of the Covenant's Catholic Climate Ambassador to speak to your parish, school, place of work, or other community. Find an ambassador in your area: CatholicClimateCovenant.org/Ambassadors</p> 	<p>2</p> <p>"The environment is God's gift to everyone, and in our use of it we have a responsibility towards the poor, towards future generations, and towards humanity." (Benedict XVI, <i>Caritas in Veritate</i>, n. 48)</p> <p>Reduce your water consumption. (bit.ly/2IMiXSK)</p> <p>The average family uses 40 gallons of water a day in showers in the US. Set a 5-minute timer for your shower and consider installing an EPA certified shower head today and consider installing a pocketbook and the water in disposable plastic bottles to both your newspaper. Writing a letter to the editor has effects beyond your local community. Legislators see LTES as important barometers of constituents' interest. (http://bit.ly/2kVymq0)</p>	<p>3</p> <p>Consider the cost of buying water in disposable plastic bottles to both your pocketbook and the environment.</p> <p>Write to your local newspaper. Writing a letter to the editor has effects beyond your local community. Legislators see LTES as important barometers of constituents' interest. (http://bit.ly/2kVymq0)</p>	<p>4</p> <p>Write to your local newspaper. Writing a letter to the editor has effects beyond your local community. Legislators see LTES as important barometers of constituents' interest. (http://bit.ly/2kVymq0)</p>	<p>5</p> <p>Save paper: always print double-sided. Put your next lawn and garden without toxic chemicals. Leave grass clippings and leaves on the lawn and cut your grass higher.</p>	<p>6</p> <p>Save paper: always print double-sided. Put your next lawn and garden without toxic chemicals. Leave grass clippings and leaves on the lawn and cut your grass higher.</p>	<p>7</p> <p>With Lent coming to an end, consider how you can continue your efforts to care for creation and the poor. Start a Creation Care Team in your community. (CatholicClimateCovenant.org/CCCT)</p>	<p>8</p> <p>With Lent coming to an end, consider how you can continue your efforts to care for creation and the poor. Start a Creation Care Team in your community. (CatholicClimateCovenant.org/CCCT)</p>	<p>9</p> <p>Reflect and pray on Pope John Paul II's teaching on creation, "Peace with God the Creator, Peace with All of period." Set up a meeting to educate him/her about the responsibility to care for creation and the poor.</p>	<p>10</p> <p>Petition policy makers. Your congressional representative Follow Catholic Climate Covenant on Facebook and Twitter.</p>	<p>11</p> <p>Keep in touch after Lent. Follow Catholic Climate Covenant on Facebook and Twitter.</p>	<p>12</p> <p>Be aware of how much food you discard. Eat leftovers and avoid wasting food.</p>	<p>13</p> <p>Holy Thursday: Reflect on Pope Benedict XVI's message for the 2010 World Day of Peace: "If You Want to Cultivate Peace, Protect Creation." Google the title.</p>	<p>14</p> <p>Good Friday: Meditate on the mystery of love: "Behold the wood of the cross, on which hung the Savior of the world. Come, let us worship."</p>	<p>15</p> <p>Holy Saturday: Remember your Baptism and the wonder of water. Thank God for this gift and ask God to help you better care for God's gifts and children, which all reveal God's love.</p>	<p>16</p> <p>Easter Sunday: "On this glorious day, 'let the earth rejoice, in shining splendor,' even though it is so often mistreated and greedily exploited, resulting in an alteration of natural equilibrium. I think especially of those areas affected by climate change, which not infrequently causes drought or violent flooding, which then lead to food crises in different parts of the world." (Pope Francis, "Urbí et Orbi, Easter 2016")</p> <p>Take some time today to reflect on all of the activities that you have performed during Lent, and how they have brought you into greater harmony with God's plan for creation and all life.</p>	<p>Easter Monday: Hopefully this Lent is just the beginning of a life-long journey to care for creation and care for the poor. As we begin the Easter season, continue to cultivate a relationship with creation and act in deeper harmony with it Take this as an opportunity to read or reread Laudato Si', Pope Francis' encyclical on creation. Pray with slowly over many days. (http://bit.ly/1G11BTU)</p> <p>Be sure to complement reflection with action. Get involved in one or more of Catholic Climate Covenant's free programs, like the Feast of St. Francis or consider starting a Creation Care Team. More information on all our free programs and resources can be found on our website: www.catholicclimatecovenant.org</p>	 <p>Catholic Climate Covenant™ Care for Creation. Care for the Poor.</p>