

Care for Creation 2020 Lenten Calendar * Created by St. Francis Xavier Environment Ministry

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 <i>"There is a nobility in the duty to care for creation through little daily actions."</i> Laudato Si' </p>	<p>27 Turn the tide on single-use plastic bags engulfing our waters and littering our streets. Start carrying your own reusable bag now to be ready for the March 1st NY State ban on single-use plastic bags. Not in NY? 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 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>1 March <i>"Be praised, my Lord, for sister moon and the stars: clear and precious and lovely they are formed in heaven."</i> Let Laudato Si', 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. For inspiration and practical ideas, go to www.meatlessmonday.com</p>	<p>3 Do an Energy Audit this Lent. Replace the incandescent & fluorescent bulbs with energy-saving LEDs. www.earth911.com has a recycling guide to see where and how to recycle mercury-laden fluorescent (CFLs) bulbs.</p>	<p>4 <i>"The world is charged with the grandeur of God."</i> Gerard Manley Hopkins</p>	<p>5 Plastic bottles are a scourge on the planet. Bottled water is not monitored by the FDA; companies self-monitor their water. 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 <i>"May you be praised, my Lord, with all your creatures, especially brother sun through whom you lighten the day for us."</i> 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 70% of NYC's greenhouse gases are from buildings. NYC's new law mandates lower building emissions. We can lower our thermostat in winter and raise it on the A/C in summer.</p>	<p>11 <i>"...the most comforting speech in the world is the talk that rain makes by itself."</i> 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 building or neighborhood doesn't have compost collection, bring your food scraps to a green market or other site: grownyc.org/compost.</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 <i>"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."</i> 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. Renters & owners can switch off of oil and gas to wind & solar and still have Con Ed deliver it.</p>	<p>18 <i>"My work is loving the world. Here the sunflowers, there the humming bird - equal seekers of sweetness."</i> Mary Oliver </p>	<p>19 Be thankful that NY State is committed to meeting the Paris Accord goals. This is a great step for 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 the NY Historical Society to take in the glorious birds in the Audubon Collection & the serene landscapes of the Hudson River School. Or sit in a park and listen to the birds.</p>