

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>March 22 <i>“Be praised, my Lord, for sister water, who is very useful and humble and precious and pure.”</i> 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. NYC’s GreenThumb organization will help you get started. Go to: greenthumb.nycgovparks.org</p>  |
| <p>29 <i>“Be praised, my Lord, for brother fire by whom the night is illumined for us. He is...full of power and strength.”</i> Fire can also do great damage in areas affected by drought/global warming: California & Australia.</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 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>1 April Learn more about "God's Holy Fool", St. Francis of Assisi, the patron saint of ecology. See <i>St. Francis & the Foolishness of God</i>, published by Orbis.</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 spring and fall 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 <i>praised, my Lord, for Sister Earth, our Mother, who nourishes and sustains us bringing forth diverse fruits & grains & flowers of many colors.”</i> 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!

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

clean water and air! Be