

Lent 2020 program for Care of Creation



Environmental Stewardship Diocese of Worcester, MA

Note: Following tradition, Sundays are excluded from this Lenten penance - <http://www.uscatholic.org/node/425>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Fast Ash Wednesday Abs	27-Feb	28-Feb Abs	29-Feb
Did you know:	This calendar of facts and actions is a family program to engage everyone in thoughtful discussion about our relationship with God's creation and our obligations to each other. We hope this leads to changes in our lifestyles and creates an awareness of our impact on others, particularly the poor.		Pope Francis has written an encyclical (papal letter) establishing Catholic teaching about Care for our Common Home.	About 90% of the cost of a bottle of water is in the plastic packaging and labels.	Producing a pound of beef generates 13 times the amount of carbon as producing a pound of vegetables.	The average American produces 4.3lbs/day of waste. Solid waste is a major contributor to methane emissions.
To do:	This calendar is available on: Facebook @EnvironmentWORC  Website - https://environment.worcesterdiocese.org/lent-2020-calendar 		Watch the following video and discuss as a family what you have learned. https://youtu.be/Fj4WSTken3w	Set a goal for reducing the throw-away bottles your family uses each month. Save money and the planet; use refillable bottles.	Start a meatless Friday habit by having at least one veggie dinner each week by abstaining from meat on Fridays in Lent.	Discuss as a family what you can do to reduce trash such as lowering consumption, recycling, share with charities, etc.
	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar Abs	7-Mar
Did you know:	The Massachusetts Catholic Conference is the public policy office of the church. See the Bishops' Statement on Climate Change.	Recycling paper saves 64% energy and 50% of the water compared to producing paper from trees.	Every degree a thermostat is lowered can result in a 1 to 3 percent savings on your heating bill and lower emissions.	2,700 liters of water are required to produce a single T shirt!	All mankind shares the environment. Although the poor pollute the least, they are the most impacted when it degrades.	Many volunteer organizations are working to help the environment locally - Scouts, Ecology Clubs, Church Youth Groups, etc.
To do:	MCC's position on climate policy is aligned with Mass Power Forward. Review here: https://vmohanka.wixsite.com/mapf/legislative-action	Work with your family to recycle 100% of paper that comes into your house. Develop a plan!	Lower the thermostat by 1 degree and wear a sweater. Use programmable thermostats. Turn off heat in unused rooms.	Try eBay or a consignment shop if you are in search of a specific T shirt. Donate lightly used shirts to charity.	Read about loss of food security due to the environmental degradation - https://www.wfp.org/climate-change/climate-impacts	Join and support these groups in their efforts with your time, and if possible money.
	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar Abs	14-Mar
Did you know:	The average American shower takes 8.2 minutes and uses over 17 gallons of water. A bath uses even more, about 40 gallons.	We believe that God created the world and all living things. Creation reflects God's glory.	The average person uses 30-50 batteries per year. Most of these batteries end up in landfills.	Consumerism drives a multi-step process: Produce>Buy>Use>Discard. The environment is impacted at every step.	"The environment...is on loan to each generation, which must then hand it on to the next." (Laudato Si 159)	Unused food can be composted which puts it good use if your family does any type of gardening.
To do:	Time how long you are in the shower. Try to keep your shower to less than 4 minutes average.	Discuss the modern meaning of the phrase in Genesis 2:15 - to keep and cultivate the garden. What is expected of us to "keep it"?	Use rechargeable batteries and eliminate the waste.	Consume Less!! Ex: Keep your phone for 4 years instead of 2 halves environmental impact. Check storyofstuff.org	Discuss with the oldest members of your family their perspectives on protecting the environment Express your hopes for the future.	How To Start Composting And Reduce Your Trash In Half: www.huffingtonpost.com/2015/04/22/how-to-compost_n_7120352.html
	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar Abs	21-Mar
Did you know:	Each wireless landline phone uses about 3W continuously when plugged in.	Estimates indicate that over 665,000 people from Pacific islands could be displaced by 2050 because of rising sea levels due to climate change.	Paper makes up 1/3 of the solid waste in the U.S.	"The heavens declare the glory of God; the skies proclaim the work of his hands." (Psalm 19:1)	Food purchased but not eaten, generally ends up in landfills. Many schools have a problem with food waste. About 1/3 food is wasted.	1,500,000 million barrels of oil are used each year in America just to produce plastic water bottles! More fuel is burned to ship them.
To do:	Disconnect wireless landlines in rooms that no longer need them.	Watch and discuss this video with your family or firends. https://youtu.be/9P7jXveokDY	Use a phone or laptop the next time you need to make a "To Do" list. Paperless is even better than recycling paper.	As a family, discuss what you can do to care for the Earth. We are halfway through Lent - what changes have you made?	Find a solution for your school. Ideas available here - https://www.usda.gov/oc/foodwaste/resources/K12_schools.html	Drink tap water from a refillable water bottle. It's often safer because it has to meet stricter regulations than the bottling industry.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar Abs	28-Mar
Did you know:	On average, Americans receive 16 pieces of junk mail a week, compared to 1.5 personal letters. 44% goes to landfills unopened.	"The heavens are telling of the glory of God; And their expanse is declaring the work of His hands." (Psalm 19:1)	Clothes dryers use about 3000W. They consume 5 times more energy than washers.	Aluminum cans are 100% recyclable. Aluminum can be recycled perpetually which saves 95% of the energy needed to produce from ore.	A washing machine uses up to 40-45 gallons of water per load; about 12,000 gallons per year for a family.	The Massachusetts legislature meets in 2 year sessions with the current session ending in July 2020.
To do:	Use CatalogChoice.org or DMAchoice.org to reduce or eliminate unsolicited direct mail.	Plants improve the air we breathe by taking in carbon dioxide and releasing oxygen. Plant something- inside or out!	Skip using the dryer whenever possible. Use clotheslines in the summer or indoor racks in the winter.	Recycle your used aluminum can. Choose lightweight aluminum cans which have lower carbon impact than plastic or glass.	Ensure that you only run full loads of wash. New high efficiency washers can reduce this by 1/2 or more.	Find your state rep and email or call. Tell them to act with justice on Climate Change. https://malegislature.gov/search/find/mylegistrator
	30-Mar	31-Mar	1-Apr	2-Apr	3-Apr Abs	4-Apr
Did you know:	The carbon emissions from a F150 pickup are more than 3 times the emissions from a Prius hybrid.	"Let the field exult, and all that is in it. Then all the trees of the forest will sing for joy." (Psalm 96:12)	Trees are the lungs of planet Earth. One tree can filter 60 pound of pollutants from our air each year. Recycling one ton of paper saves 17 trees.	We all need to reduce water use during recurring droughts. Brushing your teeth with water running wastes up to 5 gallons.	Pope Francis says "The issue of environmental degradation challenges us to examine our lifestyle."	Cars and trucks account for 25% of carbon dioxide emissions, which scientists say cause climate change.
To do:	Drive in the most efficient car available. Carpooling lowers emissions particularly for longer trips. Use mass transit when available.	Get creative about wrapping gifts: newspaper comics, old maps, reused wrapping paper, etc. Then recycle this wrapping!	Plant a tree with your family. Plant a tree every year and make a forest!	Turn water off while brushing and only keep the water on while rinsing a toothbrush.	Examine your lifestyle and discuss as a family. Identify one significant change you can make for the common good.	Walk or ride your bike when running errands close by- you'll enjoy the time outside!
	6-Apr	7-Apr	8-Apr	Holy Thursday	Fast Good Friday Abs	11-Apr
Did you know:	"God saw that the light was good, and he separated the light from the darkness." (Genesis 1:4)	Americans discard 30 million tons/yr. of plastic. Plastic exposure linked to: birth defects, cancer, and endocrine disruption	Appliances from computers to refrigerators vary widely in their power use. Energy Star label compares each product to similar models.	Scientists say we are on the verge of the sixth mass extinction, but the first caused by humans.	Locally grown produce is fresher and requires less packaging and energy for shipping and storage.	The United States makes up 5% of the world's population, but we use 30% of the world's resources.
To do:	Enjoy lights when you need them but switch off the light when you leave a room empty to save energy and reduce emissions.	Always use reusable canvas bags which reduce impacts by 93-97% compared to plastic or paper. Buy in bulk to reduce packaging.	Buy products in the top 25% using the Energy Star rating. Evaluate existing products' power consumption using Kill-a-Watt or similar tools.	Revitalize your connection to nature. Support organizations that work to preserve natural habitats in land and seas.	Buy local fruits and vegetables in season at the local Farmers' Market. Or better yet, grow your own vegetables.	Make a To-Do list for putting your family on an energy diet. Pick 5 significant changes. Make the plan sustainable.
	12-Apr-2020	Easter is a celebration of the Hope of the Resurrection after the despair of the crucifixion. The challenges of environmental damage and climate change can seem insurmountable. However there is reason for great hope. Mankind has shown an ability to respond collectively for the common good when needed. In the last 40 years, clean air laws have dramatically reduced airborne pollution including acid rain. Clean water laws have allowed 1000's of rivers and streams became fit for swimming and fishing. Hazardous substances like fluorocarbons, asbestos and lead have been removed from our products.			Thank you for using the Lent season to reflect on your impact on God's creation and to evaluate how you can make changes to your lifestyle. We all need to consider the impact we are having on others who share our Common Home.	
		Our Hope and Prayer is that we will respond to the current threats to our Common Home			Please use these suggested actions to make lifelong changes.	

Day of Fasting

Fast

Day of Abstinence

Abs

[Reflection and background on Fasting and Abstinence -](#)

<http://www.usccb.org/prayer-and-worship/liturgical-year/lent/catholic-information-on-lenten-fast-and-abstinence.cfm>

Developed by the Diocese of Worcester, Environmental Stewardship Ministry. Feedback welcome. EnvironmentWorcester@gmail.com.