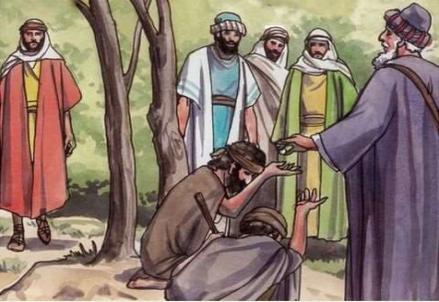
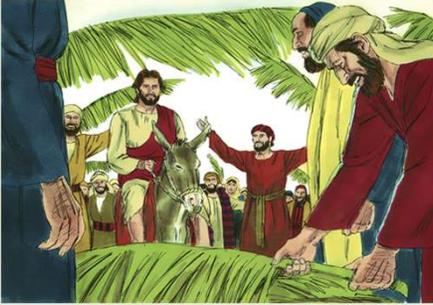
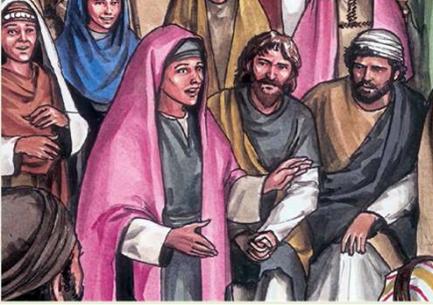




2021 LENTEN CALENDAR - CARE FOR CREATION

This calendar is rooted in bible selections read in mass from Ash Wednesday through Easter 2021. We made it to connect the dots between God's word and actions that show how to practice integral ecology in our lives. The goal of each reflection is simple; to let God's presence in our lives be expressed to the benefit of our neighbors near and far in the world. We selected illustrations to capture the attention of children, teens, adults, and seniors. We hope our action statements resonate with people in all age groups and walks of life.

Date	Reflection	Illustration	Action
<p>Ash Wednesday <u>February 17, 2021</u> Jl 2:12-18 Psalm 51 2 Cor 5:20-6:2 Ps 95:8 Mt 6:1-6, 16-18</p>	<p>The Church teaches us to pray, to fast (not just from food but from anything that gets in the way of deepening our relationship with God), and to give to those in need.</p>		<p>In addition to eating fish on Fridays during Lent, consider giving up meat on one or more days of the week. Consuming less meat can promote the following:</p> <ul style="list-style-type: none"> -Reduced livestock-related fertilizer use and Greenhouse Gas emissions -Turn grazing farms back into CO2-absorbing Forests -Healthier diet (plant-based) -Combat climate change, soil, air and water pollution and reduce food waste
<p>1st Sunday of Lent <u>February 21, 2021</u> Gn 9:8-15 Ps 25:4-9 1 Pt 3:18-22 Mt 4:4b Mk 1:12-15</p>	<p>As we enter into Lent we are called to journey inward, to look into our own hearts, and change what needs to be changed in order to draw closer to God.</p>		<p>Water is scarce in many parts of the world and millions of people do not have access to clean drinking water. Here are a few suggestions that will help us be mindful of the use of water:</p> <ul style="list-style-type: none"> -Don't let the water run while brushing your teeth or shaving. -Turn off the water while soaping or shampooing. -Keep drinking water in the fridge instead of letting the faucet run until the water is cool. -Only use the dishwasher and washing machine when they are full -Add plastic/glass jars filled with sand to the tank to conserve water
<p>2nd Sunday of Lent <u>February 28, 2021</u> Gn 22:1-2, 9a,10-13, 15-18 Ps 116:10, 15-19 Rom 8:31b-34 Mt 17:5 Mk 9:2-10</p>	<p>Scripture says "On this mountain the Lord will provide." Not knowing or understanding God's ways, Abraham was faithful to God, knowing God would provide.</p>		<p>God asks us to be good stewards of the universe. When we are faithful, God will give us the confidence to ask local leaders, school officials and municipalities to adapt environmentally-friendly habits, including:</p> <ul style="list-style-type: none"> -Buy chlorine-free paper with post-consumer recycled content -Update mailing lists to save on paper, printing and postage -Buy remanufactured ink and toner cartridges -Eliminate Paper Towels – replacing with hand dryers or cloth towels
<p>3rd Sunday of Lent <u>March 7, 2021</u> Ex 20:1-17 Ps 19:8-11 1 Cor 1: 22-25 Jn 3:16 Jn 2:13-25</p>	<p>Do good in your life, not because you are told to but rather because it is the right thing to do. Live your life loving one another as God calls us to do.</p>		<p>Jesus smiles at us when we do things that come from our heart and serve the greater good. Some suggestions, as follows:</p> <ul style="list-style-type: none"> -Carpool to work, church or school – save time on commute, improve air quality -Organize a Litter Pick-up in your local parks, ponds/lakes or trails -Organize a Recycling Fair at your local parish – proceeds donated to charity -Teach a class or hold webinar on your eco-friendliest talent

<p>4th Sunday of Lent <u>March 14, 2021</u> 2 Chr 36:14-16, 19-23 Ps 137:1-6 Eph 2:4-10 Jn 3:16 Jn 3:14-21</p>	<p>God's mercy is freely given, and God is always merciful. We do not earn God's love or mercy by our good works.</p>		<p>Pledge to give up one "nonessential" item daily next week (i.e. coffee, ice cream, soda, texting, online gaming) and donate the money saved or gather lightly-used clothing, shoes, housewares, and furniture to donate as follows: -Your local food banks or charity-run thrift shop -Your Church's offertory or Lenten Rice Bowl -Salvation Army, Catholic Charities, Make-A-Wish International -Check with your employer to sponsor matching gift/contribution</p>
<p>5th Sunday of Lent <u>March 21, 2021</u> Jer 31:31-34 Ps 51:3-4, 12-15 Heb 5:7-9 Jn 12:26 Jn 12:20-33</p>	<p>Jesus was sacrificed because people forgot they are connected and that the path to true happiness is through serving one another. Everyone has the ability to respond to God's grace at work. It is a gift, freely given to all, by God.</p>		<p>Pope Francis calls for Integral Ecology which expands the narrow scientific definition of ecology to include the economic and social relationships of the human family -not 2 independent issues but a complex challenge that requires solutions with an integral approach. What can each of us do to promote integral ecology? -Step out of your comfort zone – advocate, participate in a climate strike, write to your local government officials regarding laws/bills -Educate yourself about scientific knowledge and sustainable technology - share with friends, family, parishioners and colleagues -Research ways in which you can positively impact the life of a living creature outside your family by making a change to its environment</p>
<p>Palm Sunday <u>March 28, 2021</u> Is 50:4-7 Ps 22:8-9, 17-20, 23-24 Phil 2:6-11 Phil 2:8-9 Mk 14:1-15:47</p>	<p>"Hosanna! Blessed is he who comes in the name of the Lord!" As we enter this holiest of weeks in the liturgical year, let us commit to following Jesus with our whole heart, mind and body.</p>		<p>When considering following Jesus with our whole body – we need to ensure that our bodies are not polluted with plastics which pose a threat to human health as well as adversely affecting our world. -Ordering take-out? Say "no" to the utensils, straws, and napkins -Attempt to ban the "plastics trifecta" – plastic bags, plastic straws, and polystyrene - from your local town/city, county or state -Stop buying water! Carry a reusable bottle – some have filters! -Buy in bulk versus single-serving yogurts, travel size toiletries or tiny packaged snacks. Consider the product-to-packaging ratio.</p>
<p>Easter <u>April 4, 2021</u> Acts 10:34a, 37-43 Ps 118:1-2, 16-17, 22-23 Col 3:1-4 1 Cor 5:7b-8a Jn 20:1-9</p>	<p>Mary Magdalene loved Jesus so much that when she found out that Jesus was not dead, she believed it to be the best thing she had ever seen. She couldn't keep it a secret and had to tell everyone.</p>		<p>Work hard to make the world better than it was before you entered, specifically in its beauty and fairness. Tips: -Choose native plants and trees – support healthy ecosystem, restore biodiversity -Create water-wise landscapes by grouping plants by water need -Minimize chemical use to prevent killing beneficial insects (bees) -Composting is simple and valuable in keeping carbon locked up in the soil and out of the atmosphere. -Use rain barrels to collect water from the roof during wet months – ideal for watering the lawn, washing the car, doing the laundry, taking a shower</p>

Thank you for choosing to use our tool to celebrate Lent this year. Looking for more information on how you can Care for Creation? Please check us out at the following:

Website
environment.worcesterdiocese.org



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