

## LENTEN CALENDAR FOR ACTION ON CLIMATE CHANGE

Taking personal action to help address climate change is consistent with: (1) Pope Francis' call to action on climate change (*Laudato Si*); (2) the world-wide efforts of the Global Catholic Climate Movement (GCCL); and (3) the strategic plan of the parish of Pius X (key directions related to sustainability and social justice).

At our Christmas Fair in November 2019, a sustainability booth introduced re-useable Christmas wrapping products as an example of the type of actions individual parishioners could support during the Christmas season (and throughout the year).

During Lent, in the 40 days before Easter, many Catholics practice some sort of self-discipline (prayer, contemplation, fasting or abstaining) in preparation for celebration of the Resurrection on Easter Sunday.

This Lenten season, parishioners are also invited to take part in a **Carbon Fast**. The purpose of the Carbon Fast is to reduce the use of oil, electricity, plastic, paper, water and toxins during Lent (and hopefully throughout the year).

As the calendar below outlines, each day there is a **call to pray** for the earth and a **potential action** you could take to reduce behaviors that contribute to climate change.

**This calendar will also be available on the Parish website. Please feel free to share it.**

### **A Prayer for our Earth By Pope Francis\***

All-powerful God, you are present in the whole universe  
and in the smallest of your creatures.  
You embrace with your tenderness all that exists.  
Pour out upon us the power of your love,  
that we may protect life and beauty.  
Fill us with peace, that we may live  
as brothers and sisters, harming no one.  
O God of the poor,  
help us to rescue the abandoned and forgotten of this earth,  
so precious in your eyes.  
Bring healing to our lives,  
that we may protect the world and not prey on it,  
that we may sow beauty, not pollution and destruction.  
Touch the hearts  
of those who look only for gain  
at the expense of the poor and the earth.  
Teach us to discover the worth of each thing,  
to be filled with awe and contemplation,  
to recognize that we are profoundly united  
with every creature  
as we journey towards your infinite light.  
We thank you for being with us each day.  
Encourage us, we pray, in our struggle  
for justice, love and peace.

*\* Pope Francis published this prayer in his *Laudato Si'* encyclical, and is meant for sharing with all who believe in a God who is the all-powerful Creator.*

FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p><b>26</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Ash Wednesday</b> Allow the ashes to be your first commitment to your carbon fast for the upcoming weeks</p>	<p><b>27</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Turn off the taps when brushing your teeth</b></p>	<p><b>28</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Give up meat for the day</b> It helps save water (which would be used to raise animals) and trees (cleared to create pastures)</p>	<p><b>29</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Walk somewhere today instead of driving-weather conditions permitting☺</b></p>

MARCH 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Plan for the week</b> Try planning your meals for this week and using a shopping list to avoid buying food you do not need.</p>	<p><b>2</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Use a reusable water bottle today</b> It cuts down on plastic and water used to produce the bottle; 3 litres of water are used to produce one bottle of water.</p>	<p><b>3</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Lights out!</b> Save energy by turning lights off when you're not using them. If you need to buy lightbulbs, try using LED or other wattage lowering options</p>	<p><b>4</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Waste Less Wednesday</b> Prepare a meal using leftovers and including food scraps you would may throw away, such as broccoli stalks and turnip greens.</p>	<p><b>5</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>How do you bring food to school or work?</b> Bring your lunch in reusable containers only today.</p>	<p><b>6</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Give up meat for the day</b></p>	<p><b>7</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Walk somewhere today instead of driving-weather and road conditions permitting ☺</b></p>

MARCH 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>8</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Spring cleaning?</b> Use rags such as an old t-shirt instead of paper towels today for wiping surfaces.</p>	<p><b>9</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Don't use your toilet as a garbage can!</b> Throwing waste in the garbage instead of flushing it down the toilet can save gallons of water.</p>	<p><b>10</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Idle no more! Turn your car today if you're not driving</b> If Canadian motorists avoided idling for just three minutes every day of the year, CO2 emissions could be reduced by 1.4 million tonnes annually.</p>	<p><b>11</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Freezer Meal</b> Make a meal using food from your freezer or pantry. Decreasing food wastes starts by eating food first that we already have.</p>	<p><b>12</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Thrift it</b> Find something in your home that you no longer need, and if it is in good condition, lay it aside for donation to a thrift store in your neighbourhood</p>	<p><b>13</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Give up meat for the day</b></p>	<p><b>14</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Walk somewhere today instead of driving-weather and road conditions permitting ☺</b></p>

MARCH 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>15</b></p> <p><i>Say a prayer for the health and our Planet Earth</i></p> <p><b>Do one activity outside today</b> to appreciate Earth's beauty in your neighbourhood</p>	<p><b>16</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Try switching from liquid soap to bar soap, or using refillable liquid soap containers</b> this week to reduce plastic waste.</p>	<p><b>17</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Drive consciously today.</b> How you drive can also help you cut emissions. Hard acceleration and braking can waste fuel and lower your mileage by 33% on the highway and 5% around town.</p>	<p><b>18</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>No plastic bags today!</b> Bring a reusable bag from home and keep one in your car for unexpected shopping trips</p>	<p><b>19</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Unplug electrical devices you aren't using</b> Devices that are "off" or in standby or sleep mode can use up to the equivalent of 50 large power plants' worth of electricity and cost more than \$19 billion in electricity bills every year.</p>	<p><b>20</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Give up meat for the day</b></p>	<p><b>21</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Walk somewhere today instead of driving-weather and road conditions permitting ☺</b></p>

MARCH 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>22</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>World Water Day</b> Keep a bottle or jug of water in the fridge so you don't have to run the tap to get cold water</p>	<p><b>23</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Drips can make a difference!</b> The average household's leaks can account for more than 10,000 gallons of water wasted every year. Check your faucets, showerheads, and toilet flappers for any drips!</p>	<p><b>24</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Save it for the plants!</b> Use leftover drinking water, keep a container in your sink to catch water used to wash fruits and vegetables, and use water from boiling vegetables or pasta (once cooled) to water your leafy friends.</p>	<p><b>25</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Turn on the dishwasher only when it is full today.</b></p>	<p><b>26</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Do not leave your water running today-</b> turn off the tap when you are not using the water</p>	<p><b>27</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Give up meat for the day</b></p>	<p><b>28</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Earth Hour: 8:30-9:30pm</b> Electronic devices are a major source of energy consumption. Participate in Earth Hour by turning off ALL electronic devices in your home. No lights, computers, or cellphones!</p>

MARCH 2020			APRIL 2020			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>29</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Carpool</b> Grab a ride with a friend to Mass today. Save on gas and decrease your carbon footprint!</p>	<p><b>30</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>How much food do we waste?</b> Write down what food you throw away today. Aim to reduce it by a third by this time next week.</p>	<p><b>31</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Check your tire pressure</b> Under inflation can cause a 5% decrease in gas mileage, releasing more pollution.</p>	<p><b>1</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Bring a mug to work to make coffee or tea, or bring it to work in a thermos</b></p>	<p><b>2</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Pick up five pieces of litter on the ground today, and throw away or recycle them appropriately</b></p>	<p><b>3</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Give up meat for the day</b></p>	<p><b>4</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Walk somewhere today instead of driving-weather and road conditions permitting ☺</b></p>



**APRIL 2020**

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<p><b>5</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Buy one item you need this week that was made or produced locally</b> It supports local businesses and farmers, and decreases emissions from transit</p>	<p><b>6</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Sometimes our eyes are bigger than our stomachs.</b> Use a smaller supper plate to avoid throwing food you can't eat in the garbage.</p>	<p><b>7</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Put one food item aside for donation to your local food bank or to the food bank at Pius X Parish</b></p>	<p><b>8</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Upcycling</b> Upcycling is the process of taking unwanted or old items and creating something new. What is one thing in your house can you upcycle to change from trash to treasure?</p>	<p><b>9</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Holy Thursday</b> Find one thing in your home that you can store in a reusable container</p>	<p><b>10</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Good Friday</b> Give up meat for the day</p>	<p><b>11</b></p> <p><i>Say a prayer for the health and sustainability of our Planet Earth</i></p> <p><b>Walk somewhere today instead of driving-weather and road conditions permitting ☺</b></p>
<p><b>12</b></p> <p align="center"><b><i>EASTER SUNDAY – REJOICE!</i></b></p>						

