

2021 Lenten Carbon Fast Calendar, Page 1 * Created by St. Francis Xavier Environment Ministry

Laudato Si	Awareness	Advocacy/Action	Inspiration	Gratitude	Personal Responsibility	Live Simply
SUSTENANCE SUNDAYS	MINDFUL MONDAYS	TURNAROUND TUESDAYS	WISDOM WEDNESDAYS	THANKFUL THURSDAYS	FOOTPRINT FRIDAYS	SIMPLE SATURDAYS
<p>14 February Let Sunday's quotes from "Laudato Si" inspire a deeper appreciation for God's creation.</p> 	<p>15 Lenten simplicity and gratefulness will draw us closer to our Creator God. Mindfulness helps us appreciate God's gifts of the natural world and motivate us to be good stewards of them. It will help us hear the cry of the earth and the cry of the poor.</p>	<p>16 Considering the climate crisis we are in globally, let's use Lent to ask ourselves: What can I do to help create a more sustainable future for our planet and future generations. Turnaround Tuesdays are for advocacy and action.</p>	<p>17 Ash Wednesday <i>"There is a nobility in the duty to care for creation through little daily actions"</i> Laudato Si. Pope Francis reminds us that even the smallest gestures matter. Every, caring action counts.</p> 	<p>18 Be thankful for birds.... for the bird sanctuary atop the Jacob Javits Center where 33 species have been spotted and for improved air quality that has saved an estimated 1.5 billion birds over the last 40 years. (Cornell U. and U. of Oregon study)</p>	<p>19 Challenge yourself to reduce your carbon footprint. Google "carbon footprint tracker". Track your consumption patterns, noting what in your lifestyle creates more fossil fuel emissions. Remember Fish Fridays for Lent.</p>	<p>20 Living more simply can be complicated. To stop buying things you don't need, take stock of what you already have. This may mean cleaning out a closet or the fridge or a bookcase. Consider these chores as a first step toward a simpler life.</p>
<p>21 "The urgent challenge to protect our common home includes a concern to bring the whole human family together to seek a sustainable and integral development, for we know that things can change." (LS13)</p>	<p>22 Body and earth mindfulness: Make Mondays meatless during Lent. Try the "Impossible Burger" and look in the frozen food aisle for new plant-based seafood varieties. Good for your health; good for the earth. See mondaycampaigns.org.</p>	<p>23 Do a whole-house energy audit this Lent. The city offers free energy audits at Retrofit Accelerator. NYSERDA's EmPower program offers free audits & retrofits to low-income residents. Also try: www.doityourself.com/story/simpleaudit</p>	<p>24 "In every deliberation, we must consider the impact of our decisions on the next seven generations." The Great Law of the Iriquois Confederacy</p> 	<p>25 There are good things happening on Governor's Island. The Billion Oyster Project is restoring oyster reefs to NY Harbor. Oysters help clean the water. The program includes an educational component for kids. billionoysterproject.org</p>	<p>26 Go deeper with the footprint tracker and view your consumption patterns from a spiritual perspective. The <i>Ignatian Ecological Examen</i> is a tool for prayer, reflection and action that will guide you in this process. ecologicalexamen.org</p>	<p>27 Refrigerator Rescue. Throwing out food? Try buying only what you will use. Rescue leek tops, beet greens or mushroom stems! Wash and freeze them and add them to stock for soup. Food waste accounts for 11% of greenhouse gases.</p>
<p>28 "Atmospheric pollutants produce a broad spectrum of health hazards, especially for the poor. These problems are closely linked to a throw-away culture which affects the excluded just as it quickly reduces things to rubbish." (LS20)</p>	<p>1 March Be mindful of packaging. Much of the food we buy comes in wasteful packaging. Carry reusable veggie bags with you. When you buy salad greens or fruit, select loose produce and "Cancel the Clamshell"!</p>	<p>2 Support legislation that addresses the concerns of <i>Laudato Si</i>. One such bill is the Break Free from Plastic Pollution Act of 2020 (S.3263 HR 5845-2020) Let your Senators and Representative know this issue is important to you.</p>	<p>3 "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." Bishop Desmond Tutu</p>	<p>4 Thank Pres. Biden for his pledge to commit resources to areas like "Cancer Alley", a long stretch of the Mississippi River lined with oil refineries. People living there are 50 times more likely to get cancer than the average American.</p>	<p>5 One of the most impactful things you can do to reduce your carbon footprint is switch your electricity to a renewable source. Con Edison still delivers your electricity and bills you. CleanChoice Energy is a good option.</p>	<p>6 Read some poetry. Take the time to see our earth through the eyes of poets like Wendell Berry and Mary Oliver. You can find a collection of their poems at poetryfoundation.org</p> 
<p>7 "Oceans not only contain the bulk of our planet's water supply, but also an immense variety of living creatures, many of them threatened for various reasons. Who turned the wonderland of the seas into underwater cemeteries bereft of color and life?" (LS40)</p>	<p>8 What can you do to protect our oceans? Plastic lines our shores and ends up in the water, endangering marine life. Volunteer for spring and fall coastal cleanups. It's fun and a good thing to do.</p>	<p>9 Reduce your methane footprint. Play the Tuesday Trifecta. Raising cattle produces more greenhouse gas than any other protein source. Skip the beef today and trade 331 kg of greenhouse gas for beans (3kg), chicken (64kg), or pork (68 kg).</p>	<p>10 "When anxious, uneasy and bad thoughts come, I go to the sea, and the sea drowns them out with its great, wide sounds, cleanses me with its noise, and imposes a rhythm upon everything in me that is bewildered and confused." Rainer Maria Rilke</p>	<p>11 We thank the scientists at Woods Hole Oceanographic Institute. They have announced the launch of Challenger 150, a multi-national initiative to expand knowledge of the deep ocean and build greater diversity in ocean science. whoi.org</p>	<p>12 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 carrying your own utensils.</p>	<p>13 Meet the creatures of the deep at the New York Aquarium at Coney Island. Take the kids. The Aquarium is home to sharks, rays, sea otters, octopus, jelly fish and many other amazing sea animals. Visit their website at nyaquarium.com</p>

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<p>14 March On biodiversity: "Each year sees the disappearance of thousands of plant and animal species which we will never know, which our children will never see ...because of us, thousands of species will no longer give glory to God by their very existence." (LS33)</p>	<p>15 Be more aware of animals; sit with one and contemplate its preciousness. Watch the David Attenborough documentaries or a PBS Nature film. Be mindful that so many species have disappeared & we are living in the Sixth Extinction. Support World Wildlife Fund.</p>	<p>16 Get ready for the NYC Mayoral, Comptroller and City Council primary in June. See what candidates say about environmental issues. Check their websites, listen to the debates & WNYC's Brian Lehrer's interviews to make an informed choice in June.</p>	<p>17 "How remarkable the creativity of the world about us! Nature never repeats itself, not in the animal or the plant world, not in the snowflakes or the raindrops; not in its geological structures or in any of its daily displays throughout the observable world." Thomas Berry</p>	<p>18 Lent is a time for gratitude. When you say Grace before meals, give thanks to God for the wonderful variety of food available, and take a moment to remember the hands that planted and harvested your food. Give thanks.</p>	<p>19 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>20 Celebrate the First Day of Spring and help an endangered species by planting milkweed seeds in an outdoor pot or garden. Monarch butterflies have suffered staggering losses due to the scarcity of this plant. Visit xerces.org for the full story.</p> 
<p>21 "Fresh drinking water is of primary importance, since it is indispensable for human life and for supporting terrestrial and aquatic ecosystems. One particularly serious problem is the quality of water available to the poor." (LS28)</p>	<p>22 Think before you drink! Plastic water bottles are a scourge on the planet, only 12% are recycled. Buy a reusable water bottle and use it every day. Today is World Water Day. Appreciate & protect fresh water; we have a finite amount globally.</p>	<p>23 During the Corona virus, handwashing is essential. But many Americans are at risk of having their water shut off because they can't pay their bills. Ask Pres. Biden to place a moratorium on shutoffs. White House Comment Line: 202-456-1111.</p>	<p>24 "Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word, always doing the smallest right and doing it all for love." St. Therese de Lisieux</p>	<p>25 Rejoice that children's books are now tackling environmental issues! This year, "We are Water Protectors" by Carol Lindstrom and Michaela Goade, won the prestigious Newbery and Caldecott awards.</p>	<p>26 Raising beef uses 28 times more land and 11 times more water than other food sources and produces 5 times more greenhouse gases. (Smithsonian Magazine) While shifting to a meat-free diet is best, just giving up beef is an effective compromise.</p>	<p>27 We await the joy of Holy Week. Experience the beauty of creation with the sensational new "Nature of Color" exhibit at the American Museum of Natural History (amnh.org) to see color at the intersection of art, culture and nature. Mar 9 - Aug 6</p>
<p>28 Palm Sunday  "The creation accounts in the book of Genesis ...suggest that human life is grounded in three fundamental and closely intertwined relationships: with God, with our neighbor and with the earth itself." (LS66)</p>	<p>29 To keep Mother Earth in mind, buy a plant and put it in a sunny spot in your home. Whenever you water it, take a few minutes to say a prayer of gratitude for the incredible beauty and variety of all God's creation, and renew your commitment to do your little bit to protect her.</p>	<p>30 Follow the smart money. This year the New York City Pension Fund will divest itself of \$4 Billion in fossil fuel securities. Divest your savings from fossil fuels and fossil fuel infrastructure and invest in socially responsible securities. Ask your bank or financial advisor to check this for you.</p>	<p>31 "Climate change is the single greatest challenge of our time. Of this, you're certainly aware. It's saddening, but I cannot spare you from knowing an inconvenient fact, because it's getting the facts straight that gets us to act and not to wait". Amanda Gorman, "Earthrise"</p>	<p>1 April 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 you do today or next week to serve the poor, give them a voice and be an ally?</p>	<p>2 Good Friday Review your practices started this Lent. What can you continue after Easter? Let's together renew our commitment to protect God's creation & join our sacrifices with that of Jesus to bring forth a New Creation.</p>	<p>3 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>

April 4: Glorious Easter Savor the life that is in you and around you!... the flowers bursting forth, your friends & your family, clean water and air! Be grateful for God's gift of creation! **Rejoice and be glad!**

Special thanks to Mary Jane Gocher, Church of St. Francis Xavier, New York City