




Care for Creation 2021 Lenten Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUSTENANCE SUNDAYS	MEATLESS MONDAYS	TALK ENERGY TUESDAYS	WISDOM WEDNESDAYS	TURNAROUND THURSDAYS	FOOTPRINT FRIDAYS	SUSTAINABILITY SATURDAYS
<p>14 February Quotes from St Francis of Assisi's Canticle of Creation</p> 	<p>15 Lent can be a time to live more simply</p>	<p>16 Make your Lenten experience a CARBON FAST</p>	<p>17 ASH WEDNESDAY "There is a nobility in the duty to care for creation through little daily actions." <i>'Laudato Si'</i></p> 	<p>18 Talk to others about carbon fasting and encourage them to join in.</p>	<p>19 Challenge yourself to reduce your carbon footprint. Google "carbon footprint tracker". Track your consumption patterns, what in your lifestyle creates more greenhouse gases.</p>	<p>20 Shop locally. Purchase vegetables that are in season and grown in Ireland.</p>
<p>21 February "Be praised, My Lord, for sister moon and the stars: clear and precious and lovely they are formed in heaven" Let 'Laudato Si' be your guiding star this Lent.</p>	<p>22 Consider making Less Meat a regular part of your life. For practical ideas, go to www.meatlessmonday.com</p>	<p>23 Only fill the kettle with water you need. The energy wasted in boiling a full kettle when not required is enough to run an energy saving bulb for 9 hours.</p>	<p>24 "The world is charged with the grandeur of God" <i>Gerard Manley Hopkins</i></p>	<p>25 You can't heal the world in a day but you can make a start.</p> <ul style="list-style-type: none"> • Pick up litter. • Clear a stream. • Sign a petition. • Plant a tree. 	<p>26 Go deeper with "carbon footprint tracker". Why not use the Ignatian Ecological Examen. www.ecologicalexamen.org</p>	<p>27 Check your tyre pressure. Low tyre pressure means higher fuel consumption.</p>
<p>28 "May you be praised, for brother wind, air and clouds, clear skies and all weathers by which you give sustenance to your creatures." Global warming changes weather patterns with more floods & hurricanes.</p>	<p>1 March Less meat helps your heart, and also reduces deforestation and methane gas that result from raising livestock.</p>	<p>2 Turn off lights and unplug appliances not in use. Appliances on standby can use up to 20% of the electricity used when they are turned on.</p>	<p>3 "....the most comforting speech in the world is the talk that rain makes by itself" <i>Thomas Merton</i></p>	<p>4 Plastic bottles are a scourge. Only 12% of plastic bottles are recycled. Fill a reusable water bottle instead of using a single use plastic bottle.</p>	<p>5 Stop unwanted junk mail (request to be taken off the mailing list) to save trees, cut down on carbon emissions, and reduce waste.</p>	<p>6 Turn off the water when brushing your teeth. A running tap uses about 4 gallons per minute.</p>
<p>7 March "Be praised, my Lord, for sister water, who is very useful & humble & precious & pure." Water is scarce in some parts of the world. Clean water is a human right.</p>	<p>8 Switch to olive oil instead of butter. Global livestock production creates more greenhouse gas than the entire transportation sector.</p>	<p>9 Recharge your own batteries by giving up one electric device for a week-or all devices for one day.</p>	<p>10 " 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 & significance." <i>'Laudato Si'</i></p>	<p>11 Use natural option for drying clothes rather than a tumble dryer if at all possible. Tumble dryers are one of the highest energy consumers among domestic appliances.</p>	<p>12 Use your consumer power: ask your local supermarkets to stock environmentally-friendly products. <i>There is nothing as persuasive as consumer demand in getting a store manager to make changes.</i></p>	<p>13 Buy milk in cardboard (Tetra Pak) containers rather than plastic ones. Milk and fruit juice cartons biodegrade in 2-3 months, whereas plastic takes from 450 to 1,000 years to decompose.</p>

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<p>14 March <i>"Be praised, My Lord, for brother fire by whom the night is illuminated for us."</i> Fire can also do great damage in areas affected by global warming.</p>	<p>15 Organic farming uses less water. Use free-range eggs and organic dairy. Just one egg requires 53 gallons of water to produce.</p>	<p>16 Take time today to repair or mend something that you might otherwise have replaced.</p>	<p>17 "My work is loving the world. - Here the sunflowers, there the humming bird – equal seekers of sweetness." <i>Mary Oliver</i></p>	<p>18 Talk to others about carbon fasting and encourage them to join in.</p>	<p>19 More & more packaging involves plastic. 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>20 Purchase Fair Trade items when they are available. These goods guarantee a just price for the producers and that no child or forced labour is used.</p>
<p>21 <i>"Be praised, my Lord. Sister Earth, our Mother."</i> Be mindful of farmers whose lands have parch and bear no fruit.</p>	<p>22 If the grain fed to animals was consumed directly by people instead of animals, we could feed at least twice as many people.</p>	<p>23 Go to local shops or farmers' markets where available instead of driving to the supermarket.</p>	<p>24 "God's Holy Fool", St Francis of Assisi, the patron saint of ecology. <i>St Francis & the Foolishness of God.</i></p>	<p>25 You can't heal the world in a day but you can make a start.</p> <ul style="list-style-type: none"> • Pick up litter. • Clear a stream. • Sign a petition. • Plant a tree. 	<p>26 Purchase Fair Trade items when they are available. <i>These goods guarantee a just price for the producers and that no child or forced labour is used.</i></p>	<p>27 Avoid buying clothes that have to be dry cleaned. Most dry-cleaning solvents are toxic. These chemicals often remain in your clothes even after you bring them home.</p>
<p>28 <i>"What kind of world do we want to leave those who come after us, to children who are growing up"</i> 'Laudato Si'</p> 	<p>29 An average family of 4 emits more greenhouse gases from eating meat than from driving 2 cars.</p>	<p>30 Take time to learn about solar panels. Find out how the destruction of rainforests impacts climate change.</p>	<p>31 Let us sing as we go. May our struggles and our concern for this planet never take away the joy of our hope." 'Laudato Si'</p>	<p>1 Holy Thursday Be thankful that we are committed to meeting the SDGs. Let's continue to advocate for policies that reduce greenhouse gas emissions.</p>	<p>2 Good Friday Review your ecological practices of this Lent. What can you continue after Easter?</p>	<p>3 Holy Saturday <i>"What kind of world do we want to leave those who come after us, to children growing up."</i> 'Laudato Si'</p>

Easter Sunday As Caretakers of our 'common home' perhaps you might reflect on all of the activities that you have performed during Lent, and how they have brought you into greater harmony with the earth and with all life. Conclude your Lenten Creation care practice by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.