



Care for Creation 2024 Lenten Calendar

Because the world can change a lot in 40 days.



During the six weeks of Lent we have an opportunity to focus on the urgency to reduce our reliance on fossil fuels which are severely threatening the health of the Earth. We can make a difference. This calendar may help you prioritise care for the Earth and neighbour.

| St Francis of Assisi SUNDAYS | Meatless MONDAYS | TALK ENERGY TUESDAYS | Laudato Deum WEDNESDAYS | Global THURSDAYS | Laudato Si' FRIDAYS | SUSTAINABILITY SATURDAYS |
|---|--|--|---|--|---|---|
| Quotes from St Francis of Assisi's Canticle of Creation  | | Make your Lenten experience be a CARBON FAST | 14 ASH WEDNESDAY  Jesus "invited others to be attentive to the beauty that there is in the world because he himself was in constant touch with nature." LD [64] | 15 February How do our actions unintentionally harm the Earth? Do we use too much single use plastic, drive excessively short distances, do we waste water throughout the day? | 16 February "Once we start to think about the kind of world we are leaving to future generations, we realise that the world is a gift which we have freely received and must share with others" LS [159] | 17 February Shop locally. Purchase vegetables that are in season and grown in Ireland. |
| 18 February "Be praised, My Lord, for sister moon and the stars: clear and precious and lovely they are formed in heaven" | 19 February Consider making Less Meat a regular part of your life. For practical ideas, go to: www.meatlessmonday.com | 20 February 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. | 21 February "Jesus often stopped to contemplate the beauty sown by his Father, and invited others to perceive a divine message in things" LD [64] | 22 February Go deeper with "carbon footprint tracker". Why not use the Ignatian Ecological Examen. www.ecologicalexamen.org | 23 February "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." LS [76] | 24 February Check your tire pressure. Low pressure means higher fuel consumption. |
| 25 February <i>"May you be praised, for brother wind, air and clouds, clear skies and all weathers by which you give sustenance to your creatures."</i> | 26 February Less meat helps your heart, and also reduces deforestation and methane gas that result from raising livestock. | 27 February Turn off lights, unplug appliances not in use. Appliances on standby use up to 20% of the electricity used when they are turned on. | 28 February "The world sings of an infinite Love: how can we fail to care for it? LD [65] | 29 February Stop unwanted junk mail (request to be taken off the mailing list) to save trees, cut down on carbon emissions, and reduce waste. | 1 March Let us sing as we go. May our struggles and our concern for this planet never take away the joy of our hope." LS [244] | 2 March Turn off the water when brushing your teeth. A running tap uses about 4 gallons per minute. |
| 3 March <i>"Be praised, my Lord, for sister water, who is very useful & humble & precious & pure."</i> | 4 March Switch to olive oil instead of butter. Global livestock production crates more greenhouse gas than the entire transportation sector. | 5 March Recharge your own batteries by giving up one electric device for a week, or all devices for one day. | 6 March "...it is not a matter of indifference to us that so many species are disappearing, and the climate crisis endangers the life of many other beings. LD [63] | 7 March 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. | International Women's Day "All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements, and talents. LS [14] | 9 March Buy milk in (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. |

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| 10 March <i>"Be praised, My Lord, for brother fire by whom the night is illuminated for us."</i> | 11 March Organic farming uses less water. Use free-range eggs and organic dairy. Just one egg requires 53 gallons of water to produce. | 12 March Take time today to repair or mend something that you might otherwise have replaced. | 13 March "Human life is incomprehensible and unsustainable without other creatures. LD [67] | 14 March 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. | 15 March "We were not meant to be inundated by cement, asphalt, glass & metal, and deprived of physical contact with nature. LS [44] | 16 March 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. |
| St Patrick's Day <i>"Be praised, my Lord. Sister Earth, our Mother." Be mindful of farmers whose lands have parch and bear no fruit".</i>  | 18 March If the grain fed to animals were consumed directly by people instead of animals, we could feed at least twice as many people. | 19 March Go to local shops or farmers markets where available, instead of driving to the supermarket. | 20 March "Let us stop thinking, then, of human beings as autonomous, omnipotent, & limitless, & begin to think of ourselves differently, in a humbler but more fruitful way. LD [68] | 21 March 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> | 22 March "A true ecological approach always becomes a social approach; to hear both the cry of the earth and the cry of the poor." LS [| 23 March 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. |
| Palm Sunday <i>"The deed you do may be the only sermon some people will hear today"</i>  | 25 March An average family of 4 emits more greenhouse gases because of the meat they eat than from driving two cars. | 26 March Take time to learn about solar panels. Find out how the destruction of rainforests impacts climate change. | 27 March "I ask everyone to accompany this pilgrimage of reconciliation with the world that is our home and to help make it more beautiful, because that commitment has to do with our personal dignity and highest values. LD [69] | 28 Good Friday Review your ecological practices of this Lent. What can you continue after Easter? | 29 Holy Thursday "It is good for humanity and the world at large when we believers better recognize the ecological commitments which stem from our convictions. LS [64] | 30 Holy Saturday <i>Modern agriculture often deteriorates the land it uses. When shopping, look at the sustainable growing practices of the brands you buy. Are they restoring the land or destroying it?</i> |

Easter Sunday As Caretakers of our 'common home' perhaps we might reflect on all of the activities that we have performed during Lent, and how they have brought us into greater harmony with the earth and with all life.