



2023 Lenten Carbon Fast Calendar, Pt 1

Created by Church of St. Francis Xavier's Environment Ministry, NYC

SUNDAYS - Set to go	Mindful MONDAYS	To-do TUESDAYS	Re-boot WEDNESDAYS	Thoughtful THURSDAYS	Fasting FRIDAYS	Sunset SATURDAYS
<p>FEB. 19 ECOLOGICAL SPIRITUALITY In a few days, we will begin our Lenten journey. Throughout these 40 days, we will be challenged to reduce our carbon footprint and increase our efforts to protect our common home.</p>	<p>20 In our spiritual lives, we will consider how our actions affect the natural world & our atmosphere and how our consumption habits may be harmful to others. Pray for our common home. Find prayers at laudatosimovement.org & catholicclimatecovenant.org</p>	<p>21 In our active lives, let's find new ways to care for God's creation. Get to know the goals of the Laudato Si' Action Platform, and commit to furthering one or more of them. Individuals & families can join, as well as your institution. laudatosiactionplatform.org or Godsplanet.us</p>	<p>22 Ash Wednesday. "Start by doing what's necessary, then do what's possible, and suddenly you are doing the impossible." St. Francis of Assisi</p> 	<p>23 Nature reveals to us the hand of God. Take a few moments each day of Lent to appreciate it and make it part of your prayer. Notice new life budding, the intricate patterns of a plant, the sound of different birds, the changes in a tree, the sound of water.</p>	<p>24 Reflect on yourself as part of the animal kingdom and the animals as our companions and kin. Read stories from "Wild Hope: Stories for Lent from the Vanishing" by Gayle Boss. Laudato Si' tells us everything is connected; these stories reveal that truth.</p>	<p>25 The "Laudato Si' Movement", by its name, invites us to engage in both prayerful contemplation of God's Creation (Laudato Si = praise be) & bold action (Movement) ...giving us a new spiritual mode: contempl-action. More at laudatosimovement.org. Sign up for their emails.</p>
<p>26 "ECOLOGICAL EDUCATION can take place in a variety of settings: at school, in families, in the media. Political institutions and social groups are also entrusted with raising people's awareness. So is the Church." LS 214</p>	<p>27 Keep a Lenten journal. Each Monday, write down your goals for the week...e.g. study an environmental issue, start a new habit, or set aside more time for prayer. Jot down your thoughts today and throughout the week. Note related news items.</p>	<p>28 Begin by educating yourself about how and why we care for creation, and how our consumption fits into the big picture. Fr. Daniel Horan tackles this complex issue in small bites with 14 short, easy-to-follow Laudato Si' Tutorials on YouTube.</p>	<p>MARCH 1 "It is not your business to succeed, but to do right. When you have done so, the rest lies with God." C.S. Lewis, author of "The Lion, the Witch and the Wardrobe"</p>	<p>2 What's a degree or 2? Learn more about global warming. Start with climate scientist Dr. Katharine Hayhoe's short videos, "Global Weirding". Read "The End of Ice" by Daar Jamal. Take the Laudato Si' Movement's Animator Training. LaudatoSiAnimators.org</p>	<p>3 Research plant-based diets. EatingWell.com offers a Clean-Out-the-Fridge Vegetable Soup recipe and "27 Easy Plant-Based Recipes for Beginners." Or start with a smoothie or salad recipe, but just start. It's good for you and for the planet.</p>	<p>4 The children's book "Honeybee" by Candace Fleming and Eric Rohmann is about the life cycle of the honeybee. It's a great springboard for a conversation about the importance of our pollinators & how to protect them. More at weareteachers.com</p>
<p>5 ECOLOGICAL LIFESTYLES: "There is a nobility in the duty to care for creation through little daily actions." LS 211</p> 	<p>6 Switch to renewable energy (wind, solar) to reduce your big carbon footprint from electricity. Get your building to switch. Your utility company delivers the energy & bills you. In NYS, compare companies at Power to Choose www.documents.dps.ny.gov/PTC</p>	<p>7 We can avoid single-use take-out clamshells. Just Salad models this. Read about it & get your nearby NYC restaurants to participate in reusable take-out containers with DelverZero.com. Other cities have joined the growing trend with GoBox, BoldReuse etc.</p>	<p>8 "Start by creating a single habit - like always carrying a water bottle. After you've got that down, you start another habit. You build up gradually. Otherwise you'll be overwhelmed," advises social scientist Gabby Salazar, who studies motivation.</p>	<p>9 Retail therapy or landfill tragedy? 10 million tons of fast fashion end up in landfills every year + 3 m tons are burned. Thrift shops discard what doesn't sell fast or ship it overseas, undermining local clothing producers. Buy timeless clothing that lasts in lieu of fast fashion.</p>	<p>10 Traditionally, we abstain from meat on Fridays in Lent. Build on this good habit. Meat production, especially beef, is a big source of methane, a potent greenhouse gas, and cause of deforestation. Chicken has a much lower impact. Aim low!</p>	<p>11 Looking for a Saturday movie? "The Letter", available on YouTube, is excellent for family or parish. It's Pope Francis' invitation to all of us to embrace integral ecology. To host a parish screening, see LaudatoSiMovement.org for promo resources.</p>
<p>12 ECOLOGICAL ECONOMICS "To ensure economic freedom from which all can effectively benefit, restraints occasionally have to be imposed on those possessing greater resources and financial power." LS 129</p>	<p>13 We all participate in the throw-away culture & hyper-consumerism. Before buying or throwing away, think about the sustainability R's: reduce, reuse, repurpose, recycle and refuse. Make it a spiritual responsibility to the earth.</p>	<p>14 Our lifestyle actions alone will not solve the problem. Corporations must be accountable for the problems they have created. We can help by divesting our accounts from coal, oil and "natural" gas. See GreenFaith.org & LaudatoSiMovement.org</p>	<p>15 "Will you be on the right side of history? Will you end this moral and economic madness?" Vanessa Nakate, 26 year-old Ugandan climate activist addressing world leaders at the UN Climate Summit, COP27.</p>	<p>16 <u>One</u> transaction of crypto currency uses the equivalent of 75 gallons of gas in energy! The mines, often located in poor communities, use enormous amounts of electricity to run 100's of computers 24/7, & create eyesores and noise. Invest elsewhere!</p>	<p>17 Save money. Plan ahead to prevent food waste. 33% of global food is wasted & most ends up in landfills creating methane, a potent greenhouse gas. Buy only what you need and use first what will spoil first. Compost scraps.</p>	<p>18 Try a CSA, Consumer Supported Agriculture, a direct farm to consumer system; you buy a share of a local farmer's crops & receive fresh produce weekly. Supports small farms & healthy soils if the CSA uses regenerative agr. See localharvest.org</p>

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<p>19 CARE OF THE EARTH & CRY OF THE POOR "We are faced not with two separate crises, one environmental and the other social, but rather with one complex crisis which is both social and environmental." LS 139</p>	<p>20 Some come because of war, others because of dried up crops or floods. All are looking for a more secure life and a way to support their families. Find your way to be an ally to our brother/sister immigrants. Call your local Catholic Charities to see how.</p>	<p>21 Today, ThirdAct.org, Bill McKibbon's new organization for seniors, is pressuring the big 4 banks to stop funding new fossil fuel projects that pollute the earth and hurt the poor. Consider supporting. See also GreenFaith.org & LaudatoSiMovement.org</p>	<p>22 World Water Day. Water is central to our Christian identity: water into wine, baptism. Water is life. Today, as aquifers shrink & lakes & rivers dry up, water has become a commodity. Support conservation of public water systems in your locale.</p>	<p>23 Catholic Relief Service has a new campaign to educate us on how development projects abroad are having to adapt to the challenges of climate change. www.crs.org/get-involved/campaigns/climate-change</p>	<p>24 The Sahara Desert is moving south engulfing communities. 11 African countries united for the Great Green Wall tree-planting project to stop desertification. The Laudato Tree Project supports this project to provide local jobs. See LaudatoTree.org</p>	<p>25 Rejoice that children's books are now tackling environmental issues! Have a look at, "We are Water Protectors" by Carol Linsdstrom and Michaela Goade, winner of the prestigious Newberry and Caldecott awards. Protect the protectors.</p>
<p>26 ADVOCACY "Social love moves us to devise larger strategies to halt environmental degradation and to encourage a "culture of care" which permeates all of society....we should realize that this too is part of our spirituality..." LS 231</p>	<p>27 We have power as consumers and as constituents. Our collective voice matters for consumer boycotts, petitions, and sign-on letters. Phone calls and visits to legislators pack even more power! Let's use our faith values to support good environmental policies.</p>	<p>28 The Earth Bill, formally "The Earth Act to Stop Pollution by 2030", is a new bill in Congress that addresses the urgency to dramatically reduce our fossil fuel pollution. 100% by 2030 in 3 sectors. See earthbill.org to pledge your support at earthbill.org</p>	<p>29 " <i>The Earth Bill is a beacon of light for the youth nnd generations to come.</i>" Anna Kathawala, Fridays For Future NYC. Let's support the young generation of activists struggling for their future. Join Anna in Adopt-A-District at Earthbill.org.</p>	<p>30 Metro NY Catholic Climate Movement has prioritized advocacy for integral ecology policies. Email them at mnyccm@gmail.com to learn about the many ways you can be involved locally or nationally with Catholic or interfaith groups.</p>	<p>31 A new phone app, ClimateActionNow.com sends you daily easy-to-do ecological advocacy actions. Get it from the Google or i-phone stores. Actions earn you points towards planting a tree, but you earn your own points from Mother Earth!</p>	<p>APR 1 Faith organizations made a big difference in two arenas this past year: helping to pass the Inflation Reduction Act, and being a large presence advocaing for meaningful outcomes at the UN Summit on Biodiversity held in Montreal. Our voice matters!</p>
<p>2 PALM SUNDAY "The Cry of the Poor and the Cry of the Earth are closely intertwined." LS 66 Use the haikus that follow - imagined conversations between the two - for reflection. "An integral ecology is inseparable from the notion of the common good" LS 156</p>	<p>3 The cry of the poor: "Our children have no water. Our river is dry." ***** The cry of the earth: She sees her children suffer. and her gifts defiled.</p>	<p>4 The poor are now lost. The trees they loved are chopp'd down and they are bereaved. ***** And the earth responds. The balance is now upset Destruction follows.</p>	<p>5 The poor cry out. The hurricane strikes and strikes. They are homeless now. ***** There is a new sound It's faint at first, then louder. Earth can't stop weeping.</p>	<p>6 Holy Thursday At the Last Supper, Jesus called us to service. Laudato Si' calls us to care for creation & care for the poor. Let's ask: What can I do today or next week to serve the poor, give them a voice and be an ally.</p>	<p>7 Good Friday Review your practices started this Lent. What can you continue after Easter? Let's renew our commitment to protect God's creation & join our sacrifices with that of Jesus to bring forth a New Creation.</p>	<p>8 "The new dawn balloons as we free it. For there is always light, if only we're brave enough to see it. If only we're brave enough to be it" Amanda Gorman, from "The Hill We Climb"</p>

9 Glorious Easter Christ is risen and all of creation with Him!

Savor the life and light that is in you and around you! the flowers bursting forth, the friends and your family, clean water and air! Be grateful for God's gift of creation! Rejoice and be glad!

