

# Care for Creation 2026 Lenten Calendar

## Stubborn Hope



SUSTENANCE SUNDAYS	MEATLESS MONDAYS	TALK ENERGY TUESDAYS	WISDOM WEDNESDAYS	TURNAROUND THURSDAYS	FISH & FOOTPRINT FRIDAYS	SUSTAINABILITY SATURDAYS
<p><b>15<sup>th</sup> Feb</b> Let Sunday's quotes from St. Francis of Assisi's Canticle of Creation inspire a deeper appreciation for God's creation. For inspiration visit <a href="#">here</a></p> 	<p><b>16<sup>th</sup> Feb</b> Lent is a time to live more simply and with joy as we draw closer to our Creator God. Let's unite our Lenten daily actions to Jesus' sacrifice on the cross</p>	<p><b>17<sup>th</sup> Feb</b> Make your Lenten Fast be a carbon fast. Reflect on your consumption of food and electricity. Try to lessen your footprint &amp; do things that recharge your spiritual energies.</p>	<p><b>18<sup>th</sup> Feb Ash Wednesday</b> <i>'There is a nobility in the duty to care for creation through little daily actions.'</i> LS 211 Watch <a href="#">Story of Stuff</a></p>	<p><b>19<sup>th</sup> Feb</b> Turn the tide on single-use plastic bags engulfing our waters and littering our streets. Remember to carry your own reusable bag. Visit <a href="#">Plastic Free July</a> for ideas.</p>	<p><b>20<sup>th</sup> Feb</b> Challenge yourself to reduce your carbon footprint. Google "carbon footprint tracker". Track your consumption patterns, Remember Fish Fridays for Lent</p> 	<p><b>21<sup>st</sup> Feb</b> Shop at green organic markets and try to buy what is in season. It's as "buy local" as you can get!</p> 
<p><b>22<sup>nd</sup> Feb</b> <i>"Be praised, my Lord, for sister moon and the stars: clear and precious and lovely they are formed in heaven."</i> Let Laudato Si', Pope Francis' encyclical on care for creation, be your guiding star this Lent.</p>	<p><b>23<sup>rd</sup> Feb</b> A Meatless Monday helps your heart and also reduces deforestation and methane gas that result from raising livestock. See <a href="#">meatlessmonday.com</a></p>	<p><b>24<sup>th</sup> Feb</b> Do an Energy Audit this Lent. Replace the incandescent &amp; fluorescent bulbs with energy-saving LEDs. For inspiration listen to <a href="#">Outrage &amp; Optimism</a> podcast.</p> 	<p><b>25<sup>th</sup> Feb</b> <i>"The world is charged with the grandeur of God."</i> Gerard Manley Hopkins</p> 	<p><b>26<sup>th</sup> Feb</b> Plastic bottles are a scourge on the planet. Only 12% of plastic bottles are recycled. Turn this around by buying a reusable water bottle.</p>	<p><b>27<sup>th</sup> Feb</b> Go deeper with the footprint tracker and view your patterns from a spiritual perspective. Use the Ignatian Ecological Examen, found online in different formats at <a href="#">ecologicalexamen.org</a></p>	<p><b>28<sup>th</sup> Feb</b> Refrigerator Rescue. Throwing out food? Don't throw out those leek tops, or mushroom stems. Wash and freeze them and add them to stock for soup.</p>
<p><b>1<sup>st</sup> March</b> <i>"May you be praised, my Lord, with all your creatures, especially brother sun through whom you lighten the day for us."</i> Brother sun provides clean renewable energy!. <b>(Celebrate Clean Up Australia day today)</b></p>	<p><b>2<sup>nd</sup> March</b> work on your "Earthcare" practices Consider using SOLVE Seasonal, Organic, Local, Vegetarian, Ethical food choices.</p> 	<p><b>3<sup>rd</sup> March</b> Australia has one of the highest per capita emissions of carbon dioxide in the world. Try unplugging your devices and driving less. Don't Buy "Fast Fashion" ...</p>	<p><b>4<sup>th</sup> March</b> <i>"...the most comforting speech in the world is the talk that rain makes by itself."</i> Thomas Merton <a href="#">Watch Creation Corner</a></p>	<p><b>5<sup>th</sup> March</b> Turn the tide and switch off from technology and go outside. Find a sit spot and get to know just one metre square, do this daily.</p>	<p><b>6<sup>th</sup> March</b> Consider composting. If your local council or neighbourhood doesn't have compost/FOGO collection yet, email, call or write a letter to ask "why".</p> 	<p><b>7<sup>th</sup> March</b> Take the kids to the library to read an environmentally-themed book. (  )</p>
<p><b>8<sup>th</sup> March</b> <i>"Be praised, my Lord, for brother wind and the air and clouds, clear skies and all weathers by which you give sustenance to your creatures."</i></p>	<p><b>9<sup>th</sup> March</b> Having fish instead of meat tonight? Check out the sustainability of the various fish or seafood species at <a href="#">GoodFish</a></p>	<p><b>10<sup>th</sup> March</b> SWITCH! Reduce your carbon footprint dramatically by switching your home electricity to a clean,</p> 	<p><b>11<sup>th</sup> March</b> <i>"My work is loving the world. Here the sunflowers, there the humming bird - equal seekers of sweetness."</i> Mary Oliver</p>	<p><b>12<sup>th</sup> March</b> Think about our children's future. Let's continue to advocate for policies that reduce greenhouse gas emissions.</p>	<p><b>13<sup>th</sup> March</b> Reducing our carbon footprint is best, but for the more difficult challenges of our lives i.e. Flying, we can buy carbon offsets to support CO2 reduction projects.</p>	<p><b>14<sup>th</sup> March</b> Experience the beauty and variety of creation. Visit your local botanic gardens or the beach. Sit in a park and listen to the birds. <b>Be present.</b></p>