
















## Care for Creation 2025 Lenten Calendar Pilgrims of Hope



SUSTENANCE SUNDAYS	MEATLESS MONDAYS	TALK ENERGY TUESDAYS	WISDOM WEDNESDAYS	TURNAROUND THURSDAYS	FISH & FOOTPRINT FRIDAYS	SUSTAINABILITY SATURDAYS
<p><b>2nd March</b> Let Sunday's quotes from St. Francis of Assisi's Canticle of Creation inspire a deeper appreciation for God's creation. <b>(Celebrate Clean Up Australia day today)</b></p> 	<p><b>3rd March</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>4th March</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>5th March Ash Wednesday</b> 'There is a nobility in the duty to care for creation through little daily actions.' LS 211 Watch <a href="#">Story of Stuff</a></p>	<p><b>6th March</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>7th March</b> Challenge yourself to reduce your carbon footprint. Google "carbon footprint tracker". Track your consumption patterns, Remember Fish Fridays for Lent</p> 	<p><b>8th March</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>9th March</b> "Be praised, my Lord, for sister moon and the stars: clear and precious and lovely they are formed in heaven." Let Laudato Si' , Pope Francis' encyclical on care for creation, be your guiding star this Lent.</p>	<p><b>10th March</b> A Meatless Monday helps your heart and also reduces deforestation and methane gas that result from raising livestock. See <a href="http://meatlessmonday.com">meatlessmonday.com</a></p>	<p><b>11th March</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>12th March</b> "The world is charged with the grandeur of God." Gerard Manley Hopkins</p> 	<p><b>13th March</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>14th March</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="http://ecologicalexamen.org">ecologicalexamen.org</a></p>	<p><b>15th March</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>16th March</b> "May you be praised, my Lord, with all your creatures, especially brother sun through whom you lighten the day for us." Brother sun provides clean renewable energy!.</p> 	<p><b>17th March</b> work on your "Earthcare" practices Consider using SOLVE Seasonal, Organic, Local, Vegetarian, Ethical food choices.</p>	<p><b>18th 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>19th March</b> "...the most comforting speech in the world is the talk that rain makes by itself." Thomas Merton <a href="#">Watch Creation Corner</a></p>	<p><b>20th 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>21st 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>22nd March</b> Take the kids to the library to read an environmentally-themed book. <b>(Celebrate World Water day and Earth Hour today)</b></p> 
<p><b>23rd March</b> "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."</p>	<p><b>24th 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>25th March</b> SWITCH! Reduce your carbon footprint dramatically by switching your home electricity to a clean, renewable source.</p> 	<p><b>26th March</b> "My work is loving the world. Here the sunflowers, there the humming bird - equal seekers of sweetness." Mary Oliver</p>	<p><b>27th March</b> Think about our children's future. Let's continue to advocate for policies that reduce greenhouse gas emissions.</p>	<p><b>28th 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>29th 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>

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<p><b>30th March</b> “Be praised, my Lord, for sister water, who is very useful and humble and precious and pure.” Water is scarce in some parts of the world and companies are commodifying it against the common good. Clean water is a human right.</p>	<p><b>31st March</b> Take Meatless Monday to the next level. Switch olive oil in &amp; butter out. Global livestock production creates more greenhouse gas than the entire transportation sector.</p>	<p><b>1st April</b> 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><b>2nd April</b> “...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 and significance.” Laudato Si’ 76</p>	<p><b>3rd April</b> Many nations are banning plastic cutlery, plates, straws, food containers and polystyrene cups. When you are ordering take-out, remember to bring a reusable container.</p>	<p><b>4th April</b> Pre-cycle before you buy. Choose products that have the least amount of packaging. Buy cereals, nuts, grains and other dry foods in bulk. Save \$\$\$ too.</p>	<p><b>5th April</b> Start a porch or window box garden, or join a community garden.</p> 
<p><b>6th April</b> “Be praised, my Lord, for brother fire by whom the night is illumined for us. He is....full of power and strength.” Fire can also do great damage in areas affected by drought</p>	<p><b>7th April</b> Know your food miles, take the 200km supermarket challenge. Can you purchase only those goods that have travelled less than 200km.</p> 	<p><b>8th April</b> Walking school buses can get us more connected with neighbours, the local environment and reduce pollution from cars and congestion around schools. Be an active transport advocate.</p>	<p><b>9th April</b> Learn more about "God's Holy Foot", St. Francis of Assisi, the patron saint of ecology. Learn about Saint Kateri, Patroness of the Environment.</p> 	<p><b>10th April</b> A lot of plastic lines our shores and ends up in the water, mistaken for food by marine life. Consider participating in the autumn and spring coastal clean-ups. It's fun and a good thing to do.</p>	<p><b>11th April</b> More and more packaging involves plastic...coffee pods, detergent pods, food items like cheese slices. Choose one product and write to the company to ask them to reduce the plastic in their packaging.</p>	<p><b>12th April</b> Buy a green plant . Whenever you water it, say a prayer of gratitude for the incredible beauty and variety of all God’s creation. If you can, plant a tree; they are sponges for soaking up CO2.</p>
<p><b>13th April Palm Sunday</b> “Be praised, my Lord, for Sister Earth, our Mother, who nourishes and sustains us bringing forth diverse fruits &amp; grains &amp; flowers of many colours.” Be a “tree of life”</p> 	<p><b>14th April</b> Adjusting how and what we eat is a big step, but when you’re making the commitment as a group, you’re more likely to see it through and reap the many health benefits— together.</p>	<p><b>15th April</b> Consider divest/invest: Divest your savings and super from fossil fuels (oil &amp; 'natural' gas) and invest in renewable energy projects or companies. Ask your bank or super to check for this. It's a win-win. <a href="#">Market Forces</a> can help.</p>	<p><b>16th April</b> "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' 244</p>	<p><b>17th April Holy Thursday</b> At the Last Supper, Jesus called us to service. Laudato Si' calls us to care for creation &amp; care for the poor. What can I do today or next week to serve the poor?</p>	<p><b>18th April Good Friday</b> Review your ecological practices of this Lent. What can you continue after Easter? Let's renew our commitment to protect God's creation &amp; join our sacrifices with that of Jesus to bring forth a New Creation!</p>	<p><b>19th April Holy Saturday</b> “What kind of world do we want to leave those who come after us, to children who are growing up.” Laudato Si’</p> 
<p><b>20th April Glorious Easter</b> Christ is risen and all of creation with Him! Savour the life 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! <b>Rejoice and be glad!</b></p>					<p>Special thanks to Mary Jane Gocher, Church of St. Francis Xavier, New York City</p>	