

*“The environment is God’s gift to everyone, and in our use of it we have a responsibility towards the poor, towards future generations and towards humanity as a whole.”*

(Pope Benedict XVI, *Caritas in Veritate*, n. 48)

# Lenten *Caring for Creation* calendar

YEAR OF FAITH 2013



Care For Creation Committee  
Department for Charity and Justice  
Archdiocese of Washington

Download copies:  
<http://site.adw.org/2013-lenten-calendar>

The Care for Creation Committee in this Year of Faith suggests the following spiritual reflections and sacrificial actions everyone can consider during Lent. They are a way to help you grow in your commitment to be a wise steward of God’s Creation now and for future generations. We invite you to use this Lenten calendar creatively in your preparations for Easter.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>“When you give alms, sound no trumpet before you . . . so that your alms may be in secret; and your Father who sees in secret will reward you.”</i> (Matthew 6:2,4)</p> <p><b>Ash Wednesday</b> reminds us to be faithful in action even when no one is looking. When we live in harmony with God’s people and Creation, especially when no one is looking, our households, our churches, and our society will be transformed. . .beginning with us!</p> <p>As we begin Lent, let us keep in mind our connection with Creation and reflect on our beginning and end: <i>“Remember, man, you are dust and to dust you will return.”</i></p>			<p><b>Feb. 13</b></p>	<p><b>Help change lives this Lent. 14</b> Consider participating in CRS Rice Bowl. Visit <a href="http://www.crsricebowl.org">www.crsricebowl.org</a>.</p>	<p><b>Combine trips or carpool, walk, bike or use public transportation. 15</b></p>	<p><b>Consider this and share it with a friend: “The brutal consumption of Creation begins where God is not . . .” (Pope Benedict XVI). Google the text to read more. 16</b></p>
<p><b>Learn and pray about Catholic teaching on the environment. This Lent read <i>Ten Commandments for the Environment: Pope Benedict XVI Speaks out for Creation and Justice.</i> 17</b></p>	<p><b>Run the clothes washer on “cold/cold” setting and only when you have full loads. 18</b></p>	<p><b>Consider the cost of buying water in disposable plastic bottles to both your pocketbook and the environment. 19</b></p>	<p>If you’re going to be away from your electronics for over an hour, <b>turn them off. 20</b></p>	<p><b>Give your dishwasher a rest, run only when full and skip the energy intensive drying cycle. Just open the door to dry. 21</b></p>	<p>Think about the benefits of <b>abstaining another day from meat</b> for yourself and the environment. Try it this Lent. <b>22</b></p>	<p><b>Turn off lights that you are not using. Shut off the lights as you leave a room. 23</b></p>
<p><b>Reflect and pray on Pope John Paul II’s teaching on Creation in “Peace with God the Creator, Peace with All of Creation.” Google the title to find it. 24</b></p>	<p><b>Plan ahead to bring reusable bags with you when shopping. 25</b></p>	<p><b>Investigate renewable energy technologies to become less dependent on the power grid. This is good for our economy, environment and energy security. 26</b></p>	<p><b>Be aware of how much food you discard. Eat leftovers and avoid wasting food. 27</b></p>	<p>Don’t know where to <b>recycle</b> old electronic gadgets? Visit the EPA’s site to find out. <b>28</b></p>	<p><b>Learn what Catholic Relief Services is doing to help people around the world live better by taking better care of the environment at <a href="http://www.crs.org">www.crs.org</a> and search for “Environment”. March 1</b></p>	<p>Use the power of the new media to <b>stay informed</b> on the latest carbon emission tips. Subscribe to GovEnergy, EDCmagazine and EnergyStarBids on Twitter. <b>2</b></p>

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<b>Reflect on Psalm 104, a hymn to God the Creator. Share with someone what you learned.</b> <b>3</b>	Many electronics draw power even when off. Today, place computers, radios, and TVs on a power strip, and turn it off between uses. <b>4</b>	<b>Install a water filter</b> at home and use reusable bottles instead of buying plastic bottles of water. <b>5</b>	Making travel plans? <b>Consider</b> getting there without flying if the trip is 500 miles or less. <b>6</b>	<b>Check</b> the tire pressure of your car today to maximize mileage and save gas. <b>7</b>	<b>Save paper:</b> print double-sided. Wrap your next present in a reusable gift bag. <b>8</b>	Minimize disposables at home. <b>Use a cloth napkin for several meals.</b> Wipe up with a dishcloth instead of paper towels. <b>9</b>
<b>“Embrace the silence”</b> today. Turn off everything unnecessary. Reflect on God’s glory in Creation: “The heavens are telling the glory of God; and the firmament proclaims his handiwork” (Psalm 19:1). <b>10</b>	<b>Begin</b> spring gardening by going organic. Grow your lawn and garden without toxic chemicals. <b>11</b>	Many people are working to protect Creation. Take the <b>St. Francis Pledge.</b> Learn what the Franciscans are doing at <a href="http://www.franciscanaction.org">www.franciscanaction.org</a> . <b>12</b>	Are you <b>recycling</b> everything you can? Refresh your memory today on what items you are allowed for curbside recycling. <b>13</b>	<b>“Carry in. Carry out.”</b> when visiting a park or the wilds. <b>14</b>	When heating water on the stove, use a pot with a lid to <b>conserve</b> energy. <b>15</b>	<b>Pick up some litter</b> when you are walking and dispose of it properly. <b>16</b>
In prayer today <b>thank God</b> for the beauty of Creation. Reflect on Psalm 148 and share with someone what you learned. <b>17</b>	“The works of charity and justice as well as the promotion of solidarity, justice, peace . . . and <b>stewardship of creation</b> build up the Kingdom of God.” ( <i>Disciples Called to Witness</i> , USCCB). <b>18</b>	Purchase more thoughtfully, <b>question</b> your need before buying. <b>19</b>	<b>Celebrate Spring!</b> Plant a native tree, or support tree-planting in other countries. <b>20</b>	<b>Support</b> people on the “front lines” of climate change. Catholic Climate Covenant links US churches with carbon reducing projects in developing countries. Visit <a href="http://www.catholicclimatecovenant.org">www.catholicclimatecovenant.org</a> <b>21</b>	<b>Dispose of</b> unneeded medications in the trash or at the pharmacy. Do not flush them, which overwhelms the filtering system and contaminates drinking water. <b>22</b>	Join Saint Francis of Assisi in prayer: <b>“We praise you, Lord, for Sister Earth,</b> who sustains us with her fruits, colored flowers, and herbs” (“Canticle of the Sun”). <b>23</b>
It’s hard to open ourselves up to the realities of the climate crisis. <b>Learn more</b> about Church teaching through the Catholic Coalition on Climate Change at <a href="http://www.catholicsandclimatechange.org">www.catholicsandclimatechange.org</a> <b>24</b>	When driving <b>obey the speed limit.</b> Every 10 mph in speed reduces fuel economy by 4 mpg. <b>25</b>	Place an insulating cover over your electric water heater. If you have an oil or gas water heater, you may need a plumber to install it. <b>26</b>	<b>Minimize disposables at work.</b> Use a mug for coffee and water. <b>27</b>	<b>Holy Thursday:</b> <b>Reflect</b> on Pope Benedict XVI’s message for the World Day of Peace, “If You Want to Cultivate Peace, Protect Creation.” Google the title. <b>28</b>	<b>Good Friday:</b> Meditate on the <b>mystery of love:</b> “Behold the wood of the cross, on which hung the Savior of the world. Come, let us worship.” <b>29</b>	<b>Holy Saturday:</b> Remember your Baptism and the <b>wonder of water.</b> Thank God for this gift and ask him to help you be a good steward of his gifts, which reveal his love. <b>30</b>

**31 Easter Sunday** “At a time of world food shortage, of financial turmoil, of old and new forms of poverty, of disturbing climate change ... of growing fears over the future, it is urgent to rediscover grounds for hope. Let no one draw back from this peaceful battle that has been launched by Christ’s Resurrection. ... Christ is looking for men and women who will help him to affirm his victory using ... justice and truth, mercy, forgiveness and love.” (Pope Benedict XVI, *Urbi et Orbi*, Easter 2009)



**Take some time today to reflect** on all of the activities that you have performed during Lent, and how they have brought you into greater harmony with God’s plan for Creation and all life. In the spirit of the Year of Faith, share what you learned with others.

**Don’t stop now! Keep reading *Ten Commandments for the Environment. Pope Benedict XVI Speaks out for Creation and Justice.* Google the title.**