

Lenten Care for Creation Calendar

The Lord has bestowed the fruits of the earth for the benefit of all the world's people.

May we share with all in need and so be good stewards of God's earth and its abundance. USCCB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>February 15</p> <p>SPIRITUALITY</p> <p>We begin our Lenten journey. Throughout these 40 days, we will be challenged to deepen our love of God's gifts of creation and to find new ways to protect our common home.</p>	<p>16</p> <p>We can use daily habits to reduce our carbon impact. Want to try meatless meals that don't use fish? Search <u>No fish meatless Lenten Recipes</u></p> <p>Taste of Home and For the Love of Gourmet have interesting choices.</p>	<p>17</p> <p>Pope Francis reminds us: "Living our vocation to be protectors of God's handiwork is essential to a life of virtue; it is not an optional or secondary aspect of our Christian experience." (LS 217)</p> <p>Ask a family member or friend what they value and explore any impact due to climate change.</p>	<p>18</p> <p><i>Ash Wednesday</i></p> <p>"The ecological crisis is...a summons to profound interior conversion"</p> <p>Pope Francis</p> <p>Consider joining <u>Greenerlent.org</u>, which includes elements of Abstinence, Prayer, and Almsgiving.</p>	<p>19</p> <p>Nature reveals the hand of God. Offer prayers of thanks for this gift every day.</p> <p>Learn about invasives that must not be planted and should be removed if growing in your yard. Search <u>non-native and invasive ID and control for a handy guide</u>.</p>	<p>20</p> <p>As a prayer, each week watch a section of "The Letter: A Message for Our Earth" on <u>YouTube</u>. Listen to the voices of science, indigenous, youth and the poor and how they are impacted by climate change.</p>	<p>21</p> <p>The <i>Laudato Si'</i> Prayer Book may be an inspiration, with 62 prayers offered by people from 26 countries. Go to <u>www.laudatosi.org/prayer-book</u></p> <p>Join us for Stations of the Cross for Creation on Fri., March 13 @ 3:30 p.m. in the church.</p>
<p>22</p> <p>ADVOCACY</p> <p>"With the passage of time, I have realized that our responses have not been adequate, while the world in which we live is collapsing and may be nearing the breaking point." (<i>Laudate Deum 2</i>)</p>	<p>23</p> <p>We have power as constituents. Let your local and state reps know that you care about environmental policies.</p> <p><u>VAIPL.org</u> and <u>Faithforclimate.org</u> are advocacy organizations where you can stay updated and respond.</p>	<p>24</p> <p>Are you registered to vote? Are the young adults in your immediate and extended families registered? Vote according to your values for the good of the community.</p> <p><u>Fairfax County Office of Elections</u> is your voting resource page.</p>	<p>25</p> <p>Advocate for neighbors around the world through aide organizations such as <u>Catholic Relief Services</u> who provide humanitarian aid in Gaza, Ukraine, the Congo, Sudan, Haiti and other places.</p>	<p>26</p> <p>Use your consumer power to encourage local businesses to consider the environment.</p> <p>Patronize thrift stores, ask restaurants to use biodegradable food containers.</p>	<p>27</p> <p>Support brands that host buy-back, re-sell or re-use programs, and use your dollars to support your values. Patagonia, Levi's, Lululemon among others do this. Look at <u>Smartwool Second Cut</u> to see circularity in action.</p>	<p>28</p> <p>Nature needs our advocacy, too. Planting native perennials and trees nourishes wildlife and the earth and conserves water.</p> <p><u>Plantnovanatives.org</u> can get you started on a native plant adventure.</p>
<p>March 1</p> <p>EDUCATION</p> <p>"I ask everyone to accompany this pilgrimage of reconciliation with the world that is our home" (<i>LD 69</i>)</p>	<p>2</p> <p>Keep a Lenten Journal. Each Monday, write goals for the week, e.g. research an environmental issue or start a new habit. Jot down a note each morning or evening at prayer time.</p>	<p>3</p> <p><u>Project Drawdown.org</u> is a comprehensive source for science-based climate solutions. Pick any topic of interest and you'll learn the latest. E.g. search <u>Projectdrawdown Methane</u> to find a study of the global food system.</p>	<p>4</p> <p>"I am only one, but I am still one. I cannot do everything, but I can do something."</p> <p>-Helen Keller</p> <p>Search <u>Catholic Climate Covenant 10 ways to make a difference</u> and pick one to begin.</p>	<p>5</p> <p>In <u>Saving Us: Hope & Healing in a Divided World</u>, climate scientist Katharine Hayhoe shows us a strategy for talking about climate change based on shared values, not just on facts.</p>	<p>6</p> <p><u>Pangolina</u>, read by Jane Goodall on You Tube, is a children's book that helps us understand the problem of trafficking animals and how humans can protect them. It shows that all are God's creatures with their own intrinsic value.</p>	<p>7</p> <p>Go to <u>Xerces.org/bring-back-the-pollinators</u> and learn how to: grow pollinator friendly flowers, provide nesting sites, avoid pesticides, and spread the word about the importance of pollinators for our common home.</p>
<p>8</p> <p>LIFESTYLE</p> <p>"There are no lasting changes without cultural changes, without a maturing of lifestyles and convictions and there are no cultural changes without personal changes." (<i>LD 70</i>)</p>	<p>9</p> <p>Start a new habit or two this Lent – always carry a reusable water bottle, and a reusable shopping bag. Once those are established, then start another habit to build up gradually.</p>	<p>10</p> <p>Support a local food pantry, make weekly donations with money saved by buying less meat and other high-cost items.</p> <p>SHARE of McLean and the St. Lucy Project are options.</p>	<p>11</p> <p>"There is no such place as "away", when we toss, the items go somewhere" – Annie Leonard</p> <p>Where does our trash go and what is the impact?</p>	<p>12</p> <p>Consumerism – Do I really need that electronic gadget? Where does the discarded one go and what happens to it?</p> <p>Find an electronic recycling center.</p>	<p>13</p> <p>What is one new way to avoid single-use plastic? Find a store that sells ketchup and other condiments and spices in glass rather than plastic.</p> <p>Join us for Stations of the Cross for Creation TODAY @ 3:30 p.m. in the church.</p>	<p>14</p> <p>Share sources for zero waste items with friends and family, such as businesses that use glass rather than plastic packaging and sell bulk items to fill your own containers. Also, electronic recycling centers & compost collection sites.</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 15 ECONOMICS “Although the measures that we can take now are costly, the cost will be all the more burdensome the longer we wait.” (LD 56)	16 We all participate in the throw-away culture & hyper-consumerism. Before throwing away or buying, make it a spiritual practice to think about the sustainability R’s: refuse, reduce, reuse, repair, repurpose and only finally recycle (the least impactful).	17 Our lifestyle actions alone will not solve the problem. Corporations must be accountable for what they have created. We can help by divesting our accounts from coal, oil and “natural” gas. See GreenFaith.org & LaudatoSiMovement.org .	18 “Will you be on the right side of history? Will you end this moral and economic madness?” -Vanessa Nakate, 26-year-old Ugandan Catholic climate activist, addressing UN Summit	19 Mitigation strategies often sound expensive; yet the cost of weather & climate disasters in the U.S. in 2023 was over 28 billion dollars and involved great human suffering. Support mitigation.	20 Eating leftovers saves money and the health of our atmosphere! 14% of methane, a potent greenhouse gas, is from organic waste in landfills. (EPA) Designate one day each week to have a “clear out the fridge meal”. Compost what you can’t eat!	21 Composting is circular usage of organic waste; it is better for the environment and saves money by reducing the waste stream and providing naturally produced soil enrichment using no chemicals. For fun, look at sustainability stories on the Waste Management site, where you’ll see Jason Mraz growing avocados using composted mulch.
22 CRY OF THE EARTH & CRY OF THE POOR “It is necessary to be honest & recognize that the most effective solutions will not come from individual efforts alone, but...from major political decisions on the national & international level.” (LD 69)	23 Search You Tube for a video of Brazilian anthropologist and earth and climate defender Taily Terena receiving the Global Citizen Prize, April 2025. She has advanced climate justice in the Amazon, working for global action.	24 Earth Shot prizes seek to inspire urgency + optimism equalling action by 2030. Learn about the 2025 winners in resiliency in Bangladesh, protecting Amazon forests with AI, drones and satellites, and creating fashion circularity at Lagos Fashion Week.	25 Virginiaenergysense.org offers solutions for energy waste such as using LED light bulbs, maximizing sunlight at home, and insulating effectively.	26 Search Nature Conservancy 6 ways trees benefit all of us and learn about our interconnectedness with trees. Fairfax Releaf strives to restore native trees to public and common land.	27 WORLD WATER DAY Drink water instead of non-water drinks for 2 weeks; give money saved to a water protection organization or water project such as: TheWaterProject.org or Waterbywomen.org	28 In our concern for the earth and the poor, what gives us hope? Look back at progress. Look in the present at the engagement of many. Read It’s Not Too Late by Rebecca Solnit & Thelma Young Lutunatabua.
29 PALM SUNDAY “What is being asked of us is nothing other than a certain responsibility for the legacy we will leave behind, once we pass from this world.” (LD 18) <i>The next three entries are from a prayer in Laudato Si’.</i>	30 “All powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists. Pour out upon us the power of your love that we may protect life and beauty...”	31 “Oh God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in your eyes. Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution & destruction...”	April 1 “Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light. We thank you for being with us each day.” (LS 246)	2 Holy Thursday Imagine yourself as a guest at the Last Supper. Step closer to the table and see who is seated here. Ask yourself what you can bring to the table. Can you offer a commitment to care for God’s creation?	3 Good Friday Let’s renew our commitment to protect God’s creation & join our sacrifices with that of Jesus to bring forth a New Creation.... on earth as it is in heaven	4 Holy Saturday “The new dawn blooms 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, “The Hill We Climb”

April 5, 2026

Easter – Praise Be! Christ is risen! Alleluia! Let us rejoice and be glad! Alleluia!

St. Luke Care for Creation Ministry, with resources from Virginia Interfaith Power and Light and from St. Francis Xavier Environment Ministry, NYC