

*"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 Creation Stewardship 2011

The Environmental Outreach Committee 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. If you have any suggestions for the calendar in the future, please send them to the Environmental Outreach Committee at [DSC@adw.org](mailto:DSC@adw.org).



**Environmental  
Outreach Committee**

**Department for  
Charity and Justice**

**Archdiocese of Washington**

[www.adw.org](http://www.adw.org)



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>Turn down</b> your thermo- stat by at least one degree. Aim for 68 degrees during the day and 65 degrees or lower at night.</p>	<p><b>Combine</b> trips or carpool, walk, bike or use public transportation.</p>	<p>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.</p>
<p>Learn more about <b>Catholic teaching</b> on the environment. This Lent read <i>Ten Commandments for the Environment: Pope Benedict XVI Speaks out for Creation and Justice</i>.</p>	<p>Run the clothes washer on "cold/cold" setting and only when you have full loads.</p>	<p><b>Check windows and doors</b> for drafts with a ribbon or feather. If it flutters, consider caulking, weather stripping or a draft dodger.</p>	<p>If you're going to be away from your electronics for over an hour, <b>turn them off</b>.</p>	<p>Let your dishwasher breathe, run only when full and skip the energy intensive drying cycle. Just open the door to dry.</p>	<p><b>Turn off any lights</b> you are not using. Shut off the lights as you leave a room.</p>	<p>Plan ahead to <b>bring reusable bags</b> with you when shopping.</p>
<p><b>Reflect</b> 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.</p>	<p>Be aware of your hot water use today. <b>Turn off</b> the water when scrubbing the dishes.</p>	<p>Reflect on Psalm 104, a hymn to God the Creator. Share with someone what you learned.</p>	<p><b>Be aware</b> of how much food you discard every day. Look for opportunities to eat leftovers and avoid wasting food. Consider participating in Operation Rice Bowl.</p>	<p>Consider <b>composting</b> your plant-based food waste.</p>	<p>Plan to <b>plant extra vegetables</b> in your garden this year to provide fresh produce for a local soup kitchen or shelter.</p>	<p><b>Conserve water.</b> Consider a rain barrel to collect rain and use it to water your plants.</p>

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<b>Spend some extra time in prayer</b> today, thanking God for the beauty of Creation. Reflect on Psalm 148. Share with someone what you learned! <b>27</b>	Many electronics draw power even when off. Today, place computers, radios, and TVs on a power strip, and really <b>turn it off</b> between uses. <b>28</b>	End junk mail that wastes resources. <b>Stop</b> unwanted catalogs. <b>29</b>	Join the three young men in Daniel 3:51-90 and thank God for his work of Creation. <b>30</b>	<b>Minimize disposables</b> at work. <b>Use a mug</b> for coffee and water. <b>31</b>	<b>Check</b> the tire pressure of your car today to maximize mileage and save gas. <b>1</b>	<b>Save paper:</b> print double-sided. Wrap your next present in color comics, or a reusable gift bag. <b>2</b>
<b>Minimize disposables</b> at home. Use cloth napkins at a meal. Wipe up with a dishcloth instead of paper towels. <b>3</b>	Begin spring gardening by <b>going organic</b> . Grow your lawn and garden without toxic chemicals. <b>4</b>	Many people are working to <b>protect Creation</b> . Learn what the Franciscans are doing and consider signing up for their e-newsletter at <a href="http://www.franciscanaction.org">www.franciscanaction.org</a> . <b>5</b>	Are you <b>recycling</b> everything you can? Refresh your memory today on what items you are allowed for curbside recycling. <b>6</b>	Practice <b>"Carry in. Carry out."</b> when visiting a park or the wilds. <b>7</b>	When heating water on the stove, use a pot with a lid to conserve energy. <b>8</b>	It's hard to open ourselves up to the realities of the climate crisis. Learn more about Church teaching through the Catholic Coalition on Climate Change at <a href="http://www.catholicclimatecovenant.org">www.catholicclimatecovenant.org</a> <b>9</b>
Have an <b>"embrace the silence"</b> Sunday. 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>Celebrate Spring!</b> Plant a native tree, or support tree-planting in other countries. <b>11</b>	Purchase more mindfully, <b>question</b> your need before buying. <b>12</b>	Give the dryer a rest and save your clothes. Hang your clothes to dry on a rack or clothesline. Get free drying that doesn't wear out clothes or age elastic/stretch material by heating it. <b>13</b>	Help people on the "front lines" of climate change. Catholic Climate Covenant links US churches with carbon reducing projects in developing countries. See: <a href="http://www.catholicclimatecovenant.org">www.catholicclimatecovenant.org</a> <b>14</b>	Contact publishers of any magazines you receive asking them to use environmentally responsible practices. <b>15</b>	Learn about mountain-top removal mining to access cheap coal. Google "Appalachia's Wounds" in <i>America</i> magazine (10/4/10). <b>16</b>
Help your kitchen fridge to function more efficiently by placing jugs of water in the unused space. <b>17</b>	<b>Pick up</b> some litter when you are out walking and dispose of it properly. <b>18</b>	When driving obey the speed limit. Every 10 mph in speed reduces fuel economy by 4 mpg. <b>19</b>	Place an insulating cover over your electric water heater. If you have oil or gas you may need a plumber to install it. <b>20</b>	<b>Holy Thursday:</b> Reflect on Pope Benedict XVI's message for the World Day of Peace, <i>"If You Want to Cultivate Peace, Protect Creation."</i> Google the title. <b>21</b>	<b>Good Friday:</b> Meditate on the mystery of love: "Behold the wood of the cross, on which hung the Savior of the world. Come, let us worship." <b>22</b>	<b>Holy Saturday:</b> Remember your Baptism and the power of water. Thank God for this gift and ask him to help you be a good steward of his gifts, which reveal his love. <b>23</b>

**24 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. Conclude your Carbon Fast by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.

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