


















Eco Lent 2024

February 14th – March 30th

“The Earth Is The Lord’s And Everything In It.” Ps 24:1

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
 <p>LAUDATO SI' MOVEMENT formerly Global Catholic Climate Movement</p> <p>Laudatosimovement.org For HNOJ Laudato Si' Circle group, contact: socialconcern@hnojnc.org</p>	 <p>NC CATHOLICS CARING FOR OUR COMMON HOME</p> <p>New Diocese of Raleigh coalition reaching all parishes.</p>	 <p>LAUDATO SI' Action Platform</p> <p>Building A Better Future Together Laudatosiactionplatform.org</p>	<p>14 Ash Wednesday</p> <p>In today's 2nd reading, “we implore to be reconciled to God.”</p> <p>Let us consider ways we have not been good stewards of earth and friend to our neighbor.</p>	 <p>Greener Lent</p> <p>Join local parishes in a Lenten fast that makes a positive impact on the environment. www.greenerlent.org</p>	<p>16</p> <p>Calculate your carbon footprint at: 3.epa.gov/carbon-footprint-calculator Take note of your most carbon producing activities.</p>	<p>17</p> <p>Write a note to a child in your life who inspires you to sustain God's creation for future generations.</p>
<p>18 1st Sunday of Lent</p> <p>In Gen 9:9-10 God establishes His covenant with humans and every living creature.</p> <p>See ways we can protect biodiversity on this joint initiative with the Holy See: Our common home - SEI</p>	<p>19</p> <p><i>“We praise you Lord, for Sister Water, so useful, humble and pure.” St. Francis of Assisi.</i></p> <p>Read or sing the, <i>‘Canticle of the Sun’</i>.</p>	<p>20</p> <p>All recent Popes have spoken on our eco responsibilities.</p> <p>Reflect and pray on St. Pope John Paul II's “Peace with God the Creator, Peace with All of Creation.” bit.ly/JP2-on-ecology</p>	<p>21</p> <p>Visit: waterfootprint.org. To learn more about your water footprint. Say a prayer of gratitude every time you sip water today.</p> 	<p>22</p> <p>Estimated consumer cost for manufacturing plastic bottles; the amount of water required; one liter “inside” plus two liters for production.</p> <p>In the world, many people have access only to the amount of water each day that Americans use in one toilet flush.</p>	<p>23</p> <p>Estimated pollution; over 17 million barrels of oil are needed to produce 31.2 billion liter-bottles used in the U.S.; these bottles created over 2.5 million tons of CO2 in 2006.</p>	<p>24</p> <p>Use your own water bottle. An estimated 1 million plastic bottles are bought each minute. Commit to using your own glass or reusable bottle.</p> 
<p>25 2nd Sunday of Lent</p> <p>“I will bless you abundantly.” Genesis 22:17.</p> <p>How can we share our abundance with the poor who are most effected by heat and cold?</p>	 <p>LAUDATO SI' Read 2015 encyclical by Pope Francis: Laudato Si'</p>	<p>27</p> <p>“You are not making a gift of what is yours to the poor man, but you are giving him back what is his... The earth belongs to everyone, not to the rich.” St Ambrose.</p> <p>Help climate refugees</p>	<p>28</p> <p>PFAS chemicals don't break down, they build up and move into water systems; for information go to: Cdc.gov/biomonitoring/PFAS_FactSheet</p>	<p>29</p> <p>Build community resiliency by looking into: buynothingproject.org where you live. This is a worldwide network of gift economies.</p>	<p>1</p> <p>Remove one light bulb and live without it for the next 30 or more days.</p> 	<p>2</p> <p>Give up two degrees: for every degree the thermostat is below 70 in the winter or above 76 in the summer. There's a 3- 5% savings in energy use and cost.</p>

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<p>3 3rd Sunday of Lent</p> <p>"God delivered these commandments." Exodus 20:1</p> <p>Attain a copy of <i>Ten Green Commandments for the Environment</i> to read of Pope Benedict XVI's view of the relationship between ecology and peace.</p>	<p>4</p> <p>40% of all food in the U.S. is wasted, while 1 in 8 people in the U.S. suffers from hunger. Problem solve reducing food waste. Get ideas at: epa.gov/sustainable-management-food</p>	<p>5</p> <p>Avoid PFAS's found in clothing, furniture, adhesives, food packaging, heat-resistant non-stick cooking surfaces, and the insulation of electrical wire</p>	<p>6</p> <p>Decide to go organic in your garden this spring. Grow your lawn & garden without toxic chemicals. Leave grass clippings on the lawn and cut the grass higher.</p>	<p>7</p> <p>Learn to compost. Find out what a huge difference it makes and why.</p> <p>Watch a short video: https://www.youtube.com/watch?v=bqDQD8cvO5Y&t=8s</p>	<p>8</p> <p>Shift to cleaner energy at home by buying 100% renewable power on your electricity bill.</p> <p>Find out more at: www.green-e.org/certified-resources#</p>	<p>9</p>  <p>Supported by 19 Catholic organizations, check the website: Catholicclimatecovenant.org</p>
<p>10 4th Sunday of Lent</p> <p>"Whoever lives the truth comes to the light." John 3:21</p> <p>How can we be responsible stewards of creation so future generations can enjoy the bounty God has provided?</p>	<p>11</p> <p>Watch "The Story of Stuff" an on line video And take the Plastic Free Pledge at: www.storyofstuff.org</p>	<p>12</p> <p>Avoid buying fruits and vegetables in plastic packaging. Bring your own boxes or reusable bags.</p> 	<p>13</p> <p>Look around your kitchen. See what plastics you can replace when they wear out with wooden or metal items.</p>	<p>14 St. Patrick on Sun</p> <p>Use an object of nature-i.e. a shamrock, or something similar, to explain the Trinity to someone as St. Patrick did.</p> 	<p>15</p> <p>Avoid products with micro beads and polyethylene, used as an exfoliant in soaps, toothpaste and body wash.</p>	<p>16</p> <p>Lose the clingfilm and Ziplock bags. Use a Silicone cover, glass or stainless-steel container with lid for food storage, leaving room at the top.</p>
<p>17 5th Sunday of Lent</p> <p>Jesus says, "Whoever serves Me must follow Me" John 20:26</p> <p>To show love for our Creator, we respect and protect all of creation.</p>	<p>18</p> <p>Reducing meat consumption by 15%, saves greenhouse gas emissions equal to taking 240 million cars off the road yearly. Plan Meatless Monday meals at: meatlessmonday.com</p>	<p>19 St. Joseph feast</p> 	<p>20</p> <p>Try not to add any items to the landfill today. Use real cups, cloth napkins, reusable bags for groceries, and reusable water bottles.</p> <p>What else can you think of?</p>	<p>21</p> <p>Refuse plastic lids and straws. It is estimated by 2050 that there will be more plastic in the oceans than fish by weight!</p> <p>Watch this documentary on how to save our oceans: www.seaspiracy.org</p>	<p>22</p>  <p>Worldwaterday.org Learn – Share - Act</p>	<p>23</p> <p>One adult receives around 41 lbs. of junk mail yearly. Requiring 53 million trees and 56 billion gallons of water to produce. Call 1, 2 or more companies to unsubscribe.</p>
<p>24 Palm Sunday</p>  <p>"God... bestowed on Him the name above every other name, Jesus." Phil 2:9-10</p>	<p>25</p> <p>As we follow Christ's journey this Holy Week, may we lament of the world around us. Climate injustice, poverty, hunger, and human suffering seem to abound. May we pray to God, as Jesus taught us, trusting that God hears us.</p>	<p>26</p> <p>Read Pope Francis' new Apostolic Exhortation, <i>Laudate Deum</i> (Praise God) at www.vatican.va</p> <p>"I ask everyone to accompany this pilgrimage of reconciliation with the world that is our home and to help make it more beautiful." 69</p>	<p>27</p> <p>"Behold, behold, the Wood of the Cross."</p> <p>The tree that became Jesus' cross had a history that dated back millennia.</p>	<p>28 Holy Thursday</p> <p>Reflect and pray on Pope Benedict XVI's message for the World Day of Peace, "If You Want to Cultivate Peace, Protect Creation." bit.ly/pope-benedictprotect-creation</p>	<p>29 Good Friday</p> <p>Healing the planet, empowering it's people, planting 7 million trees; check out: laudatree.org</p> 	<p>30 Holy Saturday</p> <p>"God looked at everything He had made and found it very good." Genesis 1:31.</p> <p>God loves diversity. Make contact with a person different from you.</p> <p>Adopt one of these Lenten practices for the year ahead.</p>