












# Eco Lent 2024

February 14th – March 30th

*The Earth is The Lord's And Everything In It. Ps24:1*

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
 <p><b>LAUDATO SI' MOVEMENT</b> formerly Global Catholic Climate Movement</p> <p>Laudatosimovement.org Inspired by Laudato Si' encyclical from Pope Francis.</p>	 <p>NC CATHOLIC CARING FOR OUR COMMON HOME</p> <p>New Diocese of Raleigh coalition. Email: social.concern@hnojnc.org</p>	 <p><b>LAUDATO SI'</b> Action Platform</p> <p>Laudatosiactionplatform.org 'Building a better world' Sign up as a family.</p>	<p><b>14 Ash Wednesday</b> The Lord was stirred to concern for his land... Jl 2:18 How can we thank God for the land we live on?</p>	<p><b>15</b> www.greenerlent.org</p>  <p>Make an eco positive impact.</p>	<p><b>16</b> Watch 'The Letter' at theletterfilm.org</p> 	<p><b>17</b> Clean your house with ecological and biodegradable products, protecting our health and the earth's.</p>
<p><b>18 1st Sunday in Lent</b> "I set my bow in the clouds... as a sign..." Gen 9:13</p> <p>How does a rainbow make you feel when you see one? In Genesis God says "it is a sign of the covenant between me and earth."</p>	<p><b>19</b> Watch Pixar's film – <i>Wall-E</i></p> 	<p><b>20</b> Turn a milk or juice carton into a bird feeder. Pope Francis says in his encyclical 'Laudato Si', "Because all creatures are connected, each must be cherished with love and respect." (LS 42)</p>	<p><b>21</b> Make 'dirt cup' treats using chocolate pudding with Oreo crumbles and gummy worms on top. Find out how worms play an important ecological role with soil.</p>	<p><b>22</b> Find ways to save paper today. Some ideas- write on both sides of the paper – write or draw on packaging like pizza boxes – only print what is needed.</p>	<p><b>23</b></p> 	<p><b>24</b> Check this website:</p>  <p>WE'RE ALL PART OF GOD'S PLAN(ET)</p>
<p><b>25 2nd Sunday in Lent</b> "Jesus... led them up a high mountain..." Mark 9:2 Jesus loved going up into mountains. Have you been on a mountain? Did you find beauty and peace there?</p>	<p><b>26</b> Get the 'Global Earth Challenge App' at earthday.org Be a citizen scientist and help the earth!</p>	<p><b>27</b> Do a Litter Sweep, with an adult, of your street, neighbor or community. Your neighbors will be grateful and thank you!</p>	<p><b>28</b> Avoid single use plastic – take the plastic free pledge at: storyofstuff.org</p>  <p>#BeatPlasticPollution</p>	<p><b>29</b> Count how many plastic containers are in your kitchen. Can they be replaced with glass containers to do the same job?</p>	<p><b>1</b> Remove one light bulb and live without it for the next 30 days or change to LED bulb.</p> 	<p><b>2</b> Read the book, 'Myrtle the Turtle' by C. Meiffren-Swango and discuss the impact of plastic waste on our planet and in the ocean.</p>

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<p><b>3 3<sup>rd</sup> Sunday of Lent</b></p> <p>"Keep holy the sabbath day." Exodus 20:8 God has blessed this day and made it holy – why is that? What do you do on Sunday (the sabbath) that is different than other days?</p>	<p><b>4</b></p> <p>Sing the 'Garden Song' by Raffi on youtube.com <i>"Mother earth will make you strong if you give her love and care."</i></p>	<p><b>5</b></p> <p>People are 90% water! We are "wonderfully made" by God. Psalm 138:14 By protecting and conserving water we are protecting ourselves and all humanity</p>	<p><b>6</b></p> <p>Try a 2L soda bottle for making compost. Watch a short video at: facebook.com/creative-discovery/videos/creativity-tv-composting-with-a-2-liter-bottle</p>	<p><b>7</b></p> <p>Collect rainwater to water your pollinator garden.  Read the story in 'Drop by Drop' book, by USCCB, about how important water is to Sylvie who lives in Africa.</p>	<p><b>8</b></p> <p>Go on a Nature Treasure Hunt. Can you find: a pinecone, an oak tree leaf, a rock you like, a wildflower, an insect? Do a tree bark rubbing. Have fun!</p>	<p><b>9</b></p> <p>Design and plant a pollinator garden.</p> 
<p><b>10 4<sup>th</sup> Sunday of Lent</b></p> <p>"For God so loved the world..." John 3:16 God loves us and every created thing in the world. Let us do our part by respecting and caring for everyone and every created thing.</p>	<p><b>11</b></p> <p>Find recipes for Meatless Monday meals at: meatlessmonday.com A 15% decrease in meat consumption is equal to taking 240 million cars off the road each year.</p>	<p><b>12</b></p> <p>Where does food come from?  Where does the farmer get the seeds?  In what condition does the soil need to be?</p>	<p><b>13</b></p> <p>Eat fresh and local – go to the nearest Farmer's Market.</p> 	<p><b>14</b></p> <p>Minimize food waste – 40% of food in the US is wasted. Some ideas: plan meals ahead, buy what you need, cook the right amount and store leftovers to eat later.</p>	<p><b>15</b></p> <p>Read food labels to make good decisions.  Compare ingredients, quality and flavor.</p>	<p><b>16 St. Patrick day/17<sup>th</sup></b></p>  <p>St. Patrick used nature – a shamrock - to describe the Trinity.</p>
<p><b>17 5<sup>th</sup> Sunday of Lent</b></p> <p>Jesus uses the example of wheat that produces much fruit in today's Gospel from John. What do we do with excess fruit and food? What ways can we use this excess more wisely? Donate to a food pantry.</p>	<p><b>18</b></p> <p><i>"We praise you Lord, for Sister Water, so useful, humble and pure."</i> St. Francis of Assisi. Read or sing the, 'Canticle of the Sun'.</p>	<p><b>19 St Joseph feast</b></p> 	<p><b>20</b></p> <p>Conserve water – 2 ideas, take short showers (in the time to sing your favorite song) and turn the water off while brushing teeth.  Can you think of more ways to conserve?</p>	<p><b>21</b></p> <p>Have your own reusable water bottle. It is estimated that 1 million plastic bottles are bought each minute!</p> 	<p><b>22</b></p>  <p>Worldwaterday.org Learn – Share - Act</p>	<p><b>23</b></p> 
<p><b>24 Palm Sunday</b></p> <p>"Hosanna in the highest," Mark 11:10</p> 	<p><b>25</b></p> <p>Where does trash go? What is a landfill?  What are the six 'R's'? Answer – see the next 3 days, the 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup></p>	<p><b>26</b></p> <p><b>Reduce:</b> our waste Take only what you will eat on your plate. Be a smart shopper buying only what is necessary. <b>Refuse:</b> products that are not suitable.</p>	<p><b>27</b></p> <p><b>Reuse:</b> can they be sold again or redesigned. <b>Rethink:</b> think about energy used and fair trade. Pope Francis says, "Identifying ways to solve problems, we convey solidarity and share with the underprivileged."</p>	<p><b>28 Holy Thursday</b></p> <p><b>Repair:</b> can it be fixed? <b>Recycle:</b> Think before we toss. Can the item be donated? Or put in our recycling bin?  Avoid recycle contamination, know the rules for recycling in your area.</p>	<p><b>29 Good Friday</b></p> <p>Healing the planet, empowering it's people, planting 7 million trees; check out: laudatotree.org</p> 	<p><b>30 Holy Saturday</b></p> <p>"God found all he made very good" Genesis 1:31 Say a prayer of thanksgiving for all God has made for us, sun, stars, earth, sky, creatures, water, food, family and friends.</p>