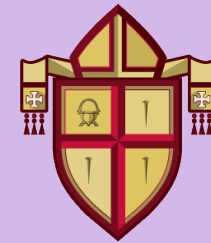




# Creation Care 2023 Lenten Resources

Prayer | Fasting | Almsgiving



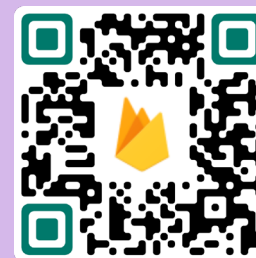
The Diocese of San Diego Creation Care Ministry invites you to engage in your Lenten period of prayer, fasting and almsgiving this year through care for creation, recognizing the gift of our common home and our call to love our neighbor.

There are many ways to do this!

- Follow the attached Lenten Carbon Fast daily calendar.
- Fast from meat and send the money you save to help those in need. Register for a program, such as Greener Lent, or do this on your own. (See reverse.)
- Join Creation Care Ministry for a free screening of the Emmy award-winning film, *The Story of Plastic*, March 6th, 6-8PM at the Pastoral Center to learn about the harmful impacts of single-use plastics (SUPs) on our sisters and brothers around the world. Then consider giving up or reducing your use of SUPs. Register at <https://forms.gle/ouou5b1PQRahToVQ8> or scan:



- Register your family to get active in caring for creation with the diocesan Creation Care Ministry program at <https://forms.gle/5vXu5dvmEiUMoSzt7> or scan:



Other Lenten ideas may be found at the Catholic Climate Covenant, <https://catholicclimatecovenant.org/resource/season-lent>. Reach out to Christina Slentz at [cslentz@sdccatholic.org](mailto:cslentz@sdccatholic.org) with any questions!

Lent focuses on prayer, fasting and alm giving. This spiritual self-discipline of fasting and abstinence, combined with prayer and compassion for the world (our alms), is the focus of Greener Lent.

### Good Samaritan

#### ABSTAIN FROM BEEF EAT OTHER MEAT

This is a good fast if you are a beef-eater. By substituting lower-impact meats, you are taking a huge step!

✓ **Sunday** - Eat any meat, including up to 4 oz. of beef, veal or lamb.

✓ **Monday - Thursday & Saturday** - Eat one 4oz. portion of **pork** or **poultry** daily.

✓ **Fridays in Lent, Good Friday & Ash Wednesday** - No meat.

✓ **Anytime** - Enjoy fish as you wish.

[Sign Up](#)

122.3 lbs. CO<sub>2</sub>e  
Reduction

### John the Baptist

#### ABSTAIN FROM BEEF REDUCE OTHER MEAT

This is a good fast if you are ready for a few meatless days. Your diet shows your heart for the poor.

✓ **Sunday** - Eat any meat, including up to 4 oz. of beef, veal or lamb.

✓ **Monday - Thursday & Saturday** - Eat two 4oz. portions of **pork** or **poultry** weekly.

✓ **Fridays in Lent, Good Friday & Ash Wednesday** - No meat.

✓ **Anytime** - Enjoy fish as you wish.

[Sign Up](#)

150.0 lbs CO<sub>2</sub>e  
Reduction

### Mary, Mother of God

#### ABSTAIN FROM BEEF ELIMINATE OTHER MEAT

This is the most rigorous fast. Choose this if you feel called to make a larger sacrifice. Many blessings!

✓ **Sunday** - Eat up to 4 oz. of poultry, but no other meat.

✓ **Monday - Thursday and Saturday** - Fast from all meat during the week.

✓ **Fridays in Lent, Good Friday & Ash Wednesday** - No meat.

✓ **Anytime** - Enjoy fish as you wish.

[Sign Up](#)

188.9 lbs. CO<sub>2</sub>e  
Reduction

### Dorcas (Tabitha)

#### ABSTAIN FROM CHEESE

(For vegetarians.)

Select this option if you are already a vegetarian. By reducing cheese, and eliminating cheddar and imported cheeses, your sacrifice shows you care for the poor.

✓ **Sunday** - Eat veggie pizza. :-)

✓ **Monday - Thursday & Saturday** - Eat two 3.25 oz. portions of **cheese** excluding hard, e.g. cheddar, or imported cheeses.

✓ **Fridays in Lent, Good Friday & Ash Wednesday** - No meat. No cheese.

[Sign Up](#)



87.6 lbs. CO<sub>2</sub>e  
Reduction



“Greener Lent” combines prayer and fasting from meat with almsgiving—sending what money you save by eating more modest meals to Catholic Relief Services (CRS). You can learn more at <https://greenerlent.org/>, or you can practice this model on your own, using CRS rice bowls or visiting <https://www.crsricebowl.org/>, where you can donate directly and view family-friendly videos to learn about our vulnerable sisters and brothers around the world impacted by severe effects of climate change. You can also scan the QR here to get to the CRS rice bowl site:



# 2023 Lenten Carbon Fast Calendar, Pt 1 *With each week focused on one of the seven goals of the Laudato Si' encyclical...*

SUNDAYS - Set to go	Mindful MONDAYS	To-do TUESDAYS	Re-boot WEDNESDAYS	Thoughtful THURSDAYS	Fasting FRIDAYS	Sunset SATURDAYS
<b>FEB. 19 ECOLOGICAL SPIRITUALITY</b> In a few days, we will begin our Lenten journey. Throughout these 40 days, we will be challenged to reduce our carbon footprint and increase our efforts to protect our common home.	<b>20</b> In our spiritual lives, we will consider how our actions affect the natural world & our atmosphere and how our consumption habits may be harmful to others. Pray for our common home. Find prayers at <a href="http://laudatosimovement.org">laudatosimovement.org</a> & <a href="http://catholicclimatecovenant.org">catholicclimatecovenant.org</a>	<b>21</b> In our active lives, let's find new ways to care for God's creation. Get to know the goals of the <b>Laudato Si' Action Platform</b> , and commit to furthering one or more of them. Individuals & families can join, as well as your institution. <a href="http://laudatosiactionplatform.org">laudatosiactionplatform.org</a> or <a href="http://Godsplanet.us">Godsplanet.us</a>	<b>22 Ash Wednesday.</b> "Start by doing what's necessary, then do what's possible, and suddenly you are doing the impossible." <b>St. Francis of Assisi</b> 	<b>23 Nature</b> reveals to us the hand of God. Take a few moments each day of Lent to appreciate it and <b>make it part of your prayer.</b> Notice new life budding, the intricate patterns of a plant, the sound of different birds, the changes in a tree, the sound of water.	<b>24</b> Reflect on yourself as part of the animal kingdom and the animals as our companions and kin. Read stories from <b>"Wild Hope: Stories for Lent from the Vanishing"</b> by Gayle Boss. Laudato Si' tells us everything is connected; these stories reveal that truth.	<b>25</b> The <b>"Laudato Si' Movement"</b> , by its name, invites us to engage in both prayerful contemplation of God's Creation (Laudato Si = praise be) & bold action (Movement) ...giving us a new spiritual mode: <b>contempl-action.</b> More at <a href="http://laudatosimovement.org">laudatosimovement.org</a> . Sign up for their emails.
<b>26 "ECOLOGICAL EDUCATION"</b> can take place in a variety of settings: at school, in families, in the media. Political institutions and social groups are also entrusted with raising people's awareness. So is the Church." <b>LS 214</b>	<b>27</b> Keep a <b>Lenten journal.</b> Each Monday, write down your goals for the week...e.g. study an environmental issue, start a new habit, or set aside more time for prayer. Jot down your thoughts today and throughout the week. Note related news items.	<b>28</b> Begin by educating yourself about how and why we care for creation, and how our consumption fits into the big picture. <b>Fr. Daniel Horan</b> tackles this complex issue in small bites with 14 short, easy-to-follow Laudato Si' Tutorials on YouTube.	<b>MARCH 1</b> "It is not your business to succeed, but to do right. When you have done so, the rest lies with God." <b>C.S. Lewis</b> , author of "The Lion, the Witch and the Wardrobe"	<b>2</b> What's a degree or 2? Learn more about <b>global warming.</b> Start with climate scientist Dr. Katharine Hayhoe's short videos, "Global Weirding". Read "The End of Ice" by Daar Jamal. Take the Laudato Si' Movement's Animator Training. <a href="http://LaudatoSiAnimators.org">LaudatoSiAnimators.org</a>	<b>3</b> Research <b>plant-based diets.</b> <b>EatingWell.com</b> offers a Clean-Out-the-Fridge Vegetable Soup recipe and "27 Easy Plant-Based Recipes for Beginners." Or start with a smoothie or salad recipe, but just start. It's good for you and for the planet.	<b>4</b> The children's book <b>"Honeybee"</b> by Candace Fleming and Eric Rohmann is about the life cycle of the honeybee. It's a great springboard for a conversation about the importance of our pollinators & how to protect them. More at <a href="http://weareteachers.com">weareteachers.com</a>
<b>5 ECOLOGICAL LIFESTYLES:</b> "There is a nobility in the duty to care for creation through little daily actions." <b>LS 211</b> 	<b>6</b> Switch to <b>renewable energy</b> (wind, solar) to reduce your big carbon footprint from electricity. Get your building to switch. Your utility company delivers the energy & bills you. In NYS, compare companies at <b>Power to Choose</b> <a href="http://www.documents.dps.ny.gov/PTC">www.documents.dps.ny.gov/PTC</a>	<b>7</b> We can <b>avoid single-use take-out clamshells.</b> Just Salad models this. Read about it & get your nearby NYC restaurants to participate in reusable take-out containers with <b>DelverZero.com.</b> Other cities have joined the growing trend with GoBox, BoldReuse etc.	<b>8</b> "Start by creating a <b>single habit</b> - like always carrying a water bottle. After you've got that down, you start another habit. You build up gradually. Otherwise you'll be overwhelmed," advises social scientist <b>Gabby Salazar</b> , who studies motivation.	<b>9</b> Retail therapy or landfill tragedy? 10 million tons of <b>fast fashion</b> end up in landfills every year + 3 m tons are burned. Thrift shops discard what doesn't sell fast or ship it overseas, undermining local clothing producers. Buy timeless clothing that lasts in lieu of fast fashion.	<b>10</b> Traditionally, we <b>abstain from meat</b> on Fridays in Lent. Build on this good habit. Meat production, especially beef, is a big source of methane, a potent greenhouse gas, and cause of deforestation. Chicken has a much lower impact. Aim low!	<b>11</b> Looking for a Saturday movie? <b>"The Letter"</b> , available on YouTube, is excellent for family or parish. It's Pope Francis' invitation to all of us to embrace integral ecology. To host a parish screening, see <a href="http://LaudatoSiMovement.org">LaudatoSiMovement.org</a> for promo resources.
<b>12 ECOLOGICAL ECONOMICS</b> "To ensure economic freedom from which all can effectively benefit, restraints occasionally have to be imposed on those possessing greater resources and financial power." <b>LS 129</b>	<b>13</b> We all participate in the <b>throw-away culture</b> & hyper-consumerism. Before buying or throwing away, think about the <b>sustainability R's:</b> reduce, reuse, repurpose, recycle and refuse. Make it a spiritual responsibility to the earth.	<b>14</b> Our lifestyle actions alone will not solve the problem. Corporations must be accountable for the problems they have created. We can help by <b>divesting</b> our accounts from coal, oil and "natural" gas. See <a href="http://GreenFaith.org">GreenFaith.org</a> & <a href="http://LaudatoSiMovement.org">LaudatoSiMovement.org</a>	<b>15</b> "Will you be on the right side of history? Will you end this moral and economic madness?" <b>Vanessa Nakate</b> , 26 year-old Ugandan climate activist addressing world leaders at the UN Climate Summit, COP27.	<b>16</b> <u>One</u> transaction of <b>crypto currency</b> uses the equivalent of 75 gallons of gas in energy! The mines, often located in poor communities, use enormous amounts of electricity to run 100's of computers 24/7, & create eyesores and noise. Invest elsewhere!	<b>17</b> <b>Save money.</b> Plan ahead to <b>prevent food waste.</b> 33% of global food is wasted & most ends up in landfills creating methane, a potent greenhouse gas. Buy only what you need and use first what will spoil first. Compost scraps.	<b>18</b> Try a <b>CSA, Consumer Supported Agriculture</b> , a direct farm to consumer system; you buy a share of a local farmer's crops & receive fresh produce weekly. Supports small farms & healthy soils if the CSA uses regenerative agr. See <a href="http://localharvest.org">localharvest.org</a>



SUNDAYS - set to go	Mindful MONDAYS	To-do TUESDAYS	Re-boot WEDNESDAYS	Thoughtful THURSDAYS	Fasting FRIDAYS	Sunset SATURDAYS
<b>19 CARE OF THE EARTH &amp; CRY OF THE POOR</b> "We are faced not with two separate crises, one environmental and the other social, but rather with one complex crisis which is both social and environmental." <b>LS 139</b>	<b>20</b> Some come because of war, others because of dried up crops or floods. All are looking for a more secure life and a way to support their families. Find your way to be an ally to our <b>brother/sister immigrants</b> . Call your local <b>Catholic Charities</b> to see how.	<b>21</b> Today, <b>ThirdAct.org</b> , Bill McKibbin's new organization for seniors, is <b>pressuring the big 4 banks</b> to stop funding <b>new</b> fossil fuel projects that pollute the earth and hurt the poor. Consider supporting. See also <b>GreenFaith.org</b> & <b>LaudatoSiMovement.org</b>	<b>22 World Water Day.</b> Water is central to our Christian identity: water into wine, baptism. Water is life. Today, as aquifers shrink & lakes & rivers dry up, water has become a commodity. Support <b>conservation of public water systems</b> in your locale.	<b>23 Catholic Relief Service</b> has a new campaign to educate us on how development projects abroad are having to adapt to the challenges of climate change. <b>www.crs.org/get-involved/campaigns/cli-mate-change</b>	<b>24</b> The Sahara Desert is moving south engulfing communities. 11 African countries united for the <b>Great Green Wall</b> tree-planting project to stop desertification. The <b>Laudato Tree Project</b> supports this project to provide local jobs. See <b>LaudatoTree.org</b>	<b>25</b> Rejoice that children's books are now tackling environmental issues! Have a look at, <b>"We are Water Protectors"</b> by Carol Linsdstrom and Michaela Goade, winner of the prestigious Newberry and Caldecott awards. Protect the protectors.
<b>26 ADVOCACY</b> "Social love moves us to devise larger strategies to halt environmental degradation and to encourage a "culture of care" which permeates all of society....we should realize that this too is part of our spirituality..." <b>LS 231</b>	<b>27</b> We have <b>power as consumers and as constituents</b> . Our collective voice matters for consumer boycotts, petitions, and sign-on letters. Phone calls and visits to legislators pack even more power! Let's use our faith values to support good environmental policies.	<b>28 The Earth Bill</b> , formally "The Earth Act to Stop Pollution by 2030", is a new bill in Congress that addresses the urgency to dramatically reduce our fossil fuel pollution. 100% by 2030 in 3 sectors. See <b>earthbill.org</b> to <b>pledge your support at earthbill.org</b>	<b>29</b> "The Earth Bill is a beacon of light for the youth and generations to come." Anna Kathawala, <b>Fridays For Future NYC</b> . Let's support the young generation of activists struggling for their future. Join Anna in <b>Adopt-A-District</b> at <b>Earthbill.org</b> .	<b>30 Metro NY Catholic Climate Movement</b> has prioritized advocacy for integral ecology policies. Email them at <b>mnyccm@gmail.com</b> to learn about the many ways you can be involved locally or nationally with Catholic or interfaith groups.	<b>31</b> A new phone app, <b>ClimateActionNow.com</b> sends you daily easy-to-do ecological advocacy actions. Get it from the <b>Google or i-phone stores</b> . Actions earn you points towards planting a tree, but you earn your own points from Mother Earth!	<b>APR 1 Faith organizations</b> made a big difference in two arenas this past year: helping to pass the Inflation Reduction Act, and being a large presence advocating for meaningful outcomes at the UN Summit on Biodiversity held in Montreal. <b>Our voice matters!</b>
<b>2 PALM SUNDAY</b> "The Cry of the Poor and the Cry of the Earth are closely intertwined." <b>LS 66</b> Use the haikus that follow - imagined conversations between the two - for reflection. "An integral ecology is inseparable from the notion of the common good" <b>LS 156</b>	<b>3</b> The cry of the poor: "Our children have no water. Our river is dry." ***** The cry of the earth: She sees her children suffer, and her gifts defiled.	<b>4</b> The poor are now lost. The trees they loved are chopp'd down and they are bereaved. ***** And the earth responds. The balance is now upset Destruction follows.	<b>5</b> The poor cry out. The hurricane strikes and strikes. They are homeless now. ***** There is a new sound It's faint at first, then louder. Earth can't stop weeping.	<b>6 Holy Thursday</b> At the Last Supper, Jesus called us to service. Laudato Si' calls us to care for creation & care for the poor. Let's ask: What can I do today or next week to serve the poor, give them a voice and be an ally.	<b>7 Good Friday</b> Review your practices started this Lent. What can you continue after Easter? Let's renew our commitment to protect God's creation & join our sacrifices with that of Jesus to bring forth a New Creation.	<b>8 "The new dawn balloons 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"</b> <b>Amanda Gorman, from "The Hill We Climb"</b>

# 9 Glorious Easter

Christ is risen and all of creation with Him!

Savor the life and light that is in you and around you! the flowers bursting forth, the friends and your family, clean water and air! Be grateful for God's gift of creation! Rejoice and be glad!

