

Sabbath Sunday	Meatless Monday	Trim Trash Tuesday	Waste Not Wednesday	Thankful Thursdays	Fasting Friday	Sustainable Saturday
	<i>This Lent we are giving you an opportunity to follow the call of Pope Francis to protect our common home. During these 40 days of Lent, let us open our hearts and minds through prayer and action to care for God's creation.</i>		Feb 22 Ash Wednesday Americans throw away up to 40% of food (NRDC Study). Reflect on how to prevent this in your own home.	23 Appreciate the parks and forest preserves. Take a walk and say a Rosary while walking.	24 Not only fast from meat today but also fast from electronics. 	25 Research how you can create a vegetable garden in your backyard or patio. 
26 Leave your car at home. Walk or bike to Church. Rest in the Lord.	27 Do not eat meat for lunch today. 	28 Do not use any paper towels. Instead use dishcloths or sponges to clean.	March 1 Research how to make a compost bin. 	2 Say Grace before each meal. Thank God for the all the gifts he has given you.	3 Turn your heat down by two degrees. 	4 Replace the light bulbs in your home with LED bulbs. Remember to recycle the old light bulbs.
5 Design a prayer corner outside using secondhand materials	6 Do not eat any meat all day. 	7 Use reusable containers instead of plastic wrap.	8 Check out the SCARCE website to find out all the ways to reuse or recycle items in your home.	9 Plant a tree or donate to "One Tree Planted" which focuses on Global Reforestation.	10 Take a shorter shower and fewer showers. 	11 Sign up to attend a Community Solar Information Session.
12 Read 5 to 10 pages of a religious book. 	13 Try a new plant-based recipe. http://livingthechange.net/	14 Freeze leftovers instead of throwing away. 	15 Use the leftovers in your refrigerator to create a meatless meal.	16 Begin reading Pope Francis' Encyclical Laudato Si'. 	17 Look around your home. Decide how you can use less plastic in your daily activities.	18 Shop at secondhand stores and go to the library to get a book.
19 Make today a family day. Play games and talk about the gifts God has given you.	20 Continue to practice meatless Monday and promote this idea to others.	21 Research swapping bamboo for paper products at your next large gathering.	22 Buy only what you need at the stores, even if the item is on sale.	23 Be thankful for the green spaces in the area around you by keeping them clean.	24 Reuse instead of recycling. Research how you can practice this more in your home.	25 Research bird feeder and house installation. Put out strips of yarn or string for bird nesting materials.
26 Get a book on birds at the local library. Go for a nature walk and reflect on the beauty you see.	27 Donate to a local food pantry. 	28 Research the do's and don'ts of recycling in your area. Share this information with others.	29 Research and use detergent strips to reduce your plastic. 	30 Go on a Gratitude Walk. Thank God for all the beauty He has given to us in Creation.	31 Fast or abstain for a cause. 	April 1 Fossil Fools Day: Use Public transportation, carpool or walk to where you need to be.
2 Palm Sunday Take time to pray outside. 	3 Learn ways you can help be more involved in ways to help the poor.	4 Begin only using reusable grocery bags. 	5 Take your own containers to restaurants to take your leftovers home.	6 Holy Thursday Spend time with someone who is homebound or call a person who is struggling.	7 Good Friday Today is a day of fasting. 	8 Holy Saturday Take time to reflect on continuing the changes you've made during Lent.