

Because the world *can* change a lot in 40 days.

# Lenten Creation Care 2017

Lent is a time for prayer, fasting, and more intentional sharing. This year, our church is joining with many others in heeding the call to be stewards of God’s Creation throughout this season. May this calendar remind us to be more mindful of the ways that our daily habits impact both “our common home” and all those with whom we share it. On behalf of future generations and all living in poverty—those most harmed by our damaged climate—may we answer God’s call to be faithful stewards, speaking out for Creation care.

Compiled from many sources by...  
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& Power  
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 Our religious response to climate change.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>We begin this Lenten season with a prayer from Psalm 51:  <i>“Have mercy on me, O God, in your goodness; in the greatness of your compassion wipe out my offense. Thoroughly wash me from my guilt and of my sin cleanse me. For I acknowledge my offense... A clean heart create for me, O God, and a steadfast spirit renew within me.”</i></p> <p>Creator God, we begin this Lenten Season asking for your renewal. Through prayer, fasting, and sharing over these 40 days, we ask that our eyes be opened to the ways we can do better; in our relationships with you, your Creation, and all those with whom we share this, “our common home.”</p> <p>We trust in your ability to create in us clean hearts, to call us from sin to faithful stewardship, to use us as instruments of your healing. Lord, help us to restore what has been damaged through our sinful overconsumption and the systematic injustices that surround us, returning to you with renewed spirits.</p>				<p><b>1</b> MARCH</p>	<p><b>2</b> The average family uses 40 gallons of water a day in showers in the US. Set a 5-minute timer for your shower today and consider installing an EPA certified shower head to <b>reduce your water consumption</b> (<a href="http://bit.ly/2kkBxIx">bit.ly/2kkBxIx</a>).</p>	<p><b>3</b> “This, rather, is the fasting that I wish” - <b>Reflect on Isaiah 58:1-9</b> and how eating less meat may be a way to fast as the Lord desires (<a href="http://bit.ly/2iX9w9i">bit.ly/2iX9w9i</a>).</p>	<p><b>4</b> <b>Read Isaiah 58:9-14</b> and remember that God repairs and restores. Take time today to repair something that you might otherwise have replaced.</p>
<p><b>5</b> Talk with your church about ordering “<b>eco palms</b>” for Palm Sunday. These palms help improve workers’ living standards and protect forests in Mexico and Guatemala (<a href="http://EcoPalms.org">EcoPalms.org</a>). Order by 3/18.</p>	<p><b>6</b> <b>Turn down your thermostat</b> by at least 1 degree. Aim for 68° during the day and 60° at night. Buy a programmable thermostat if you can. Always turn the heat off when you leave home.</p>	<p><b>7</b> <b>Listen to Bill McKibben</b>, a climate writer and United Methodist Sunday school teacher, on care for Creation (<a href="http://OnBeing.org">OnBeing.org</a> &gt; search “The Moral Math of Climate Change”).</p>	<p><b>8</b> Seal air leaks in your home to <b>avoid wasting energy</b> (<a href="http://3bl.me/tgpdn6">3bl.me/tgpdn6</a>). For professional home weatherization, visit <a href="http://energystar.gov/home">energystar.gov/home</a>.</p>	<p><b>9</b> Read up on a DC campaign to make polluters pay and protect the most vulnerable as we transition to a clean energy economy (<a href="http://bit.ly/2jpotNB">bit.ly/2jpotNB</a>). Contact us (<a href="mailto:catherine@gwipl.org">catherine@gwipl.org</a>) to get your church involved!</p>	<p><b>10</b> Christians have fasted from meat during Lent for centuries. Check out Oxfam’s Eat for Good for other ways to <b>use your fast to bless others</b> (<a href="http://bit.ly/2kkw1QR">bit.ly/2kkw1QR</a>).</p>	<p><b>11</b> <b>Read Matt 5:43-48</b> and reflect on our call to love our “enemies.” Pray for all those, especially business or political leaders, who stand in the way of climate action or perpetuate injustices. Call or write to express your concerns.</p>	
<p><b>12</b> Read <a href="http://SabbathLiving.org">SabbathLiving.org</a>’s resources and <b>rest today</b>. Take a break from the TV and internet. Play a game, go for a walk, or read a book!</p>	<p><b>13</b> <b>Consider the gifts given to you.</b> Pray about how you are called to use your time, talent, treasure, and testimony to care for “our common home.”</p>	<p><b>14</b> <b>Read Matt 23:1-12</b>, observe what the Pharisees teach but do not live out. Consider in which ways you are called to lead by authentic witness, in your home, workplace, church, or community.</p>	<p><b>15</b> Planning to travel? Consider getting there without flying. If you must fly, balance out the carbon impact by purchasing offsets. <b>Fund a project</b> that prevents one ton of greenhouse gases for each ton caused by your trip (<a href="http://NativeEnergy.com">NativeEnergy.com</a>).</p>	<p><b>16</b> <b>Read the story of Lazarus and the Rich Man</b> (Luke 16:19-31) and consider how you might support those on the front lines, suffering due to climate change. Visit <a href="http://CO2covenant.org">CO2covenant.org</a> for ideas.</p>	<p><b>17</b> <b>Fast from meat</b> and read Matt 21:33-46. Pray for farm workers today. Read what the United Methodist Church says about rights of farm workers and find out what your faith tradition is doing (<a href="http://bit.ly/2kk2wzC">bit.ly/2kk2wzC</a>).</p>	<p><b>18</b> <b>Consider composting</b> your food waste, returning nutrients to the soil. Learn about composting (<a href="http://3bl.me/fmf29e">3bl.me/fmf29e</a>), or get table scraps picked up (<a href="http://CompostCab.com">CompostCab.com</a>, <a href="http://FatWormCompost.com">FatWormCompost.com</a>).</p>	

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<p><b>19</b></p> <p><b>Honor the Lord's day</b> (and the Lord's Creation) by walking, biking, or taking public transportation to church today!</p>	<p><b>20</b></p> <p><b>Check out the short film,</b> "Kokota: The Islet of Hope" today and reflect on the changes we must make to protect the most vulnerable. The DC Environmental Film Festival runs through March 26 (<a href="http://dceff.org">dceff.org</a>).</p>	<p><b>21</b></p> <p>Think about the role of our church in its environment. Could our community better care for Creation? <b>Get involved</b> with our green work, and flock together with other "green sheep" through Interfaith Power &amp; Light (<a href="http://IPLdmv.org">IPLdmv.org</a>).</p>	<p><b>22</b></p> <p>Reflect today about how you may be called to <b>testify on behalf of Creation</b>. Like Interfaith Power &amp; Light's page (<a href="http://facebook.com/IPLdmv">facebook.com/IPLdmv</a>) for suggestions.</p>	<p><b>23</b></p> <p>Talk to your pastor about a <b>Creation care sermon</b> around Earth Day (April 22nd) or invite a speaker: (<a href="http://IPLdmv.org/Learn/Speakers-Bureau">IPLdmv.org/Learn/Speakers-Bureau</a>). Resources for sermons and worship (<a href="http://interfaithchesapeake.org/materials">interfaithchesapeake.org/materials</a>).</p>	<p><b>24</b></p> <p>Fast from meat today and print, cut out, and tape together a "Wallet Buddy" to <b>purchase food and other goods with responsible stewardship</b> in mind (<a href="http://bit.ly/1k44DET">bit.ly/1k44DET</a>).</p>	<p><b>25</b></p> <p>At 8:30 pm, join millions of people around the world who will be <b>switching off all lights</b> for one hour to commit to global climate action and mindful energy use (<a href="http://EarthHour.org">EarthHour.org</a>).</p>
<p><b>26</b></p> <p>"You were once darkness, but now you are light in the Lord..." <b>Read Ephesians 5:8-14</b> and "Live as children of light" with less electricity! Turn off or unplug everything you can.</p>	<p><b>27</b></p> <p>In the Kingdom of Heaven we read that people shall "eat the fruit of the vineyards they plant" (Isaiah 65). Start planning what you can <b>plant to remind you of the promise of heaven</b> this spring (<a href="http://bit.ly/2kyAocd">bit.ly/2kyAocd</a>).</p>	<p><b>28</b></p> <p><b>Read Ezek 47:1-9</b> and give thanks for clean water for bathing, drinking, and growing food. Be willing to forego water as an act of prayerful sacrifice when only disposable containers are available.</p>	<p><b>29</b></p> <p>Make plans to join in the <b>People's Climate Movement</b> one month from today right here in DC to stand up for creation, health, and science (<a href="http://PeoplesClimate.Org">PeoplesClimate.Org</a>!).</p>	<p><b>30</b></p> <p>Learn how to use the <b>Creek Critters App</b>—identify important critters in your nearby creek and report your findings to a database to track the health of rivers. More info: <a href="http://bit.ly/2koutL1">bit.ly/2koutL1</a></p>	<p><b>31</b></p> <p>Visit the "Practices" page at the <a href="http://CenterForSpiritualityInNature.org">CenterForSpiritualityInNature.org</a> and choose a <b>meatless meal</b> today during which to practice "eating gracefully."</p>	<p><b>1</b></p> <p>Join Rock Creek Conservancy, DOEE, and the <b>APRIL National Park Service for a special habitat and restoration planting</b> in the Broad Branch section of Rock Creek Park (<a href="http://rockcreekconservancy.org">rockcreekconservancy.org</a>). 9am-12pm</p>
<p><b>2</b></p> <p>"I am the resurrection and the life." It can be difficult to contemplate our own end. Think today about greening your "final arrangements," when the time comes. One option is to <b>help protect natural lands:</b> (<a href="http://GreenBurialCouncil.org">GreenBurialCouncil.org</a>)</p>	<p><b>3</b></p> <p>Expand your horizons. Check out this web comic to <b>learn about the Muslim faith's call to care for Creation:</b> (<a href="http://bit.ly/2jKf1W9">bit.ly/2jKf1W9</a>). Connect with DC's own Green Muslims (<a href="http://greenmuslims.org">greenmuslims.org</a>).</p>	<p><b>4</b></p> <p>Many electronics draw power even when off. Today, <b>unplug your appliances</b> that are off and chargers that are not in use; place computers, radios, and TVs on a power strip, and turn it off between uses.</p>	<p><b>5</b></p> <p>Wash laundry in cold water for the week and hang it to dry to <b>save energy and money</b>. Read more here: (<a href="http://bit.ly/1ywwfXQ">bit.ly/1ywwfXQ</a>)</p>	<p><b>6</b></p> <p>Planning to make Easter baskets? Purchase chocolate that is <b>Fair Trade, free from child labor, and supports farmer communities</b> (<a href="http://FairTradeAction.org">FairTradeAction.org</a>).</p>	<p><b>7</b></p> <p>As you fast from meat today, consider <b>vegan dishes</b> for Easter Sunday (<a href="http://stfrancisalliance.com/recipes">stfrancisalliance.com/recipes</a>).</p>	<p><b>8</b></p> <p><b>Place an insulating cover</b> on your water heater. "Blankets" can be found at hardware stores. If you have an electric water heater, you can do this yourself. If you have an oil or gas-powered heater, you may need a professional.</p>
<p><b>9</b></p> <p>Attend the <b>Anacostia River Festival</b>, a family-friendly event featuring free activities from 1-5pm today at Anacostia Park, Good Hope Rd. and Anacostia Dr. SE.</p>	<p><b>10</b></p> <p><b>Make one of your journeys more environmentally friendly</b> today. Could you combine two trips? Carpool rather than driving solo? Bike, walk, or take public transit, instead of driving?</p>	<p><b>11</b></p> <p>Continue your stewardship into the Easter season by organizing "<b>ecycling</b>" for your congregation to dispose of old phones and TVs properly (<a href="http://ecyclingcentral.com">ecyclingcentral.com</a>).</p>	<p><b>12</b></p> <p>"Although we have done everything that we can to separate ourselves from other(s)... from the land and its waters and from God, <b>God has never left us.</b>" —Bahnsen &amp; Wirzba What actions will you continue after Easter?</p>	<p><b>13</b></p> <p><b>Maundy Thursday</b> Today we remember Jesus's last supper with his disciples and his prayers in the garden of Gethsemane. Following Jesus' example, take time today to pray outdoors, remembering all who suffer.</p>	<p><b>14</b></p> <p><b>Good Friday</b> "At that moment the curtain of the temple was torn in two, from top to bottom. The Earth shook, and the rocks were split." —Matt 27:51</p>	<p><b>15</b></p> <p><b>Holy Saturday</b> "God looked at everything he had made, and he found it very good." Take a walk and notice signs of new life, resurrection, and spring in your neighborhood. Take pictures of what you see or journal.</p>

**16 Easter** "The New Testament does not only tell us of the earthly Jesus and his tangible and loving relationship with the world. It also shows him risen and glorious, present throughout creation by his universal Lordship: 'For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.' (Col 1:19-20)" —Pope Francis in *Laudato Si: On Care for Our Common Home*

Trusting that the One who has begun a good work in us will be faithful to complete it (Philippians 1:6), take time to give thanks for the changes of heart and habit you have taken on since Lent began and continue to live out your call to Creation stewardship with the hope of the resurrection always in your heart!



**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 the Earth and with 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.