


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 WEEK OF PREPARATION	4 	5	FEBRUARY 14 Ash Wednesday	15 Lament. As we enter the Lenten season, reflect on the great lament of creation and those who share it. Pray with people around the world: Creator, open my heart to the pain of your creation.	16 Connect. The Lenten season is a time to meditate on the sacrifice of Jesus. Pray with people around the world: Creator, let me hear the cries of those who suffer for the way I live.	17 Commit. During Lent, we commit to living more righteously. Pray with people around the world: Creator, give me strength to live in harmony with your creation.
18 WASTE WEEK	19 Use your own water bottle. Plastic water bottles and other disposable dishware will not decompose for thousands of years. Commit to using your own dishware outside the home.	20 Take responsibility. Make a list of the items you throw away today. Identify wasteful items you can eliminate from your daily habits.	21 Reduce food waste. Buy only the food you need. Eat or give away all the food you buy.	22 Put waste in its place. When you do have waste, dispose of it properly. If you're in an area without receptacles, put your waste in a bag or pocket until you arrive at a bin.	23 Ditch plastic. Tote a small bag in your pocket or purse for impromptu purchases, and always take your cloth bag to the market.	24 Recycle. Recycling avoids harmful ocean pollution. Recycling glass, plastic, paper, and aluminum is possible in many areas. If recycling facilities do not exist in your area, contact municipal authorities about providing them.
25 FOOD WEEK	26 Nurture nature in your garden. Avoid chemical fertilizers and chemicals, which do grave long-term harm to the soil and waters. Instead, fertilize with mulch, compost, and manure, and use natural methods to remove pests.	27 Try organic. Buy organically grown produce, which is produced without the most harmful pesticides and fertilizers.	28 Choose compassion. All of God's creation deserves respect. Choose meat, eggs, and dairy that were farmed ethically and sustainably.	MARCH 1 Eat local and native. Foods that are grown close to home will be produced in-season, keeping with the rhythms of creation. Native foods will preserve the web of life in a local area. These foods will also support smaller-scale farmers.	2 Eat less meat. Our tradition includes a weekly day without meat. Renew that tradition to protect the Earth from the massive greenhouse gas emissions and deforestation that commercial livestock cause.	3 Compost food waste. Food waste constitutes a large portion of the material in landfills, where it rots and creates methane, a potent greenhouse gas. Compost at home and in your parish to strengthen the soil and sequester greenhouse gas.
4 ENERGY WEEK	5 Install LEDs. Increasing energy efficiency is the first step in stewarding the resources we've been given. Replace extinguished bulbs with efficient, long-lasting LEDs.	6 Conserve. Neither the blessing of abundant power nor the dirty fuels that often make it possible should be taken for granted. Set large appliances like refrigerators and water heaters on the lowest possible setting. Turn off anything that has a switch when you're not using it.	7 Go renewable. Commit to getting one piece of solar equipment in 2018. This could be a solar light, a solar charger for your phone, or solar panels for your home or parish.	8 Look beyond the power bill. The way electricity is generated in your area will have consequences for generations. Find out how electricity is produced in your region.	9 Adjust your thermostat. Air conditioning and heating are both very energy-intensive. Adjust by as much as possible in solidarity with your brothers and sisters around the world.	10 Choose smart transport. As well as contributing to climate change, burning petrol and diesel fuels creates air pollution. Carpool, use public transportation, walk, or cycle wherever possible. If a car is your only option, drive to increase fuel efficiency.
11 WATER WEEK	12 Take shorter showers. Time how long it takes you to shower. Set a goal of reducing that time, and use an alarm to make sure you're on track.	13 Re-use shower water to flush the toilet. Use a bucket to catch the water in your shower, and reuse it later for flushing.	14 Get perspective. 4 of 10 people worldwide lack sufficient water, which starts at 50 liters per person per day. Look at your water bill and evaluate how your water use compares to that of people around the world.	15 Wash dishes wisely. Reuse the water in a dishpan or stoppered sink to scrub loose food.	16 Practice agro-ecology in water use. Water your garden in the evening or early morning, when the water evaporates less. Use a drip hose instead of a large nozzle. Install landscaping that suits the natural rainfall in your area.	17 Lower the flow. Most sink taps and shower nozzles allow much more water to pass through the pipe than is needed for the task at hand. Install low-flow fittings to limit your water use without sacrificing function.
18 WEEK OF APPRECIATING NATURE	19 Celebrate the new way. For the Easter holidays, plan an outing in nature to rejoice in creation rather than consumption.	20 Meditate on the gift of creation. Take a walk outdoors, contemplate the plants in your home, or simply close your eyes and focus on the feeling of sun and wind on your skin.	21 Capture your joy in creation. Start a daily or weekly journal or photography project to reflect on how creation strengthens your spirit, how you see it changing, and how you will protect it.	22 Help others connect. Contact your pastor to lead a nature walk or meditation in your parish.	23 Sing. Songs that praise the goodness of creation can help you connect with the joy of the creator. Sing a song about creation from your parish hymnal or family tradition.	24 Pledge to care for creation. Pledge to pray, act, and advocate for creation. Learn more at LiveLaudatoSi.org