




2024 Lenten Carbon Fast Calendar, Pt 1

Created by Church of St. Francis Xavier's Environment Ministry, NYC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEB.11 SPIRITUALITY We begin our Lenten journey. Throughout these 40 days, we will be challenged to deepen our love of God's gifts of creation and to find new ways to protect our common home.	12 In our spiritual lives, we will pray for our common home, and consider how our actions affect the natural world and how our consumer habits may harm others. In our active lives, we'll find new ways to care for the earth & the poor.	13 Pope Francis reminds us: <i>"Living our vocation to be protectors of God's handiwork is essential to a life of virtue; it is not an optional or secondary aspect of our Christian experience."</i> (LS 217) .	14 Ash Wednesday <i>"The ecological crisis is ...a summons to profound interior conversion."</i> Pope Francis 	15 Nature reveals to us the hand of God. Take time each day to make it part of your prayer. Notice new life budding, the intricate patterns of a plant, the sounds of different birds, the changes in a tree, the sound of water.	16 As a prayer, watch a section of "The Letter: A Message for Our Earth" each week, on YouTube. Listen to the voices of science, indigenous, youth and the poor and how as they are impacted by climate change.	17 The Laudato Si' Movement has gifted us with the download-able Laudato Si' Prayer Book , with 62 prayers offered by people from 26 countries. www.laudatosimovement.org/prayer-book/
18 ADVOCACY: <i>"With the passage of time, I have realized that our responses have not been adequate, while the world in which we live is collapsing and may be nearing the breaking point. (LD2)</i>	19 There's still time to catch "We Tried to Warn You! Environmental Posters 1970 -2020," an exhibit by NYC's Poster House (23rd St) with posters that sounded the alarm about the climate crisis. Closes Feb. 24th.	20 Join us to "Take a Bite Out of Plastic" in Albany on Feb. 27 as we support two NYS plastic bills! BeyondPlastics.org is providing a free bus. Sign up now! Contact SFXEnvironmentMinistry@gmail.com for details.	21 " The Earth Bill is a beacon of light for the youth and generations to come." - Anna Kathawala, Fridays For Future NYC.	22 The NY Packaging Reduction Bill (S4246-a/A5322-a) will reduce plastic in packaging and make corporations be more responsible for packaging waste. Tell your NYS reps to support it.	23 The NY Bigger Better Bottle Bill , (S237/A6353) ups bottle deposits to 10 cents to keep plastic out of the waste stream. It helps the bottle collectors and helps the planet. Tell your NYS reps to support it.	24 Nature needs our advocacy. Since the Endangered Species Act of 1973 passed, 99% of the species deemed "endangered" have been saved. Yet, the rate of extinction is far greater now, says the EPA.
25 EDUCATION <i>"I ask everyone to accompany this pilgrimage of reconciliation with the world that is our home."</i> (LD69) 	26 "The End of Fossil Fuels," an exhibit through April 28 at The Climate Museum in NYC , reveals the fossil fuel industry's self-serving & earth-harmful behavior, plus ideas for action. www.climatemuseum.org	27 Pope Francis says it will take all of us to confront this crisis. Become a Laudato Si' Animator! Get the tools to protect the environment. Apply now. Starts April 8. LaudatoSiAnimators.org	28 "I am only one, but I am still one. I cannot do everything, but I can do something." - Helen Keller	29 In "Saving Us: Hope & Healing in a Divided World," climatologist Katharine Hayhoe shows us a strategy for talking about climate change based on shared values, not just sharing facts.	March 1 For the first time, Al Gore's Climate Reality Leadership Training will be offered in NYC, April 12-14! It's in-person, and free, but you must apply. www.climaterealityproject.org/new-york	2 "Pangolina" is a wonderful children's book by primatologist Jane Goodall. The problem of trafficking exotic animals is woven into a charming story. Visit Earth.org for more great book ideas.
3 LIFE STYLE <i>"There are no lasting changes without cultural changes, without a maturing of lifestyles and convictions..., and there are no cultural changes without personal changes."</i> (LD70)	4 Start a new habit or two this Lent - like always carrying a long-lasting reusable shopping bag or mesh produce bag. After you've got that down, start another habit to build up gradually & not get overwhelmed.	5 Take the plastic bag ban seriously. Stores have resorted to "reusable plastic" bags that are heavier & rarely get reused. You'd have to reuse them 17 times to match their production emissions with a cotton one.	6 "There is no such a thing as 'away'. When we throw away, it must go somewhere. " - Annie Leonard 	7 Ask yourself if you really need the newest model of electronic gadgets... cell phones, computers, TVs etc. Use them as long as they function. If buying new ones, recycle or donate the old ones. Look for store buy-back policies.	8 Haven't switched? Get a renewable source of electricity. Your building can switch. The utility company delivers the energy & bills you. In NYS, compare companies at Power To Choose www.documents.dps.ny.gov/PTC	9 Skip the Stuff: Educate your favorite take-out places: It's now against the law for NYC restaurants to give single-use plastic utensils, straws and condiments with take-out unless you request it. Flyers for businesses at DSNY-

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 ECONOMICS <i>"Although the measures that we can take now are costly, the cost will be all the more burdensome the longer we wait. (LD56)</i>	11 We all participate in the throw-away culture & hyper-consumerism. Before throwing away or buying, make it a spiritual practice to think about the sustainability R's : refuse, reduce, reuse, repurpose, & recycle.	12 Use the IRA Savings Calculator to estimate savings available from the Inflation Reduction Act tax breaks and subsidies to electrify your home's heat/a.c., stoves, hot water, & car bit.ly/ira-calculator	13 "Will you be on the right side of history? Will you end this moral and economic madness?" - Vanessa Nakate, 26 year-old Ugandan Catholic climate activist, addressing UN Summit.	14 Mitigation strategies often sound expensive; yet the cost of weather & climate disasters In the U.S. in 2023 was over 28 Billion , and involved great human suffering. Let's support mitigation!	15 Pray the " Stations of the Cross: In the wake of the climate crisis ", by Metro NY Catholic Climate Movement: MNYCCM Stations of the Cross . Pray them on own or with St.Francis Xavier Church, 55 W. 15th St. 6:30 pm, March 15.	16 Eating leftovers saves money and the planet! 14% of methane, a potent greenhouse gas, is from organic waste in landfills. (EPA) Check the refig often to see what needs to be used next.
17 CRY OF THE EARTH & CRY OF THE POOR <i>"It is necessary to be honest & recognize that the most effective solutions will not come from individual efforts alone, but... from major political decisions on the national & international level." (LD69)</i>	18 With the large influx of migrants seeking refuge in our cities, it is too easy to blame them rather than look at the conditions in their countries that impel them to leave. Try to be an ally and see what you can do to support them.	19 The U.S. is the largest exporter of fossil fuel "natural" gas globally, & exports it in the form of Liquid Natural Gas, LNG . Join efforts to pressure banks to stop funding LNG terminals that export polluting gas & hurt the poor.	20 Divesting is an economic justice tool; it helped end apartheid. It can help us transition off the fossil fuel economy. We can withdraw our personal savings from coal, oil, and gas. Money talks!	21 We deface the earth to extract resources. Spend time praying with photos of tarsands in Alberta, mountain top removal in West Virginia, or oil flaring in Nigeria, to see the impacts of extraction.	22 World Water Day. Take the Water Challenge. Drink water instead of non-water drinks for 2 weeks; give money saved to a water protection organization or a water project in a poor community. See TheWaterProject.org	23 In our concern for the earth and the poor, what gives us hope? Look back at the progress. Look in the present at the engagement of many. Read " It's Not Too Late " by Rebecca Solnit & Thelma Young Lutunatabua.
24 PALM SUNDAY: <i>"What is being asked of us is nothing other than a certain responsibility for the legacy we will leave behind, once we pass from this world." (LD18)</i> The next three entries are from a prayer in Laudato Si'.	25 "All powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists. Pour out upon us the power of your love that we may protect life and beauty...."	26 "Oh God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in your eyes. Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution & destruction..."	27 "Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light. We thank you for being with us each day." (LS246)	28 Holy Thursday Imagine yourself as a guest at the Last Supper. Step closer to the table and see who is seated there. Ask yourself what you can bring to the table. Can you offer a commitment to care for God's creation?	29 Good Friday Let's renew our commitment to protect God's creation & join our sacrifices with that of Jesus to bring forth a New Creation....on earth as it is in heaven.	30 Holy Saturday <i>"The new dawn blooms 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" Amanda Gorman, from "The Hill We Climb"</i>

31 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; friends and family; clean water and air! Be grateful for God's gift of creation! Rejoice and be glad!

