

Lenten ECO CALENDAR 2020

✓ Tick off as you complete your daily task

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 FEB 26 Dedicate your Fast to those who go hungry every day	 FEB 27 This Lent, read and reflect on the encyclical <i>Laudato Si'</i>	 FEB 28 Have a vegetarian meal each Friday in Lent (and always)	 FEB 29 Start growing some vegetables at home
 MAR 01 Watch a sunrise or sunset	 MAR 02 Unplug one light bulb for the whole of Lent	 MAR 03 Say "No" to a single-use plastic item	 MAR 04 Eat local produce to benefit local farmers	 MAR 05 Find out more about eco-friendly homes	 MAR 06 Resolve to avoid all junk food. Start now!	 MAR 07 Keep a water bowl out for the birds
 MAR 08 Praise God for women! They give and nourish life	 MAR 09 Walk instead of taking a car or rickshaw	 MAR 10 Learn how to segregate dry and wet waste	 MAR 11 Be polite to all those who serve you	 MAR 12 Read a news item on climate change	 MAR 13 Say "No" to Colas	 MAR 14 Involve the neighbourhood in growing a tree
 MAR 15 Pray with Psalm 148	 MAR 16 Use public transport for long distances	 MAR 17 Consciously buy things with less packaging	 MAR 18 Do a generous deed towards a poor person	 MAR 19 Follow up on what's happening about COP 26	 MAR 20 Consciously cut down on wasting food	 MAR 21 Do some gardening; get in touch with the soil
 MAR 22 Compose your own prayer of praise to God for creation	 MAR 23 At night, switch off the computer from the mains	 MAR 24 Contact NGOs that recycle tetra packs and plastic	 MAR 25 Offer up the family rosary for victims of natural disasters	 MAR 26 Initiate an Eco Awareness session in your parish or society	 MAR 27 Avoid wasting drinking water at restaurants	 MAR 28 Express your gratitude to plants by watering them
 MAR 29 Spend some prayerful time observing the soil, grass and rocks	 MAR 30 If you need to take a rickshaw, try to share one	 MAR 31 Start a compost pit for wet garbage	 APR 01 Give away clothing you do not need	 APR 02 Take the lead in starting a Green Cell in the parish	 APR 03 Cut down on packaged food and bottled water	 APR 04 Spend time looking at insects around you
 APR 05 Find out what it means to be an Eco-Ambassador	 APR 06 Commit to installing energy saving devices	 APR 07 Find an NGO that collects e-waste	 APR 08 Save water (the poor suffer from water scarcity)	 APR 09 Use social media to promote green practices	 APR 10 This Good Friday, thank God for our farmers	 APR 11 Offer support to an endangered species

APR 12 **EASTER SUNDAY**

On this day we experience the joy of new life.
Let us pledge to make this a reality for all of creation.

We invite you
TO SHARE YOUR STORY OF HOW YOU HAVE
FOLLOWED 'GREEN PRACTICES' DURING THIS LENT.

Write to
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