



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>For Lent 2022, we encourage you to forgo your Lenten fast from chocolate or social media, and instead, give up one thing or habit each day that contributes to waste and pollution in our world. As we meditate on Jesus' 40 days of fasting in the desert, may this "Carbon Fast" not only strengthen your faith, but also prove that taking small steps toward environmental stewardship can have a big impact. If you want to calculate your carbon savings as you proceed, this website offers "carbon calculators": <a href="http://www.sustainislandhome.org">www.sustainislandhome.org</a></b></p>			<p><b>March 2 Lament.</b> As we enter the Lenten season, reflect on the great lament of creation and The Cry of the Earth. Pray with people around the world: Creator, open my heart to the pain of your creation.</p>	<p><b>March 3 Connect</b> with The Cry of the Poor. The earth and the poor have equally endured these tears of lamentation. The cry is not just an expression of pain but also an appeal to responsibility. Thus we need to take seriously the groaning of our ecology and humanity.</p>	<p><b>March 4 Commit.</b> 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.</p>	<p><b>March 5 Go!</b> Go out and spend some time in creation today. Reorient yourself and take notice of what you see. Go where the Holy Spirit leads you. Be aware of the presence of God all around you.</p>
<p><b>March 6 Waste Week</b></p>	<p><b>March 7 Use your own reusable water bottle.</b> Single use plastic water bottles will not decompose for thousands of years. Commit to using your reusable water bottle outside the home.</p>	<p><b>March 8 Reduce food waste.</b> Buy only the food you need. Eat or give away all the food you buy.</p>	<p><b>March 9 Ditch plastic.</b> Tote a small bag in your pocket or purse for impromptu purchases, and always take your cloth bag to the market</p>	<p><b>March 10 Bring your own Mug to the coffee shop</b> to reduce waste.</p>	<p><b>March 11 Recycling</b> 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.</p>	<p><b>March 12 Put waste in its place!</b> Organize a trash pick up in your neighborhood, community, or with your church group.</p>
<p><b>March 13 Food Week</b></p>	<p><b>March 14 Meatless Monday!</b> Go meatless every Monday during lent and beyond. It's good for you and good for the planet!</p>	<p><b>March 15 Try organic!</b> Buy organically grown produce, which is produced without the most harmful pesticides and fertilizers.</p>	<p><b>March 16 Choose compassion.</b> All of God's creation deserves respect. Choose eggs and meat, and dairy products that were farmed ethically and sustainably.</p>	<p><b>March 17 Compost food waste.</b> 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.</p>	<p><b>March 18 Eat less meat.</b> Protect the Earth from the massive greenhouse gas emissions and deforestation that commercial livestock causes.</p>	<p><b>March 19 Nurture nature - create a food garden!</b> For help getting started visit <a href="http://blakerygardens.com">blakerygardens.com</a></p>
<p><b>March 20 Energy Week</b></p>	<p><b>March 21 Install LEDs.</b> Replace old incandescent bulbs with efficient, long-lasting LEDs.</p>	<p><b>March 22 Conserve.</b> 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.</p>	<p><b>March 23 Go renewable.</b> Commit to getting one piece of solar equipment in 2022. This could be a solar light, a solar charger for your phone, or solar panels for your home or church.</p>	<p><b>March 24 Choose smart transport.</b> Carpool, use public transportation, walk, or cycle wherever possible. If a car is your only option, strive to increase fuel efficiency.</p>	<p><b>March 25 Combine all errands in one trip.</b> Several short trips can use twice as much fuel as a longer, multipurpose trip.</p>	<p><b>March 26 No Drive Saturday!</b> Choose to spend a day close to home where you can walk, ride your bike, and rest and relax in creation.</p>

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<b>March 27</b> <b>Water Week</b>	<b>March 28</b> <b>Take shorter showers.</b> Time how long it takes you to shower. Set a goal of reducing that time, and take the five minute shower challenge.	<b>March 29</b> <b>Turn the water OFF while brushing your teeth!</b> You'll use 80% less water time you brush your teeth. Share this with friends & family!	<b>March 30</b> <b>Harvest your rainwater.</b> Rain barrels are an excellent way to reduce water consumption for you lawn and gardens. Visit sites such as <a href="http://greenlightneworleans.org/rainbarrels.html">greenlightneworleans.org/rainbarrels.html</a> for information.	<b>March 31</b> <b>Lower the flow.</b> Install low-flow fittings to limit your water use without sacrificing function.	<b>April 1</b> <b>Get perspective.</b> Look at your water bill and evaluate how your water use compares to that of others in your neighborhood or in other communities across the nation.	<b>April 2</b> <b>Wash your car at home.</b> You'll use far less water than in a car wash!
<b>April 3</b> <b>Transportation Week</b>	<b>April 4</b> <b>Carpool.</b> Set up a ride sharing group for work associates who live in the same area to reduce traffic congestion by removing single occupancy cars from the road. This helps reduce the amount of greenhouse gas emissions.	<b>April 5</b> <b>When shopping on line</b> remember to order multiple items that can be shipped together in one purchase to decrease transportation cost.	<b>April 6</b> <b>Avoid driving over the speed limit.</b> You can lower your gas milage by 33% at highway speeds and 5% in town.	<b>April 7</b> <b>Check your tire pressure.</b> Four million gallons of gas daily are wasted by drivers with low tire pressure.	<b>April 8</b> <b>Take public transportation.</b> Instead of driving to work today, take the bus. It emits 20% less carbon monoxide per mile than a car with only one driver.	<b>April 9</b> <b>Spend your Saturday with a good book.</b> Leave your car in the driveway. Turn off the lights and read by the window.
<b>April 10</b> <b>Week of Appreciating Nature</b>	<b>April 11</b> <b>Celebrate in a new way.</b> For the Easter holidays, plan an outing in nature to rejoice in creation rather than consumption.	<b>April 12</b> <b>Meditate on the gift of creation.</b> 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.	<b>April 13</b> <b>Capture your joy in creation.</b> 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.	<b>April 14</b> <b>Help others connect.</b> Ask someone how they're doing and listen with an open heart. Ask someone to join you on a nature walk.	<b>April 15</b> <b>Pledge to care for creation.</b> Read the Episcopal Covenant to Care of Creation at Creation Care - The Episcopal Church on the internet.	



### Vision of the Episcopal Diocese of Louisiana's Environmental Commission:

To cultivate the care for God's creation into the daily life and mission of the people, churches and communities in which we live, move and have our being.

### Invitation to participate in the ministry:

Do you, your vestry or your church have energy around caring for God's creation? Would you like to participate in creating a more Loving, Liberating and Life Giving world for the love of God and the love of your family, neighbors and the environment? Then contact Deacon Joey Clavijo, chair of EDOLA's Environmental Commission at [josephclavijo20@gmail.com](mailto:josephclavijo20@gmail.com).