



# 2025 Lenten Carbon Fast Calendar, P1

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

SUNDAY Canticles	MONDAY Action	TUESDAY Knowledge	WEDNESDAY Wisdom	THURSDAY Action	FRIDAY Forests	SATURDAY Next Gen
<p><b>March 2</b> This year is the <b>800th Anniversary of St. Francis of Assisi's Canticle of Creation</b>. This Lent, set aside some quiet time each Sunday to read a verse as it appears in Pope Francis' encyclical <i>Laudato Si'</i>.</p>	<p><b>3</b> Lent in the <b>Jubilee Year 2025</b> is a precious time. As the great doors of St. Peter's Basilica are opened in mercy, let us open our hearts to the glory of creation. Let us start on a path of Jubilee reconciliation and mercy.</p>	<p><b>4</b> Our pilgrimage will be a <b>Path through the Forest</b> as we open our eyes to the degradation we have heaped upon God's earth. We will consider the wonders of our forests and pledge  to protect them.</p>	<p><b>5</b> <b>Ash Wednesday</b> This year is also the <b>10th Anniversary of the encyclical, <i>Laudato Si'</i></b>. Reflect on how it has influenced you. Read or re-read it or the follow-up <i>Laudate Deum</i>. Go to: <a href="http://vatican.va/encyclicals">vatican.va/encyclicals</a> or google the book.</p>	<p><b>6</b> Switch your electricity from a fossil fuel to a renewable source (wind, solar, water); it's a great way to reduce your carbon footprint &amp; benefit the environment. Visit <a href="http://powertochoose.org">powertochoose.org</a></p>	<p><b>7</b> Join St. Francis Xavier for the <b>"Stations of the Cross in the Wake of the Climate Crisis"</b> at 6:00 pm, March 7, 55 West 15th St., NYC. Stream at: <a href="http://SFXavier.org">SFXavier.org</a> Online booklet: <a href="https://online.fliphtml5.com/lugcq/kvpe/index.html#p=1">https://online.fliphtml5.com/lugcq/kvpe/index.html#p=1</a></p>	<p><b>8</b> Talk about the environment with your kids. There are many great books for young readers. <b>"Zoe Grows a Tree"</b> by Elizabeth Rausch is a great one to start with.</p>
<p><b>9</b> <i>"When we can see God reflected in all that exists, our hearts are moved to praise the Lord for all his creatures and to worship him in union with them. This sentiment is expressed in the hymn of St. Francis of Assisi" LS 87</i></p>	<p><b>10</b> <b>Meatless Mondays?</b> Abstaining from meat will reduce the methane gas that results from raising livestock. Not quite ready for that? Try reducing the size of your portion throughout the week.</p>	<p><b>11</b> Stay informed about environmental issues. Google <b>BBC Future Earth</b> and sign up for their informative weekly newsletter. It's free and it covers a wide variety of articles related to climate.</p>	<p><b>12</b> <i>"Blessed is the man who walks not in the way of the ungodly. He shall be like a tree planted by the rivers of water that brings forth its fruit in its season; and whatever he does shall prosper."</i> Psalm 1:1,3</p>	<p><b>13</b> Need a ray of hope? In Israel, Dr. Sarah Sallon planted a 1000 year old seed found in an archeological archive. She named the tree Sheba and it is thriving. We can help with <b>seed collecting</b>. See Nature Conservancy: <a href="http://nature.org">nature.org</a></p>	<p><b>14</b> Our forests are <b>carbon sinks</b>; they absorb 30% of greenhouse gases emitted globally. Today, forests are being destroyed or depleted from fires and clearing land for raising cattle &amp; other export crops.</p>	<p><b>15</b> New twist for family board game night: Consider <b>tree related board games</b> such as "Topiary" and "Ewoks Save the Trees". See <a href="http://boardgameshalv.com">boardgameshalv.com</a> for recommendations.</p>
<p><b>16</b> <i>"Praise be to you, my Lord, through Sister Water, who is very useful and humble and precious and chaste."</i> LS 87</p>	<p><b>17</b> A bottle of water costs \$1. How many do you buy in a year? A stainless steel water bottle costs about \$30. NYC tap water is free. Save some money and the planet. Also, let's pass the NYS Bigger Better Bottle Bill! See <a href="http://BeyondPlastics.org">BeyondPlastics.org</a>.</p>	<p><b>18</b> <i>"Access to safe drinkable water is a basic human right, since it is essential to human survival, and as such is a condition for the exercise of other human rights."</i> Laudato Si'.</p>	<p><b>19</b> <i>"Let the heavens rejoice, and let the earth be glad. Let the sea roar and all its fullness. Let the field be joyful and all that is in it. Then all the trees of the woods will rejoice before the Lord."</i> Psalm 96:11-12</p>	<p><b>20</b> A word about waste: The U.S. Dept. of Agr. estimates that <b>30-40% of all food is wasted</b>, costing the average family \$1500/yr and creating methane in landfills. For ideas to help us waste less food: <a href="http://Savethefood.com">Savethefood.com</a></p>	<p><b>21</b> Today is <b>Internat'l Day of Forests</b> to raise awareness of the importance of forests as carbon sinks as well as habitat for wildlife and a source of clean water. Ask your legislators to support bills to halt deforestation.</p>	<p><b>22</b> Today is <b>World Water Day</b>. Please pray for the 2.2 billion people who have no access to clean water. At <a href="http://unwater.org">unwater.org</a> learn about their plight.</p> 
<p><b>23</b> <i>"Praised be you, my Lord, through Sister Moon and the stars, in heaven you formed them clear and precious and beautiful."</i> LS 80</p> 	<p><b>24</b> National Geographic Magazine advises us to cut down on <b>ultra-processed foods</b>. They have a big carbon footprint and are not healthy especially when consumed habitually. Home cooked food is healthier.</p>	<p><b>25</b> <b>Beyond Plastic's website</b> warns about the hazards of using plastic in microwaves. Heat intensifies the danger of plastics contaminating foods with toxic chemicals. Learn more at <a href="http://Beyondplastics.org">Beyondplastics.org</a></p>	<p><b>26</b> <i>"Trees grow in families. Older trees nurture and guide young trees. They share friendships among themselves and with people".</i> Masai wisdom from the Serengeti</p>	<p><b>27</b> Visit <b>The New York League of Conservation Voters</b> website for action alerts on legislation affecting our environment. Sign up for their excellent "Lunch and Learn" sessions. <a href="http://nylcv.org">nylcv.org</a></p>	<p><b>28</b> Who are the <b>gardeners of the forest?</b> Forest elephants and birds are critical to the reproduction of trees in some areas. They eat the tree's fruit and disseminate the seeds leading to new growth.</p>	<p><b>29</b> Flaco the owl found a new habitat in the trees of NYC's Central Park. A new book for young readers explains how Flaco and friends made the city their home. Check out <b>"The Urban Owls"</b> by Christian Cooper.</p>

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SUNDAY Canticles	MONDAY Action	TUESDAY Knowledge	WEDNESDAY Wisdom	THURSDAY Action	FRIDAY Forests	SATURDAY Next Gen
<p><b>March 30</b> "Praised be to you, my Lord, though Brother Wind, and through the air, cloudy and serene, and every kind of weather through whom you give sustenance to your creatures." LS 87</p>	<p><b>31</b> Make this Lent a time of transition. Create practices that you can carry throughout the year. Look inward. The Ignatian <b>Eco Examen is an excellent resource:</b> <a href="http://www.ecologicalexamen.org">www.ecologicalexamen.org</a></p>	<p><b>April 1</b> This is worth a smile: Northwell Health reports that it plants a <b>tree for every baby</b> born in their healthcare system. That's about 30,000 new babies &amp; trees each year. Bravo Babies! Bravo Northwell!</p> 	<p><b>2</b> Poet priest <b>Thomas Berry</b> beseeches us to "<i>Let the flowers bloom in the meadows, the river run through the hills and let the Earth and all its living creatures live their wild, fierce, serene and abundant life.</i>"</p>	<p><b>3</b> Many <b>species rely on forests</b> for food and habitat. Deforestation hurts them. World Wildlife Fund, <a href="http://wwf.org">wwf.org</a> protects them. The red panda is one such species. See one at NYC's Central Park Zoo. It's so cute you won't want them to disappear!</p>	<p><b>4</b> Our <b>consumer habits</b> can contribute to deforestation: beef from Brazil, palm oil from Asia, &amp; paper tissue from Canadian boreal forests. Check tissue brands: <a href="http://nrdc.org/stories/best-worst-tissue-brands">nrdc.org/stories/best-worst-tissue-brands</a> &amp; read labels for palm oil.</p>	<p><b>5</b> You can visit <b>forests within city</b> limits. The NYC Parks Department maintains a terrific website with tree species, maps, volunteer opportunities and forest immersion experiences. <a href="http://NYCgovparks.org/trees">NYCgovparks.org /trees</a></p>
<p><b>6</b> "Praised be you, my Lord, with all your creatures, especially Brother Sun, who is the day and through whom you give us light. And he is beautiful and radiant with great splendor; and bears a likeness of you, Most High." LS 80</p>	<p><b>7</b> <b>Divesting is an economic justice tool</b>; it helped end apartheid. It can help us transition off the fossil fuel economy. Money talks. Go to <a href="http://www.greeninvestmentstrategies.com">www.greeninvestmentstrategies.com</a>. The CEO founder considers this work as part of his Catholic faith.</p>	<p><b>8</b> <b>Greenwashing</b> is the use of deceptive language to attract eco-conscious customers. Words like "organic" and "sustainable" do not guarantee an item is environmentally friendly. Search "greenwashing" in <a href="http://greenamerica.org">greenamerica.org</a></p>	<p><b>9</b> "... trees help sustain life on our planet... providing habitat for thousands of species. How can religious persons not care about the widespread destruction of these creatures of God?" Elizabeth Johnson</p>	<p><b>10</b> <b>Consumer pressure works!</b> Friends of the Earth, <a href="http://foe.org">foe.org</a>, reports that "Proctor &amp; Gamble cut ties with a major supplier of palm oil responsible for illegal land grabbing, deforestation and human rights abuses."</p>	<p><b>11</b> <b>Videos to inspire:</b> 1) search "Our Forests Time Lapse in Google Earth" 3:18 min., to witness deforestation; and 2) search on YouTube: "The Church Forests of Ethiopia" 9 min., to see forests as a source of vitality &amp; spirituality.</p>	<p><b>12</b> <b>GrowNYC</b> promotes urban agriculture, bringing gardens to public schools and donating produce to those in need. They now have a teaching garden on Governors Island. Take the whole family.</p> 
<p><b>13</b> <b>Palm Sunday:</b> "Praised be you, my Lord through Brother Fire, through whom you light the night, and he is beautiful and playful and robust and strong." LS80 Pray the whole 800-year-old Canticle of Creation at <a href="http://www.AllCreation.org">www.AllCreation.org</a></p>	<p><b>14</b> "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...." LS246</p>	<p><b>15</b> "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 &amp; destruction..." LS246</p>	<p><b>16</b> "Praise the Lord from the earth, you great sea creatures and all the depths; fire and hail, snow and clouds, stormy wind, fulfilling his word; fruitful trees and all cedars." Psalm 149</p>	<p><b>17</b> <b>Holy Thursday</b> 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?</p>	<p><b>18</b> <b>Good Friday</b> Jesus dies on the wood of a tree...a tree of life for us. Let's renew our commitment to protect all life as God's creation &amp; join our sacrifices with that of Jesus' to bring forth a New Creation ...on earth as it is in heaven.</p>	<p><b>19</b> <b>Holy Saturday</b> Let's continue our care for creation after Lent. Read the Creation Care Corner in our bulletin. Celebrate Earth Day 4/22, Arbor Day, 4/25, and the 10th Anniversary of Laudato Si' Week , May 24-31.</p>

## 20 Joyous 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!**

