







# Laudato Si 2022 Lenten Calendar

— Caring for our Common Home —

*This guide provides ways to see-judge-act according to scripture and our Catholic spiritual tradition. Lent is a time for conversion, for turning away from harmful habits and to turn **toward** God and each other through prayer, fasting, and generosity.*

***Fast from pessimism and be filled with hope.***

Lenten Day/Week	See	Judge	Act
<p><b>Ash Wednesday</b> <b>March 2</b></p> <p>“Then the LORD was stirred to concern for his land and took pity on his people.” (Jl 2:18)</p>	<p>Notice how God links together his people with their land. How do we care for the land and his people together?</p> 	<p>The urgent challenge to protect our common home includes a concern to bring the whole human family together to seek a sustainable and integral development, for we know that things can change. – <i>Laudato Si</i> (13)</p>	<p><b>O Lord, grant us the grace to respect and care for Your creations.</b></p> <p><b>O Lord, help us end the suffering of the poor and bring healing to all of Your creation.</b></p> <p><b>Lord, hear our prayer.</b></p>
<p><b>First Week of Lent</b> <b>March 6</b></p> <p>“He gave us this land flowing with milk and honey. Therefore, I have now brought you the first fruits of the products of the soil.”(Dt 26:9)</p>	<p>The world is a gift we have received, and through which we are radically dependent on other creatures and all of creation.</p> 	<p>Half of all the fossil energy and many other essential resources ever used have been consumed in just the past 30-35 years. Look no further to explain why human-induced climate change has suddenly become so urgent.</p>	<p>Track your consumption pattern; take note of what actions create more greenhouse gases.</p> <p>Challenge yourself to reduce your carbon footprint. Google “carbon footprint tracker.”</p>
<p><b>Second Week of Lent</b> <b>March 13</b></p> <p>The Lord God took Abram outside and said, “Look up at the sky and count the stars, if you can.” (Gn 15:5)</p>	<p>God takes us out to contemplate the stars or to look down from the mountain top. This reminds us that we are one small part of this great cosmos made by Him. What wonder and gratitude!</p>	<p>Simplicity, moderation and discipline, as well as a spirit of sacrifice, must become a part of everyday life, lest all suffer the negative consequences of the careless habits of a few.</p> <p>– Saint John Paul II</p>	<p>Adopt sustainable dietary habits (opting for a more plant-based diet and reducing meat consumption).</p>

Lenten Day/Week	See	Judge	Act
<p><b>Third Week of Lent March 20</b></p> <p>The earth is polluted because of its inhabitants, for they have transgressed laws, violated statutes, broken the ancient covenant. ( Is 24: 5)</p>	<p>The world produces more than two billion tons of waste, and 99% of the stuff we harvest, mine, and transport is trash within six months.</p>	<p>Humanity is called to recognize the need for changes of lifestyle, production and consumption, in order to combat global warming or at least the human causes which produce or aggravate it.</p>	<p>Examine your consumption habits. Start by tracking your waste for a two-week period and then resolving to cut your waste by 20%.</p>
<p><b>Fourth Week of Lent March 27</b></p> <p>Through the greatness and the beauty of creatures one comes to know by analogy their maker” (Wis 13:5)</p>	<p>It is necessity to create lifestyles in which the quest for truth, beauty, goodness and communion with others are the factors which determine consumer choices, savings and investments. – Saintt John Paul II</p>	<p>Climate change is a global problem with grave implications: environmental, social, economic, political and for the distribution of goods.</p>	<p>Spend 30 minutes this week on the website of a local environmental or civic organization; consider attending a meeting, making a donation, or joining in an activity.</p>
<p><b>Fifth Week of Lent April 3</b></p> <p>With infinite wisdom and goodness, God created a world in a state of journey toward its ultimate perfection.</p>		<p>The Adoption of Sustainable Lifestyles is grounded in the idea of sufficiency and promoting sobriety in the use of resources and energy.</p>	<p>Increase use of public transport, active mobility (walking, cycling), and avoiding single use plastics.</p>
<p><b>Sixth Week of Lent April 10</b></p> <p>The Creator of all calls us to practice a new way of living, a way that is good, true and beautiful.</p>	<p>The Laudato Si Action Platform offers a process-oriented approach to discern and implement responses to <i>Laudato Si – Care for Our Common Home</i>.</p>	 <p>The Platform offers practical guidelines on ways to take action and connect with others on your creation care journey.</p>	<p>Start your Laudato Si Action Plan at <a href="https://laudatosiactionplatform.org">https://laudatosiactionplatform.org</a></p>

*Glorious Easter Christ is risen and all of creation with Him!*

Savor the life that is in you and around you! The flowers bursting forth, your friends and your family, clean water and air!  
Be grateful for God's gift of creation! Rejoice and be glad!