

# Sustainability Lenten Calendar 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>“You are above us, O God, you are within. You are in all things yet contained by no thing. Teach us to seek you in all that has life that we may see you as the Light of life. Teach us to search for you in our own depths that we may find you in every living soul.” John Phillip Newell</p>			<p>February 14</p> <p>Reflect on Thomas Merton’s reflection on gratitude from “Thoughts in Solitude.”</p>	<p>15</p> <p>Unplug spare chargers in your house.</p>	<p>16</p> <p>Fast from meat and enjoy more sustainable vegetarian meals.</p>	<p>17</p> <p>Take a hike, allowing yourself to be become aware of the presence of God in nature.</p>
<p>18</p> <p>Ride the light rail to church. Use the time to meditate on today’s Gospel.</p>	<p>19</p> <p>Research and pray for one community without access to clean water. Choose a practical action to support them.</p>	<p>20</p> <p>Find out if Denver Composts (or the equivalent in your town) serves your neighborhood.</p>	<p>21</p> <p>Pray the “Canticle of Creation” from St. Francis of Assisi.</p>	<p>22</p> <p>Shut off the water when brushing your teeth.</p>	<p>23</p> <p>Fast from unnecessary driving, and walk where you can.</p>	<p>24</p> <p>Wake up to see the sunrise, thanking God for the beauty of the new day.</p>
<p>25</p> <p>Ride the light rail to church. Use the time to meditate on today’s Gospel.</p>	<p>26</p> <p>Research a community affected by pollution. Choose a way to stay in solidarity with them today.</p>	<p>27</p> <p>Collect and return plastic bags to King Soopers or other collection sites.</p>	<p>28</p> <p>Pray Psalm 8.</p>	<p>March 1</p> <p>Change the light bulbs in your house to LED.</p>	<p>2</p> <p>Fast from purchasing or eating foods with plastic packaging and cook from scratch instead.</p>	<p>3</p> <p>Take 15 minutes to sit outside, focusing on your breath and the air around you.</p>
<p>4</p> <p>Ride the light rail to church. Use the time to meditate on today’s Gospel.</p>	<p>5</p> <p>Research the effects of deforestation. Reflect on them as you plant a new seed.</p>	<p>6</p> <p>Take outdated electronics to a recycling site.</p>	<p>7</p> <p>Pray Prayer 1 on page 814 in the Book of Common Prayer.</p>	<p>8</p> <p>Flush only after solid waste.</p>	<p>9</p> <p>Fast from electronic entertainment and use the time to be present with family or friends.</p>	<p>10</p> <p>Exercise outside today, and invite others to join you in community and fun.</p>
<p>11</p> <p>Ride the light rail to church. Use the time to meditate on today’s Gospel.</p>	<p>12</p> <p>Research a species that is in danger of going extinct. Build a bird feeder if you are able.</p>	<p>13</p> <p>Empty out old paint and take to appropriate disposal location.</p>	<p>14</p> <p>Pray this morning “Blessings on This Day” by John Phillip Newell</p>	<p>15</p> <p>Turn off the water while you’re lathering in the shower, and turn it back on only to rinse.</p>	<p>16</p> <p>Fast from waste—see if you can go the whole day without throwing anything away.</p>	<p>17</p> <p>Find a body of water near you and take some time to be near the God who stirs the waters.</p>
<p>18</p> <p>Ride the light rail to church. Use the time to meditate on today’s Gospel.</p>	<p>19</p> <p>Research some practical ways you can fight climate change, and begin one of them.</p>	<p>20</p> <p>Offer to carpool with someone who lives near you.</p>	<p>21</p> <p>Reflect on Job 38-39.</p>	<p>22</p> <p>Add a recycle bin near the trash can in your house and avoid throwing away recyclables.</p>	<p>23</p> <p>Fast from unnecessary utilities. Turn down the thermostat, and turn off lights and water when you aren’t using them.</p>	<p>24</p> <p>Take a moment from the busyness of the day to watch the sunset, and pray for someone in need.</p>