

WEEK 1  
*ee* **Lent**  
Calendar 2023

“Our goal is not to amass information or to satisfy curiosity, but rather to become painfully aware, to dare to turn what is happening to the world into our own personal suffering and thus to discover what each of us can do about it.” (LS 19)

**Feb 20:**

“The ecological crisis is also a summons to profound interior conversion . . . which entails the recognition of our sins and leads to heartfelt repentance and desire to change.” (LS, 217 - 218). Ecological sin is “an action or omission against God, against one's neighbor, the community and the environment.” (Synod of the Amazôn). As preparation for Lent, ask God personally and with your community: Where do you need the grace of conversion?

**Feb 21:**

Pray the Ecological Examen, find it in the LSM Prayer Book, page 69. Focus especially on where you feel God's presence in creation today.

**Feb 22:**

**Ash Wednesday**

Lent begins! Over the next 40 days, we will suggest attitudes to help you move away from the tomb of ecological sin and into the new life of ecological conversion. These will be enrooted in the pillars of Lent: prayer, fasting and almsgiving. Find a journal or another way of recording these lifestyle commitments. At the end of Lent, we'll look back at the changes we've made.

**Feb 23:**

Call or text a friend or family member and share with them your intentions for Laudato Si' Lent and how they can help you live this eco-conversion journey.

**Feb 24:**

Pray the Ecological Way of the Cross find it in the LSM Prayer Book, page 38. Pray specially for the victims of our sins. Ask yourself “Who am I affecting directly or indirectly by my selfish habits?” Pray especially in memory for the victims of the Ukrainian war, one year after the beginning of the conflict, which is still not over.

**Feb 25:**

Invite family and friends to spend some time with you in creation. You can pray the Laudato Si' Chaplet together or simply spend some time in silence inviting the Holy Spirit to speak to you through creation. Find the Laudato Si' Chaplet in the LSM Prayer Book, page 11.

**Feb 26**

**1st Sunday of Lent:**

We pray not to be tempted by ecological sins. The victims of our ecological sins have a name! Plan on holding a screening of The Letter with your family or faith community, to know stories of those who have been affected by our ecological sins, and to reflect with the movie as part of your Lent journey.



WEEK 2  
*ee* **Lent**  
Calendar 2023

“We know that technology based on the use of highly polluting fossil fuels – especially coal, but also oil and, to a lesser degree, gas – needs to be progressively replaced without delay.” (LS #165)



Feb 27:

Meatless Monday. The meat industry has direct benefits and influences from the fossil fuel industry. If you want to take a step further, avoid other products that derive from the fossil fuel industry as well, preferring organic products over industrial carbon-intensive food.



Feb 28

Make sure your personal finances don't fund the fossil fuel industry and its dirty plans to extract and burn more oil, gas, coal. Consider transferring to a bank that does not invest in the fossil fuel industry. If you're the customer of a pension fund, send them a letter to make sure they don't fund the climate crisis. If that's not possible for you, talk to your family and friends to help raise their awareness.

Mar 1

Pray the Ecological Examen, find it in the LSM Prayer Book, page 69. Focus especially on finding the beauty of creation, listen to it's song.



Mar 2

Today choose an alternative way of traveling instead of using a car. Ride your bike, walk, use public transportation or new apps offering rides. Talk to friends or family, maybe they can teach you easy roads or even travel with you!

Mar 4

Read and watch this dialogue with mental health and climate crisis experts about climate anxiety and how many people are suffering its consequences.

Mar 5

**Energy Efficiency Day**

2nd Sunday of Lent: we recall the Transfiguration of the Lord, we ask for the grace to see God's whole Creation with those pure eyes as the disciples! And today, World Energy Efficiency Day we ask ourselves: do we see creation as a mere resource or as a sacred gift to use wisely?

Mar 3

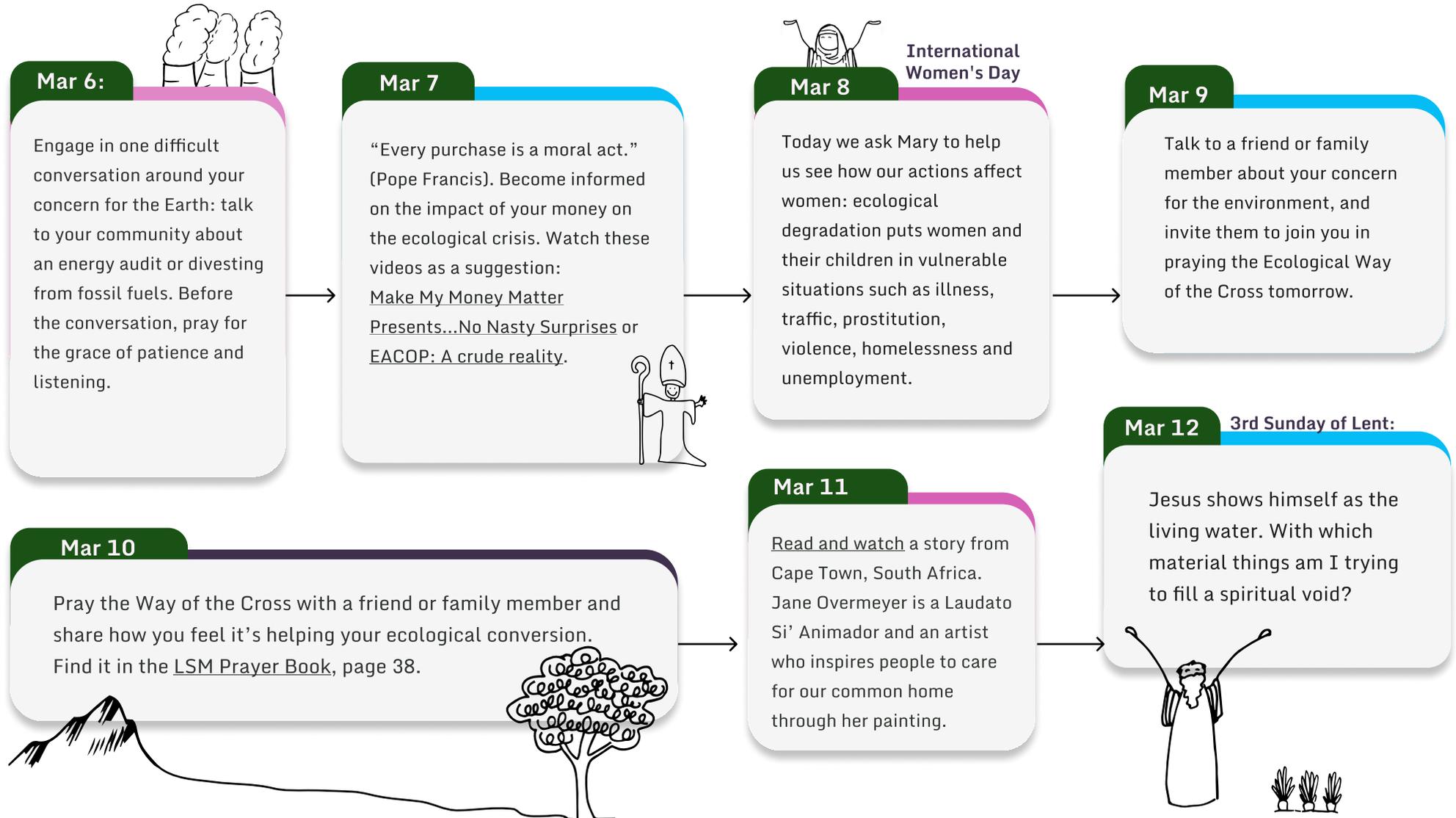
**Global Climate Strike**

Pray the Ecological Way of the Cross, find it in the LSM Prayer Book, page 38. Take a step further by joining the Fridays for Future Global Climate Strike either locally or digitally, making a bold call for leaderships to move away from fossil fuels by joining the divestment movement



WEEK 3  
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“If we can overcome individualism, we will truly be able to develop a different lifestyle and bring about significant changes in society.” (LS 208)



WEEK 4  
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“Helping the poor financially must always be a provisional solution in the face of pressing needs. The broader objective should always be to allow them a dignified life through work.” (LS 128)



Mar 13

Pray for Pope Francis in his 10th anniversary as pontiff, remembering each time he exhorted us to care for our common home. Read the 10 times that Pope Francis fought in favor of the cry of the earth and the cry of the poor.

Mar 14

Take recycling to a whole other level. Find out about the working conditions of your local recycling center or of those who make a living by collecting recycling items. If there is no recycling initiatives in your area, research ways in how you can support a new initiative.

Mar 15

Find out about the local policies that fight for better rights for the unemployed and those in need. See if there are any groups or organizations you can connect with to learn about their efforts in social justice.

Mar 16

Collect five or more things that you no longer need and gift them to a friend or organization that distributes to the needy. You can contact your local Caritas Internationalis team to find specific campaigns you can donate to.



**Feast of St Joseph  
4th Sunday of Lent"**

Mar 19

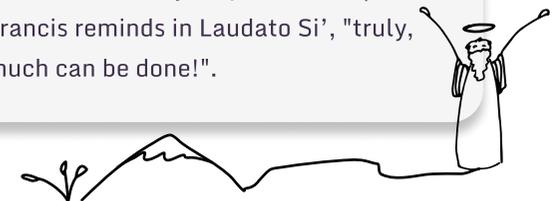
We see in him the workers, victims of this crisis, left unemployed and needing to migrate due to climate catastrophes. Today's Gospel reminds us to abandon the mindset of people 'destined' to suffer and instead help anyone live. This is Laetere Sunday, Rejoice! As Pope Francis reminds in *Laudato Si'*, "truly, much can be done!".

Mar 17

Pray the Way of the Cross, find it in the LSM Prayer Book, page 38. Pray specially for the people killed in their fight for justice.

Mar 18

Catholic Social Teaching reminds us that charity and justice must always work together. We invite you to further the commitment of almsgiving during Lent by reflecting on how you can raise your voice and advocate for our vulnerable sisters and brothers.



WEEK 5  
  
Calendar 2023

“When human beings place themselves at the centre, they give absolute priority to immediate convenience and all else becomes relative.” (LS 122)

Mar 20



Reusable bag check time. Make or purchase ones that will last a lifetime and help keep plastic bags out of landfills. Place them by your jackets, the door or in your car to make sure you have them handy before shopping. Gift a bag to someone who could use one.

Mar 21

**International Day of Forests:**

Reduce your single-use or other fast and convenient items and consider donating the money you will save to charity.



Mar 22



**World Water Day:**

Reflect on how we are polluting our waters. Fast solutions such as single-use plastics, fast fashion or disposable devices end up in our rivers and oceans.

Mar 23



“Live simply so that others can simply live”. Reflect with chapter six of Laudato Si'. What things could you detach from and buy less of?

Mar 24

Pray the Way of the Cross, find it in the LSM Prayer Book, page 38. Pray specially for the victims of our ‘fast solutions’ burning out our planet and our society.



Mar 25

**Feast of the Annunciation**

The angel Gabriel shares with Mary that she'd be the mother of Jesus Christ! How can we too share news of salvation? Write a letter to a political official to talk about some other organizations that are divesting and why our governments should do the same!

Mar 26

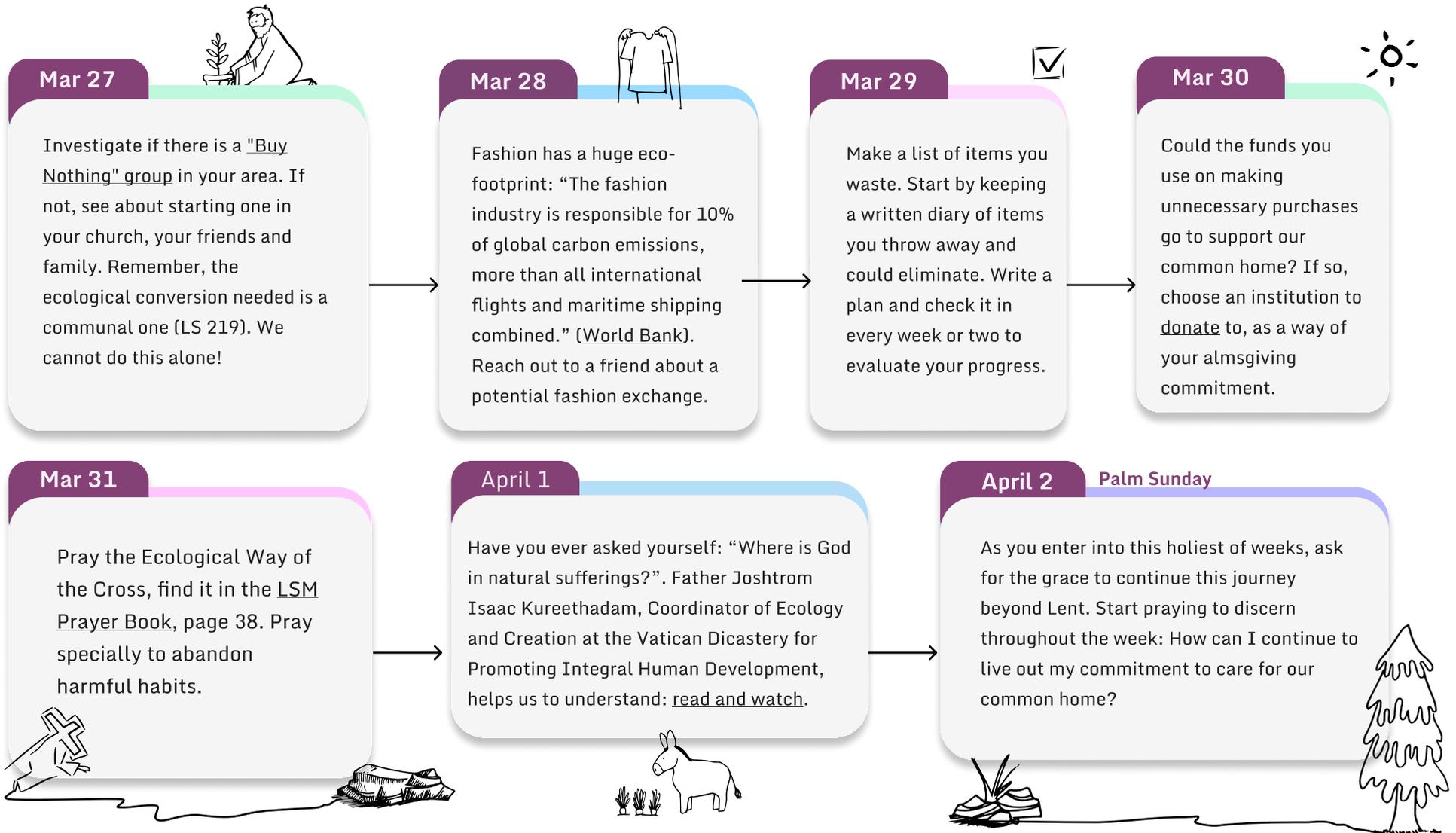
**5th Sunday of Lent:**

Today's Gospel tells the story of the resurrection of Lazarus. “Master, the one you love is ill.” We share with Jesus the people and our earth who are ill by our ecological sins.



WEEK 6  
*ee* **Lent**  
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“Obsession with a consumerist lifestyle, above all when few people are capable of maintaining it, can only lead to violence and mutual destruction.” (LS 204)



WEEK 7  
*ee* **Lent**  
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“We are able to take an honest look at ourselves, to acknowledge our deep dissatisfaction, and to embark on new paths to authentic freedom. No system can completely suppress our openness to what is good, true and beautiful, or our God-given ability to respond to his grace at work deep in our hearts.” (LS 205)

April 3



Take some time in your day to rest in silence, meditate and give thanks on this Lent journey so far, how God has moved you away from ecological sins and into the new life of ecological conversion.

April 4



Do you have a compost bin? If not, consider creating one or researching compost options in your community. Food waste in landfills produces methane, which, in its first two decades, is 84 times more potent than carbon dioxide.

April 5



Look back at the changes you have made and share your journey with friends and family. Reflect on what has been most challenging and what you can more easily keep committing to once Lent is over.

April 6

Holy Thursday

Pray the Ecological Examen, find it in the LSM Prayer Book, page 69. Pray especially for the challenges or joys that you experience as a reminder of your care for creation.



April 7

Holy Friday

Pray the Way of the Cross, find it in the LSM Prayer Book, page 38. What has Jesus given you this Lent?

April 8

Holy Saturday

Day of silence. Let's pause our anxieties and quick solutions, and listen with our heart: what is God showing me that needs to be healed and resurrected?

April 9

Easter Sunday

He is risen! Life has overcome death! What are the signs of resurrection that you can see around? Pray the Laudato Si' Chaplet outside to rejoice on the gift of God's creation and thank the Lord for our salvation. (find it in the LSM Prayer Book, page 11).

