



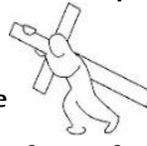
# Lent 2023 WE ARE ALL PART OF GOD'S PLANET

## Take a Lenten Calendar Journey on Care for Our Common Home

"I therefore renew my appeal: Let us take care of our mother Earth . . . let us cultivate respect for the gifts of the Earth and of creation; let us inaugurate a lifestyle and a society that is finally eco-sustainable: we have the opportunity to prepare a better tomorrow for all. From God's hands we have received a garden, we cannot leave a desert to our children." *Pope Francis*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Lent challenges us to see conversion in our lives as a daily process. Our relationship with creation is one dimension of this overall personal conversion. Pope Francis describes it this way: <b>"We must examine our lives and acknowledge the ways in which we have harmed God's creation through our actions and our failure to act. We need to experience a conversion, or change of heart."</b> <i>Pope Francis in the Encyclical: Laudato Si' #217</i></p> <p>This calendar is designed to accompany you on a 40-day journey in 2023 of prayer, learning, action and advocacy' toward this 'ecological conversion' of caring for "Our Common Home" and opening our hearts to the "Cry of the Earth and the Cry of the Poor."</p> <p>† Blessings on your Journey †</p>			<p>✝ FEB 22</p> <p><b>PRAY:</b> During Lent let us keep in mind our Creator's Gift of Creation and reflect on our connection to the Earth at both our beginning and end: "Remember . . . you are dust and to dust you will return."</p>	<p>23</p> <p><b>LEARN:</b> Pope Francis Invites us to "Care for Our Common Home" in his <i>Laudato Si' Encyclical</i>. For an overview, see this <a href="#">SUMMARY</a> from the Catholic Climate Covenant</p> 	<p>24</p> <p><b>ACT:</b> On Lenten Fridays we fast and <u>abstain from meat</u>. Eating meat-free meals is an effective way to protect creation. LEARN why <a href="#">HERE</a> and reflect on others kinds of "fasting" you could commit to during Lent at this "Living Laudato Si' Lent" <a href="#">website</a>.</p>	<p>25</p> <p><b>PRAY:</b> As a <a href="#">Spiritual Work of Mercy, Care for Creation</a> . . . calls for a grateful contemplation of God's world which allows us to discover in each thing a teaching which God wishes to hand on to us." <i>-Pope Francis</i></p>
<p>1<sup>st</sup> Sunday 26</p> <p><b>PRAY:</b> The <b>Canticle of the Sun of St. Francis:</b></p> <p>Praised be my Lord . . . for our brother the Sun, which brings us the day . . . shining with a very great splendor, O Lord, he signifies you to us! <a href="#">Link to the Canticle</a></p> 	<p>27</p> <p><b>ACT:</b> Look into a purchase of locally-grown food today.</p>  <p>Visit a farmers' market near you or find other options at Local Harvest See: <a href="http://www.localharvest.org">www.localharvest.org</a></p>	<p>28</p> <p><b>LEARN:</b> We are using up our resources at an unsustainable rate for the care of future generations.</p> <p><b>ACT:</b> Do one thing today to "Live simply that others may simply live." <i>- attributed to St. Elizabeth Ann Seton, Gandhi &amp; many others</i></p>	<p>MARCH 1</p> <p><b>PRAY:</b> for the world's poor who will be hit hardest by climate change.</p> <p><b>ACT:</b> Join Catholics taking action and raising our voice on behalf of Creation and the Poor. Sign the <a href="#">St. Francis / Laudato Si' Pledge</a> at <a href="http://Catholic Climate Covenant.org">Catholic Climate Covenant.org</a></p>	<p>2</p> <p><b>LEARN:</b> Investigate the many ways you can reduce your impact via <a href="#">energy efficiency and renewable energy</a> practices. Then <b>ADVOCATE</b> for a sustainable economy, clean environment, and energy security.</p> 	<p>3</p> <p><b>ACT:</b> : Become more aware of how much food you discard and avoid wasting it.</p>  <p>On Friday's, have a simple meal, such as a bowl of soup, as you abstain from meat. <b>PRAY:</b> for those who have nothing to eat and are hungry tonight!</p>	<p>4</p> <p><b>PRAY:</b> for children worldwide. "Future generations cannot be saddled with the cost of our use of common environmental resources" <i>-Benedict XVI</i></p> <p><b>ACT:</b> Learn about the risks of global climate change for children from: <a href="#">Catholic Relief Services</a> and <a href="#">UNICEF</a></p>
<p>Second Sunday 5</p> <p><b>PRAY:</b> The <b>Canticle . . .</b></p> <p>Praised be my Lord for our sister the Moon, and for the Stars, which God set clear and lovely in heaven. "Where were you when I founded the earth? . . . While the morning stars sang together. . . ." Job 38:4,7</p> 	<p>6</p> <p><b>LEARN:</b> "There has been a tragic rise in numbers of migrants seeking to flee from the growing poverty caused by environmental degradation. . . Sadly, there is wide-spread indifference to such suffering . . ." <i>Laudato Si' #25</i> visit <a href="#">Kino Border Initiative &amp; Casa Alitas</a></p>	<p>7</p> <p><b>PRAY:</b> There is always hope for a tree. If it is cut down, it will sprout again. Job 14:7</p>  <p><b>ACT:</b> Consider planting a tree! <a href="http://www.arborday.org/trees/climatechange">www.arborday.org/trees/climatechange</a> or "Trees for Tucson"</p>	<p>8</p> <p><b>ACT:</b> Purchase more thoughtfully with respect to impact on the environment &amp; those who produce and deliver these goods.</p>  <p><b>LEARN:</b> Visit: <a href="http://www.betterworldshopper.com">www.betterworldshopper.com</a></p>	<p>9</p> <p><b>PRAY:</b> When our eyes are enlightened . . . they open to the contemplation of God in the beauty of nature and the grandeur of the cosmos, and lead us to discover how every-thing speaks to us of . . . His love. -Pope Francis</p>	<p>10</p> <p><b>ACT:</b> For the hungry in our midst consider involvement with: <a href="#">St. Vincent de Paul</a>, <a href="#">Sister Jose' Women's Center</a>, <a href="#">Poverello House</a>, <a href="#">Casa Maria</a>, or the <a href="#">Community Food Bank</a>. To make a difference globally see: <a href="#">CRS Rice Bowl</a> or <a href="#">Bread for the World</a>.</p>	<p>11</p> <p><b>PRAY:</b> the "<a href="#">Ecological Stations of the Cross</a>" or the Sorrowful Mysteries of the Rosary today, perhaps in a garden, where Jesus chose to pray for strength. See: <a href="#">The Forest Rosary</a></p> 

This calendar is based on one developed years ago by the Charity & Justice Department, Archdiocese of Washington. It has been adapted and updated by the Creation Care Team of Our Mother of Sorrows Parish, Tucson AZ. Visit [holygroundcommonground.blogspot.com](http://holygroundcommonground.blogspot.com) for an online version with active links.

<p><b>Third Sunday 12</b></p> <p><b>PRAY: The Canticle ...</b> </p> <p>Praised be my Lord for our brother the Wind, and for Air, Cloud, &amp; all Weather, by which you uphold in life all creatures.</p>	<p><b>13</b></p> <p><b>ACT:</b> Examine the cost of buying  water in disposable plastic bottles to both your wallet &amp; the environment – purchase your own bottle and use it. <a href="#">Bottle Water is Wasteful - The Water Project</a></p>	<p><b>14</b></p> <p><b>PRAY:</b> "When our eyes are enlightened ... they open to the contemplation of God in the beauty of nature and the grandeur of the cosmos, and lead us to discover how everything speaks to us of... His love." <a href="#">-Pope Francis</a></p>	<p><b>15</b></p> <p><b>LEARN:</b> about what you can do to make Tucson (or your city) more sustainable</p> <p><b>ACT:</b> see upcoming events in Tucson and get involved at <a href="#">Sustainable Tucson</a></p> 	<p><b>16</b></p> <p><b>PRAY:</b> "To protect creation, to protect every man and every woman, to look upon them with tenderness and love, is to open up a horizon of hope ..."</p> <p><a href="#">"Pope Francis's inauguration homily"</a> </p>	<p> <b>St. Patrick 17</b></p> <p><b>PRAY:</b> "I arise today, through the strength of heaven, light of the sun, radiance of the moon, splendor of fire speed of lightning, swiftness of wind, depth of the sea, stability of the earth." St Patrick's Breastplate </p> <p><a href="http://tinyurl.com/8ejgasm">tinyurl.com/8ejgasm</a></p>	<p><b>ACT: 18</b></p> <p> <b>PLANT SOME SEEDS!</b> "We must not think that these efforts are not going to change the world. They benefit society ... for they call forth a goodness which, albeit unseen, inevitably tends to spread."</p> <p><a href="#">Laudato Si' #212</a></p>
<p><b>Laetare Sunday 19</b></p> <p><b>PRAY: The Canticle ...</b> </p> <p>Praised be my Lord for our sister Water, which is very useful to us, and humble and precious and clean.</p> <p><a href="#">CRS collection</a></p>	<p><b>St. Joseph 20</b></p> <p><b>ACT:</b> "Work is part of God's plan for the world; by responsibly cultivating the goods of creation, we grow in dignity as men and women made in God's image. ..." <a href="#">Pope Francis on St. Joseph</a> </p>	<p><b>21</b></p> <p><b>ADVOCATE:</b> "Since we derive all our electricity from nature the relationship of humanity &amp; environment has the broadest implications for energy policy." <a href="#">U.S. Bishops: The Moral Dimensions of Energy Policy</a> </p>	<p><b>22</b></p> <p><b>PRAY:</b> Sing out, O heavens, and rejoice, O earth, break forth into song, you mountains. For the LORD comforts his people and shows mercy to his afflicted. Is 49:13 </p>	<p><b>23</b></p> <p><b>ACT:</b> PLANT SEEDS! "We must not think that these efforts are not going to change the world. They benefit society ... for they call forth a goodness which, albeit unseen, inevitably tends to spread."</p> <p><a href="#">Laudato Si' #212</a> </p>	<p><b>24</b></p> <p><b>LEARN:</b> "If anyone wishes to come after me" Lk 9:22</p> <p>We are called to take up our cross. What sacrifices can we make to live more simply and use fewer of the Earth's resources? </p>	<p><b>Annunciation 25</b></p> <p><b>PRAY:</b> "Rejoice Thou through whom creation is renewed: Rejoice, Thou through whom we worship the Creator" <a href="#">Ancient Mary Hymn</a> </p> <p>Give an Hour for the Earth: <a href="http://www.earthhour.org">www.earthhour.org</a></p>
<p><b>Fifth Sunday 26</b></p> <p><b>PRAY: The Canticle ...</b> </p> <p>Praised be my Lord for our sister Mother Earth, which sustains us and keeps us, and yields diverse fruits, and flowers of many colors, and grass.</p>	<p><b>27</b></p> <p><b>ACT:</b> "The works of charity &amp; justice as well as the promotion of ... <i>stewardship of creation</i> build up the Kingdom of God." - <a href="#">Disciples Called to Witness</a>, USCCB</p>	<p><b>28</b></p> <p><b>PRAY:</b> for wisdom to know how to live in the light of so much inequality in the world</p> <p><b>ACT:</b> Turn off lights that you are not using. Enjoy the night sky! </p>	<p><b>29</b></p> <p><b>ADVOCATE:</b> "The Church has a responsibility towards creation and she must assert this responsibility in the public sphere."</p> <p>— <a href="#">Pope Benedict XVI Caritas in Veritate #51</a></p>	<p><b>30</b></p> <p><b>PRAY:</b> As Holy Week approaches, let us "dare to turn what is happening to the world into our own personal suffering ... to discover what each of us can do about it." <a href="#">Laudato Si' #19</a></p>	<p><b>31</b></p> <p><b>ACT:</b> Don't know where to recycle old electronic gadgets or other items? </p> <p>Visit Tucson Clean &amp; Beautiful Inc.'s <a href="#">Recycling Directory</a> to find out.</p>	<p><b>APRIL 1</b></p> <p><b>PRAY:</b> <i>The external deserts in the world are growing, because the internal deserts have become so vast.</i>" <a href="#">Laudato Si' #217</a> </p> <p>Invite Jesus into your "internal desert" in prayer this Holy Week.</p>
<p><b>PALM SUNDAY 2</b></p> <p><b>PRAY:</b> Reflect on St. Luke's Palm Sunday Gospel: "...if they keep silent even the stones will cry out." Lk 19:40 </p> <p>Are the stones of our fragile Earth crying out? Have we been silent for too long?</p>	<p><b>3</b></p> <p><b>PRAY:</b> especially for the poor and vulnerable this Holy Week: "the gravest effects of all attacks on the environment are suffered by the poorest"- <a href="#">Laudato Si' #48</a></p>	<p><b>4</b></p> <p><b>PRAY:</b> "... the covenant between human beings and the environment ... should mirror the creative love of God..." </p> <p><a href="#">Pope Benedict XVI 2008 World Day of Peace #7</a></p>	<p><b>5</b></p> <p><b>PRAY:</b> "Living Holy Week ... means learning how to come out of ourselves to reach out to others, to go to the outskirts of existence ... especially those who are most distant ..." <a href="#">Pope Francis</a></p>	<p><b>HOLY THURSDAY 6</b></p>  <p><b>PRAY:</b> Reflect on the precious gift of the Eucharist, Christ's Real Presence consecrated for us from the "<a href="#">fruit of the earth and work of human hands</a>"</p>	<p><b>GOOD FRIDAY 7</b></p>  <p><b>PRAY:</b> Meditate on the deep <b>Mystery of Love</b> crucified "on a tree" ... "Behold the wood of the cross, on which hung the Savior of the world." - Good Friday Liturgy</p>	<p><b>HOLY SATURDAY 8</b></p> <p><b>PRAY: The Exsultet:</b> <i>On this, your night of grace, O holy Father, accept this CANDLE, a solemn offering, the work of bees and of your servants' hands ... to build a torch so precious!</i> </p>

 **April 9 EASTER SUNDAY** Let us accept the grace of Christ's Resurrection! Let us be renewed by God's mercy, let us be loved by Jesus, let us enable the power of his love to transform our lives too; and let us become agents of this mercy, channels through which God can water the earth, protect all creation and make justice and peace flourish. – Pope Francis, 2013