

LENT 2021 CALENDAR

Week 1: Beginning of Lent

Setting of intention, connecting with a group, learning the ecological examen



16 Tues

*"No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great."
- early Christian mystic St. John Chrysostom*

As we prepare to start this journey of hope, take time to pray and reflect on what actions for others God is calling you to do this Lent. For inspiration, take the [Ecological Examen](#) to reflect on your relationship with creation.



17 Ash Wednesday

"A clean heart create for me, O God, and a steadfast spirit renew within me." Psalm 51:10

Today is Ash Wednesday, a day that unites the world's 2.3 billion Christians to start the season of Lent. [Pray "Invite Us Deeper"](#) for the grace to live Lent well.



18 Thurs day (Act)

Have you found a [Laudato Si' Circle](#) to live Lent with? If so, connect with them today to discuss your plan for Lent. If not, [start a Laudato Si' Circle today!](#)



19 Friday (Reflect)

Each Friday you are encouraged to reflect on the way of the cross, fast, and give. You're invited to join this movement for live stations of the cross every Friday of Lent. The stations will be live-streamed on [GCCM's Facebook](#) and [YouTube channels](#).

Today, also be sure to reflect on the impact your food, including some of our favorites, such as chocolate and coffee, has on the climate: [Carbon](#)

[Brief: the surprising facts about which foods impact the climate most.](#)

Consider making a donation to GCCM in the amount you would typically spend on food, including chocolate and coffee. Your donation will go to support programs, such as GCCM's [Member Organization Program](#), which pushes partner Catholic organizations to help advance GCCM's strategic goals, including reducing our carbon footprint.



20 Sat (Share)

Phone a friend. Today, call a friend or family member and share with them your intentions for Laudato Si' Lent and how they can help you live this journey of hope. Maybe they can help by simply asking you about #LaudatoSiLent, or by sending you a text every now and again to encourage you.



21 Sun (Pray with Creation)

Pray the [Laudato Si' Chaplet](#) outside today to reflect on the gift of God's creation.

Listen and watch GCCM Executive Director and co-founder Tomás Insua reflect on what praying in creation means to him.



LENT 2021 CALENDAR

Week 2:

Buying Fast

Fasting from unnecessary purchases and exploring one's consumer habits
"Christian spirituality proposes a growth marked by moderation and the capacity to be happy with little." (LS 222)



22 Monday (Learn and Commit)

Go on a buying fast this week and commit to not buying anything. You can do it! Start by looking at ways you can repair what you have instead of buying something new.

The stuff we buy and consume has a taxing effect on the planet. 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. Six months!

Learn more by watching The [Story of Stuff](#) or [Buy Shoot Buy](#).



23 Tues (Act)

Did you know that fashion has a huge eco-footprint? The [World Bank reports](#), "The fashion industry is responsible for 10% of annual global carbon emissions, more than all international flights and maritime shipping combined."

Mix up your wardrobe without buying new clothes. Reach out to a friend about a potential fashion exchange.



24 Wed (Examen)

EMBER DAY

Today we remember eco-martyr Walter Méndez Barrios of Guatemala, who died at the age of 36 in March 2016. Walter was shot to death while walking inside Sierra del Lacandón National Park, part of the Maya Biosphere Reserve.

The father of six was a known defender of natural resources and was the president of the La Lucha Cooperative, a farming cooperative of Sierra del Lacandón National Park that worked closely with the government's National Council for Protected Areas and park co-administrator Defensores de la Naturaleza.

Reflection question: So many people before us have cared for creation. How can we continue that legacy?



25 Thurs (Act)

Investigate if there is a ["Buy Nothing" group](#) in your area. If not, see about starting one in your church. Remember, the ecological conversion needed is a communal one. We cannot do this alone!



26 Fri (Reflect)

EMBER DAY

LIVE STATIONS OF THE CROSS (live-streamed on [Facebook](#) and [YouTube](#))

"... a sober look at our world shows that the degree of human intervention, often in the service of business interests and consumerism, is actually making our earth less rich and beautiful..." (LS 34)

Reflect with chapter six of [Laudato Si'](#) on how you can live

simply so that others can simply live. Could the funds you use on making unnecessary purchases go to support our common home? If so, give to GCCM! GCCM provides training, certification, and support for individuals through its [Laudato Si' Animators Program](#). The training program helps passionate people bring creation care to their community and commit themselves to taking personal steps, such as reducing unnecessary spending, that protect our common home.



27 Sat (Share)

GCCM LENT RETREAT

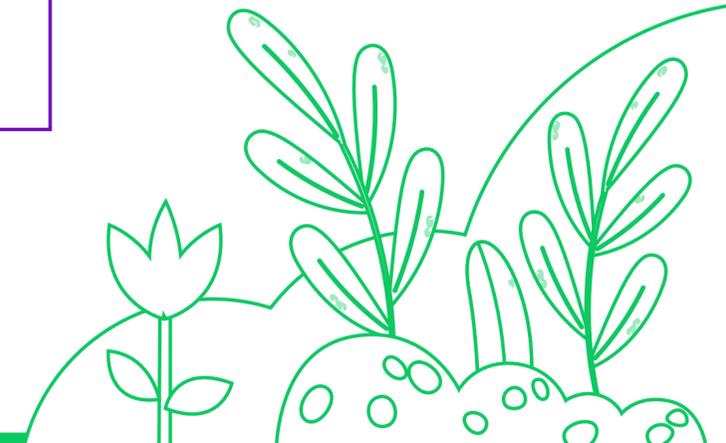
EMBER DAY / FULL MOON / WORLD POLAR BEAR DAY

Quick: Collect five or more things that you no longer need and gift them to a friend or organization that distributes to the needy.



28 Sunday (Pray)

Pray [Lectio Divina](#) in creation and [listen to this guided meditation](#) (English) that will help you more deeply connect with creation.



LENT 2021 CALENDAR

Week 3:

Meat Fast

Fasting from animal products



March 1 Mon (Commit)

Go on a meat fast: Can you make a commitment this week to eat only plant-based products? Animal agriculture remains one of the leading contributors of the greenhouse gas emissions that scientists say are causing the climate crisis.

Learn more by [watching this five-minute video on "The diet that helps fight climate change."](#)



2 Tues (Act)

Try out a new plant-based recipe today and share it with a friend. Use the [Sisters of Mercy Meatless Mondays cookbook](#).



3 Wed (Examen)

Berta Cáceres /World Wildlife Day

Today we remember Berta Cáceres, a Honduran eco-martyr who was killed by gunmen in 2016 after [uniting the Indigenous Lenca people](#) and successfully pressuring the world's largest dam builder to withdraw from the Agua Zarca Dam project in Honduras.

Berta was a Lenca woman who co-founded the

National Council of Popular and Indigenous Organizations of Honduras and dedicated her life to protecting her community and community members.

A Honduran court ruled in 2018 that executives of the Honduran energy company involved in the dam project ordered her killing.

Reflect: How can you speak up for our most vulnerable sisters and brothers?



4 Thurs (Act)

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.

[Watch: Laudato Si' Generation's "Learn how to compost" webinar](#)



5 Fri (Reflect)

[Global Laudato Si' Monthly Prayer Service LIVE STATIONS OF THE CROSS](#) (live-streamed on [Facebook](#) and [YouTube](#))

Reflect on how you might continue to move toward a plant-based diet (if you don't already eat exclusively plants). Another reason to eat more plants: Meat can be expensive.

Consider donating the money you save by eating a plant-based diet to help bring more of GCCM's [Laudato Si' Circles](#) to communities around the world. LS Circles are small groups that meet to reflect, pray, and go through an ecological conversion that helps them take action, such as switching to a plant-based diet, and deepen their relationship with God.



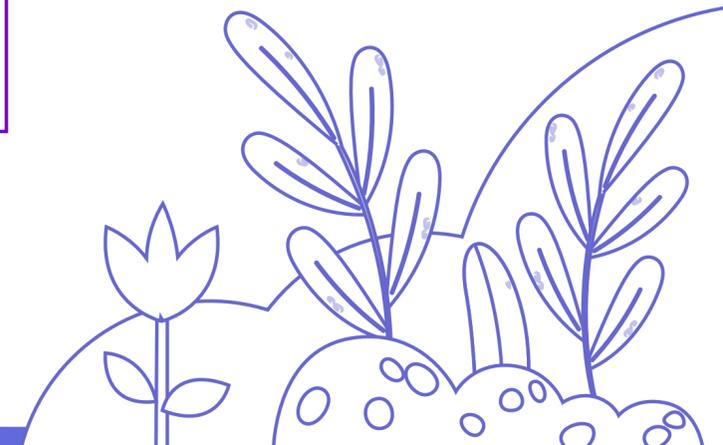
6 Sat (Share)

Can you cook a meal or donate food to a friend or community in need? "... Practice the little way of love... a smile or any small gesture which sows peace and friendship." (LS 230)



7 Sun (Pray)

Pray with an animal today. The animal could be your pet, or any creature - big or small - in creation.

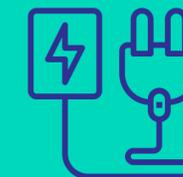


LENT 2021 CALENDAR

Week 4:

Fast from Electricity

Fasting from unnecessary electricity and adopting habits to reduce energy consumption



8 Mon (Learn and Commit)

Go on an electricity fast. Can you find ways to reduce your electricity use this week?

Watch this [eight-minute TED Talk](#) on how we – yes, you, your neighbor, and all of us – are the “most overlooked resource to get us to a sustainable energy future.”

WATCH: [How behavioral science can lower your energy bill and fight the climate crisis](#)



9 Tues (Act)

First things first, [dial your thermostat down, or turn it up a notch](#). If you don't have a heater or an air conditioner, be sure to unplug all of your appliances not being used. [Even just making sure your computer is on sleep mode](#) when not in use can help use less energy and care for creation.



10 Wed (Examen)

Brother Paul McAuley left his native England to serve the Indigenous Peoples of the Amazon. He died in April 2019. His body was burned in a hostel that he had established for Indigenous children in Iquitos, Peru.

For 20 years, Paul helped the people of the Amazon defend their land and care for creation.

He helped the Indigenous Peoples organize against oil and gas companies, and he helped develop young Indigenous leaders, so they'd have the tools to defend their communities.

Reflect on how we can all help the next generation – by caring for our common home and by helping them care for creation.



11 Thurs (Act)

Sacred People, Sacred Earth Day of Action (GreenFaith)

Join this global day of action with other communities of faith and sign the [Sacred People Sacred Earth](#) statement.



12 Fri (Reflect)

Live Stations Of The Cross (live-streamed on [Facebook](#) and [YouTube](#))

[Examine your energy sources](#). Can you switch to more eco-friendly sources? Also, if you haven't yet, consider making a donation to GCCM to support [GCCM Chapters](#), which bring together Catholics and Catholic organizations to promote more sustainable lifestyles and eco-friendly energy sources in their communities.



13 Sat (Share)

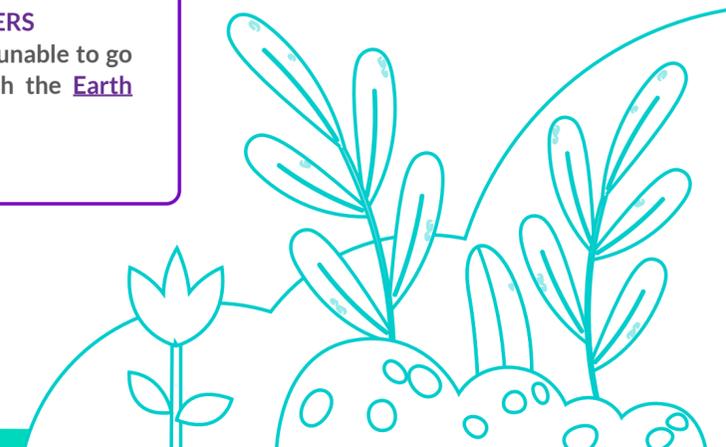
Laudato Si' Dialogue on eco-martyrs (live-streamed on [Facebook](#) and [YouTube](#))

Instead of being on a screen today, see if you can relax by going on a walk, reading a book, or doing something creative. Rememb



14 Sun (Pray)

INTERNATIONAL DAY OF ACTION FOR RIVERS
Pray near a river or body of water. If you're unable to go outside near water, pray and meditate with the [Earth Sessions](#).



LENT 2021 CALENDAR

Week 5:

Fast from Plastics

Fasting from single-use plastics and rethinking our relationship with plastics altogether



15 Mon (Learn and Commit)

Fast from single-use plastic this week. If possible, avoid plastics altogether. Think about how you can reduce your plastic intake.

Read this [fact sheet](#) to learn how plastic pollution is affecting creation and how we can do better together.



16 Tues (Act)

Reusable bag check time. If you don't have any, make or purchase ones that will last a lifetime and help keep plastic bags out of landfills. If you already have some, place them by your jackets, in your car, or by the door to make sure you have them handy when you're ready to go shopping. If you have more than enough, gift a bag to someone who could use one.



17 Wed (Examen)

Sikhosiphi Rhadebe advocated for the rights of the Xolobeni Community in South Africa. He led a campaign against titanium mining by Mineral Commodities Limited, an Australian-owned mining company. In March 2016, he was shot to death outside of his home.

Reflect: Pope Francis calls us to hear the cry of the Earth and the cry of the poor. How can you hear the cry of the poor more often?



18 Thurs (Act)

Say "no." We're constantly bombarded with new plastic things to have, whether they be toys, pens, or straws. Next time you're offered something, say "no."

Remember: 80% of plastic waste ends up in landfills. 80%! And only about 10% of all plastic waste is recycled.

"Happiness means knowing how to limit some needs which only diminish us, and being open to the many different possibilities which life can offer" (LS 223).



19 Fri (Reflect)

Live Stations of the Cross (live-streamed on [Facebook](#) and [YouTube](#))

Feast of St. Joseph

Fridays for Future Global Climate Strike

Reflect on how you can move toward a zero-waste lifestyle and use recycling as a last resort, as the six r's instruct us: Refuse, Reduce, Reuse, Repurpose, Rethink, and Recycle. Think about how you can start small and build from there.

Single-use plastics add up in more ways than one. Use the funds you save from fasting from single-use plastics to donate and support GCCM's [Laudato Si' Generation!](#) Laudato Si' Generation is GCCM's youth movement taking action during key moments, including today's climate strike. A donation to LSG will provide resources and training to keep our youth movement paving the way to a better future for us all!



20 Sat (Share)

EQUINOX

Honor the equinox by spending time outside and marveling at the beauty of God's creation and the changing of the seasons. Celebrate the seasons changing with friends, even if it's only by offering a prayer of thanks to God and letting a friend know.



21 Sun (Pray)

INTERNATIONAL DAY OF FORESTS

If possible, visit a forest nearby, offering thanks for the gifts of creation that you see. Allow yourself to stop and gaze at your fellow members of creation. If you're unable to visit a forest, [meditate with the sounds of the creation.](#)



LENT 2021 CALENDAR

Week 6:

Fast from Silence

Fasting from not speaking out and actively sharing one's concern for our common home with friends, family, community, and political leaders



22 Mon (Learn & Commit)

WORLD WATER DAY

This week we are going to fast from silence. One of the most important things we can do about our ecological crisis is to talk about it. Learn more about the [world's water crisis by watching this full Netflix episode on the topic.](#)



23 Tues (Act)

Talk to a friend or family member about your concern for the environment, and invite them to join Earth Hour on Saturday, when millions of people around the world will conserve energy together.



24 Wed (Examen)

Webinar on how to talk about the climate crisis? (live-streamed on [Facebook](#) and [YouTube](#))

Saint Oscar Romero

Fr. Oscar Romero was assassinated while officiating Mass in a hospital chapel in San Salvador in March 1980. Amid a murderous military regime throughout the country of El Salvador, Fr. Oscar was an outspoken advocate for justice

and human rights, even as life was threatened and his fellow priests were beaten and imprisoned.

He was killed in "[hatred of the faith](#)." Pope Francis canonized Fr. Romero on 14 October 2018, making him Saint Oscar Romero.

His Holiness said: "There is Archbishop Romero, who left the security of the world, even his own safety, in order to give his life according to the Gospel, close to the poor and to his people, with a heart drawn to Jesus and his brothers and sisters."

Reflect on how you can live closer to the poor and all members of God's creation.



25 Thurs (Act)

ANNUNCIATION

In the spirit of the Annunciation, the celebration of when the angel Gabriel shared with Mary that she'd be the mother of Jesus Christ, write a letter to a political official.

Share the good news that more and more people are caring for our common home and that governments around the world should do the same!



26 Fri (Reflect)

Reflect on how you can further raise your voice and advocate for our common home with your family and in your community.

"A good Catholic meddles in politics, offering the best of himself, so that those who govern can govern." (Pope Francis, 16 Sept 2013)

Consider taking your fast from silence a step further by donating to GCCM and encouraging your friends and family to do the same, creating a greater impact! Your support will go toward [GCCM's advocacy programs](#), which organize Catholics to take action in their



27 Sat (Share)

EARTH HOUR

Can you switch off your lights for an hour? Then you're ready to participate in [Earth Hour](#).

Share with others your participation through social media and encourage them to join you and the millions of people around the world who will unite in switching off their lights for creation.



28 Sun (Pray)

PALM SUNDAY

During the Prayers of the Faithful at Mass, say aloud, if possible, that you'd like to pray for the victims of the climate crisis and ask your pastor to include this request in the prayer petitions. May God help all of us keep our lost sisters and brothers in our prayers as we work to care for our common home.



29 Holy Week

As we enter the Holy Week, what can you create to celebrate this "new creation"? It might be a new compost pile, a Laudato Si' Circle, a garden, or a new tree that you will plant. Come up with a way to celebrate this Easter!

