

FEBRUARY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10 Ash Wednesday Begin Lent by being mindful of our connection with, and stewardship of, all creation.	11 Lower your thermostat 2 degrees. Each degree lowered saves 5% on your home heating.	12 Producing, processing, and shipping meat accounts for 15% of greenhouse gas emissions. Abstaining is good for your faith, spirit, health and planet.	13 Electronic waste can be recycled free at Staples in Springfield and if a county resident at the Prince William County Landfill Saturdays and Wednesdays, 10 a.m.-5 p.m.
14 "Humanity is called to recognize the need for changes of lifestyle, production and consumption, in order to combat this warming or at least the human causes which produce or aggravate it." Pope Francis <i>Laudato Si'</i>	15 In addition to Fridays, consider the benefits of a "meatless Monday" for yourself and the environment. For more information go to www.meatlessmonday.com	16 Before recycling, tie paper in bundles or place in brown paper bags, rinse glass, metal and plastic. Leave out garbage, diapers, needles, wood, fabric, food waste and wax paper products.	17 Begin replacing your fixtures with more energy-efficient CFL bulbs.	18 Reduce water consumption by taking a shorter shower, using "gray" water to water plants, and converting to a dual flush toilet.	19 To reduce mercury being released into the environment, you can recycle used lightbulbs at Home Depot and at your local household hazardous waste collection point.	20 Use your senses to appreciate the outdoors, the blessing and gift of God's world, and pray for all creation.
21 "Reusing something instead of immediately discarding it, when done for the right reasons, can be an act of love which expresses our own dignity." Pope Francis <i>Laudato Si'</i>	22 Put reusable shopping bags in your car instead of using new paper and plastic from the store. Put out reusable napkins for meals.	23 Turn off lights and electronics when not needed. "When not in use, turn off the juice!"	24 Check to make sure items you buy include a percentage of recycled content. To learn more, go to www.recycledproducts.com	25 When using the dishwasher, have a full load and skip the energy-consuming dry cycle. Open the door to air dry.	26 There are steps you can take to make sure your car is as "green" or environmentally friendly as possible. Read how at www.carcare.org/go-green/	27 Unplug from the daily routine and reconnect with nature. Get ideas for where to go and what to do, then take the family to start discovering. http://www.discovertheforest.org/
28 "Many things have to change course, but it is we human beings above all who need to change. We lack an awareness of our common origin, of our mutual belonging, and of a future to be shared with everyone." Pope Francis <i>Laudato Si'</i>	29 Place electronics on a power strip and turn it off between uses, since electronics draw power even when off.					

MARCH 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Combine trips or carpool, walk, bike or take public transportation, and call ahead to make sure the trip is not wasted.	2 Use the cold/cold setting on the clothes washer, and only when you have a full load.	3 Install a water filter and fill reusable BPA-free bottles, instead of buying plastic water bottles.	4 Be aware of how much food you discard. Eat leftovers and avoid wasting food.	5 Pick up litter and pet waste and dispose of it properly.
6 “Education in environmental responsibility can encourage ways of acting which directly and significantly affect the world around us...” Pope Francis <i>Laudato Si’</i>	7 Drive the speed limit. Every 10 mph reduces fuel economy by 4 mpg.	8 Avoid impulse purchases. Question your need before buying. Buy second-hand, Fair Trade, and other gift giving to benefit creation and the poor.	9 Have reusable coffee and water containers and food containers for work and school to reduce disposables.	10 Buy products in the largest size you will use to avoid excess packaging.	11 Clean the condenser coil on your refrigerator to improve the efficiency by one third.	12 Visit parks, gardens and wildlands to view God’s creation. Keep them beautiful for all visitors.
13 “...We need one another... We have a shared responsibility for others and the world...” Pope Francis <i>Laudato Si’</i>	14 Insulate your hot water heater and pipes.	15 Look for opportunities to use renewable energy. Go to http://energy.gov/energysaver/tips-renewable-energy	16 Buy products in containers that you know you’ll be able to recycle.	17 Clean vents, close unused vents and change filters to save 10%.	18 Eat more locally grown and organic food to reduce CO2.	19 Grow your lawn without toxic chemicals. Leave grass clippings and cut grass higher.
20 “Avoid the use of plastic and paper, reduce water consumption, separate refuse, cook only what can reasonably be consumed, show care for other living beings, use public transport or car-pooling, plant trees, turn off unnecessary lights...” Pope Francis <i>Laudato Si’</i>	21 Buy reusable and long lasting items, like rechargeable batteries, cloth diapers, cloth napkins, sponges, cloth towels, washable cups, plates and silverware.	22 Use a programmable thermostat to regulate different temperature at different times of day to save energy. ¼ of people who have them already do not use them!	23 Do not flush unneeded medications. Remove them from their original containers; mix with coffee grounds, dirt or kitty litter, then place the mixture in a sealable bag, empty can or other container to prevent the drug from leaking or breaking out of a garbage bag.	24 Holy Thursday <i>Reflection:</i> “Natural resources are limited; some are not renewable. Using them as if they were inexhaustible, with absolute dominion, seriously endangers their availability not only for the present generation but above all for generations to come.” Pope John Paul II	25 Good Friday <i>Reflection:</i> “The environment is God’s gift to everyone, and in our use of it we have a responsibility towards future generations and towards humanity as a whole.” Pope Benedict XVI	26 Holy Saturday <i>Reflection:</i> “Show concern for the environment. You are called to care for creation not only as responsible citizens, but also as followers of Christ!” Pope Benedict XVI <i>Angelus</i>
27 Easter <i>Reflection:</i> “...May the risen Jesus ...make us responsible guardians of creation.” Pope Francis <i>Urbi et orbi</i>	28	29	30	31		