

Because the world *can* change a lot in 40 days.

Lenten Creation Care 2019

Lent is a time for prayer, fasting, and more intentional sharing. This year, our church is joining with many others in heeding the call to be stewards of God's Creation throughout this season.

May this calendar remind us to be more mindful of the ways that our daily habits impact both our common home and all those with whom we share it.

On behalf of future generations and all living in poverty—those most harmed by our damaged climate—may we answer God's call to be faithful stewards, speaking out for Creation care.

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University Lutheran Church
Green Team

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>A prayer from Psalm 51: <i>Create in me a clean heart, O God, and put a new and right spirit within me.</i></p> <p>Creator God, we begin this Lenten Season asking for Your renewal. Through prayer, fasting, and sharing over these 40 days, we ask that our eyes be opened to the ways we can do better; in our relationships with You, Your Creation, and all those with whom we share this, our common home. Lord, help us to restore what has been damaged through our sinful overconsumption and the systemic injustices that surround us, returning to You with renewed spirits.</p>			<p>MARCH 6</p> <p>Ash Wednesday "All are from the dust, and to dust all return." - Ecclesiastes 3:20</p> <p>Reflect with gratitude on the reality that we all are made of and fed by the Earth.</p>	<p>7</p> <p>Is your local waterway clean enough for baptism? Learn its name and pray: "God of sacred waters, your Son was baptized and tempted as we are. May we be a blessing to Your waters." Learn about the Santa Clara Valley Watershed.</p>	<p>8</p> <p>Fasting from meat is a centuries old Lenten tradition. Try eating vegetarian today, and check out Oxfam's Eat for Good guide online for other ways to use your fast to bless others: bit.ly/eat4good</p>	<p>9</p> <p>Consider using "eco palms" for Palm Sunday. These palms help improve workers' living standards and protect forests in Mexico and Guatemala. Order by 3/22 to receive them in time: EcoPalms.org</p>
<p>Take a contemplative walk around your neighborhood, park, or nearby wooded area. Listen and look for signs of the Creator's touch.</p> <p>10</p>	<p>Read Deut. 26 and consider composting your food waste, returning nutrients to the soil. Compost at home or curbside with advice for * San Mateo County * Santa Clara County</p> <p>11</p>	<p>"You will be called the repairer of the breach, the restorer of streets to live in." - Isaiah 58:12b</p> <p>Take time today to repair something that you might otherwise have replaced.</p> <p>12</p>	<p>Consider your gifts and talents. Pray and meditate on how your time, talent, treasure, and testimony may be used to care for our Common Home.</p> <p>13</p>	<p>Turn down your thermostat by at least 1 degree. In cold weather, aim for 68° during the day and 60° at night. Buy a programmable thermostat if you can. Always turn the heat off when you leave home.</p> <p>14</p>	<p>On average, a family of four in the US uses 40 gallons of water per day just in the shower! Set a timer for 5 minutes and consider installing a low-flow shower head: EPA.gov/WaterSense/showerheads</p> <p>15</p>	<p>This year, Earth Day is the day after Easter! How will your church celebrate? Find worship resources: CreationJustice.org/resources</p> <p>16</p>
<p>Have an "embrace the silence" Sunday: make it a No Electricity Day! Turn off everything, and unplug if you can. Before you go off the grid, read Blessed Earth's resources on Sabbath living: SabbathLiving.org</p> <p>17</p>	<p>Weatherize your home and prevent heat (and money) from being wasted! Find project ideas and how-tos: bit.ly/weatherizehome</p> <p>18</p>	<p>So many of God's children are caring for Creation. Check out this web comic to learn how our Muslim neighbors are going green: bit.ly/RYERpC</p> <p>19</p>	<p>Make one of your journeys more environmentally-friendly today. Could you combine two trips? Carpool rather than driving solo? Bike, walk, or take public transit, instead of driving?</p> <p>20</p>	<p>Reduce your home energy bill and promote clean energy. Check out our guides that help you or your congregation consider solar: interfaithpower.org/resources/solar-resource-guide</p> <p>21</p>	<p>As you fast from meat today, consider plant-based dishes for Easter Sunday: StFrancisAlliance.com/recipes</p> <p>22</p>	<p>Mark 1:10 <i>As he was coming up out of the water ...</i></p> <p>Water is the basis for all life in the universe. Use water mindfully today, and find one way to support the health of God's sacred waters.</p> <p>23</p>

URLs that begin with bit.ly are case sensitive; all other links are not.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"I am establishing my covenant with you, your descendants, and with every living creature ..." - Gen. 9:9-10 Take a walk and observe the interdependence of God's Creation. Use IPC's Spiritual Walk guide: bit.ly/IPC-Walk</p> <p>24</p>	<p>Green grass lawns are not so "green." Learn how to cultivate grounds that are good for people, plants, and creatures at home: bitly/greenergrounds and at church: bit.ly/sacredchurchgrounds</p> <p>25</p>	<p>"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." - Eph. 2:10 Check out more "good works" for our watershed: bit.ly/IPCaction</p> <p>26</p>	<p>Planning to travel? Consider getting there without flying. Can't avoid flying? Fund a project that prevents one ton of climate pollution for each ton caused by your trip such as NativeEnergy.com.</p> <p>27</p>	<p>Continue your stewardship into the Easter season: Organize "E-Cycling" for your congregation to dispose of old phones and TVs responsibly: e-stewards.org/find-a-recycler</p> <p>28</p>	<p>Look to purchase locally-grown food this weekend. Plan to walk to a farmers' market or consider joining a community-supported agriculture (CSA) group to receive fresh, local produce each week: LocalHarvest.org</p> <p>29</p>	<p>At 8:30 pm, join hundreds of people around the world who will be switching off all lights for one hour to commit to global climate action and be more mindful of energy use: EarthHour.org</p> <p>30</p>
<p>Honor the Lord's day (and the Lord's Creation) by walking, biking, or taking public transportation to church today!</p> <p>31</p>	<p>APRIL 1 Play the Carbon Footprint Game with your congregation this month, and discuss how your community can make a safe, healthy, and equitable environment for all: bit.ly/FootprintGame</p>	<p>"For God so loved the Cosmos ..." - John 3:16 God's circle of love is infinite and all-inclusive. Reflect and open your heart today to those in Creation, human or non-human, who are outside your circle of love.</p> <p>2</p>	<p>Wash laundry in cold water for the week and hang it to dry to save energy and money. Read more here: bit.ly/DitchYourDryer</p> <p>3</p>	<p>A film screening can help your congregation learn more about the importance of caring for Creation. Browse movie kits and discussion guides.</p> <p>4</p>	<p>Fast from meat today and read aloud "Prayer After Eating" by Wendell Berry: "I have taken in the light that quickened eye and leaf. May my brain be bright with praise of what I eat ... May I be worthy of my meat."</p> <p>5</p>	<p>Visit the "Spiritual Practice" page and choose an exercise to practice in nature today: CenterForSpintualityInNature.org/practices</p> <p>6</p>
<p><i>I am the resurrection and the life.</i> It can be difficult to contemplate our own end. Think today about greening your "final arrangements," when the time comes. One option is to help protect natural lands: GreenBurialCouncil.org</p> <p>7</p>	<p>Today is the Buddha's birthday. Check out One Earth Sangha to learn how our Buddhist neighbors are responding to climate change: OneEarthSangha.org</p> <p>8</p>	<p>Read Isaiah 43 and consider the gift of water. Can anyone be baptized in your local stream? Learn its name and pray: <i>God of sacred waters, your Son was baptized and tempted as we are. May we be a blessing to your waters.</i></p> <p>9</p>	<p>In your home, replace incandescent and compact fluorescent lights with LEDs. Each bulb replaced will save hundreds of pounds of climate pollution over time: bit.ly/chooseLEDs</p> <p>10</p>	<p>Planning to make Easter baskets? Purchase Fair Trade Certified™ chocolate, which is free from child labor, and supports farmer communities; such as: EqualExchange.coop/products/chocolate</p> <p>11</p>	<p>Genesis 2:15 <i>The Lord God put the man in the garden to cultivate it and guard it.</i> Lend your skills and talents to IPL. Get involved with a local chapter: interfaithpower.org/about-us/working-groups</p> <p>12</p>	<p>Learn about how our Jewish neighbors give thanks before and after meals, praising the One who "brings forth bread from the earth": bit.ly/foodblessings</p> <p>13</p>
<p>Palm Sunday We read that in the Kingdom of Heaven, people shall eat the fruit of the vineyards they plant (Isaiah 65). Start planning what you can plant to remind you of the promise of heaven this spring: bit.ly/2SBtDH6</p> <p>14</p>	<p>Talk with your family about your Lenten Creation care journey. What ideas do you have to continue your stewardship into the Easter season?</p> <p>15</p>	<p>"Whoever serves me must follow me..." - John 12:26 Pray for all our neighbors who face environmental devastation and for the courage of Jesus to sustain your commitment to environmental justice.</p> <p>16</p>	<p>How will you continue to seek God through Creation? "Although we have done everything we can to separate ourselves from other(s) ... from the land and its waters and from God, God has never left us." - Bahnsen & Wirzba, <i>Making Peace with the Land</i></p> <p>17</p>	<p>Maundy Thursday Today we remember Jesus's last supper with his disciples and his prayers in the garden of Gethsemane. Following Jesus' example, take time today to pray outdoors, remembering all who suffer.</p> <p>18</p>	<p>Good Friday "At that moment the curtain of the temple was torn in two, from top to bottom. The earth shook, and the rocks were split." - Matthew 27:51</p> <p>19</p>	<p>Holy Saturday "God looked at everything that God had made, and indeed, it was very good." - Gen. 1:31a Take a walk and notice signs of new life, resurrection, and spring in your neighborhood. Take pictures or notes in a journal of what you see.</p> <p>20</p>

21 Easter Sunday — Col 1:19-20

For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.

"The New Testament does not only tell us of the earthly Jesus and his tangible and loving relationship with the world. It also shows him risen and glorious, present throughout Creation by his universal Lordship" — Pope Francis, *Laudato Si*
Trusting that the One has begun a good work in you will be faithful to complete it (Philippians 1:6), take time to give thanks for the changes of heart and habit you have taken on since Lent began, and continue to live out your call to Creation stewardship with the hope of the resurrection always in your heart!



Take some time today to reflect on all of the activities that you have performed during Lent, and how they have brought you into greater harmony with the Earth and with all life. Conclude your Lenten Creation Care practice by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.