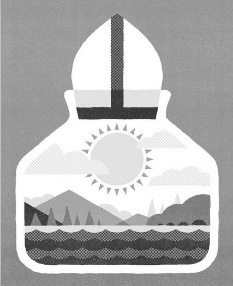


**GOD’S CREATION JAR**

**Suggestions for Lent: To better implement Pope Francis’s encyclical “Laudato Si”, cut out these ideas and put them in a jar. Draw one out each of the 40 days in Lent and try to live the action!**

1. Get more fresh air. And while you’re out there, *see* God’s beautiful gift to you!
2. Think of three things for which you are grateful to God. Pray for those who do not have these blessings.
3. Clean a closet and donate something to charity. Consider doing this as a family activity.
4. Go to a weekday Mass and pray that Laudato Si may become more integral to our faith life and bring about healing of God’s gift of Creation.
5. Write a letter / email to your MLA/MP in support of “Every Life Matters” or universal access to Palliative Care for all Canadians.
6. Turn off the water when washing your hands, brushing your teeth etc.
7. Walk / don’t drive to the mailbox.
8. Phone a friend or relative to tell them one thing you admire about them.
9. Switch off lights when leaving a room.
10. Lower thermostat by 1 degree (may require a sweater).
11. Consider energy saving lighting (LED lights )in your home.
12. Run dishwasher only when totally full.
13. Use the economy cycle on dishwasher or stop it before it begins the drying cycle.
14. Consider cold wash cycle on your washing machine.
15. When washing dishes by hand, only fill sink half full.
16. Reduce highway speeds by 5k/hr. to use less fuel.
17. When boiling water for tea, fill the kettle to heat only the water you need.
18. Visit someone in a seniors’ residence. Share a personal story of God’s touch in your life through Creation.
19. Say a prayer for first responders and those who risk their lives for our safety.
20. Pray the rosary and for each decade, pray for a specific place/animal species/intention connected with the healing needed from environmental degradation.
21. Turn off and electrical appliances when not in use (e.g. consider using a thermos to keep your coffee hot, not the hot plate).
22. Use environmentally friendly cleaning products.
23. Use recycled paper and envelopes. Use both sides of paper, reuse envelopes.
24. Stop using disposable plastic water bottles and store bought water – consider purchasing a filter (e.g. Brita) – much less waste of resources and energy.
25. Use a slow cooker when possible – more energy efficient than an oven.
26. Avoid take out cups – bring your own!
27. Use an electric shaver rather than disposable blades to reduce waste.
28. Use the stairs instead of the elevator whenever possible.
29. When you do your examen of conscience, consider reflecting as Pope Francis has encouraged us to do, on ways in which we have acted or failed to act that has caused harm to our common home. Resolve to change.
30. Pray for vulnerable people and communities affected by climate change.
31. Use washable – not disposable – napkins, mugs, cutlery, etc.
32. Email and/or text to reduce paper consumption.
33. Give someone a hug.
34. At night, turn thermostat down to between 14 – 16 degrees (Pull your comforter up tight).
35. Print double-sided. Reuse paper printed only on one side.
36. Don’t leave electrical appliances on stand-by.
37. Use up leftover food. Pray for those for whom this is not an option.
38. Have a meat-free day. Pray for those for whom this is not a choice. Pray for the animals who give their lives when you have meat with your meals.
39. Consider providing food or nests for birds who are in need of support due to habitat loss.
40. Put on your favorite music and sing and/or dance! Pray in thanksgiving for the victories that have already been realized that fulfill Pope Francis’ call to heal our earth and change our lifestyle to better reflect our stewardship for the great gift God has given us in **Our Common Home**.

***Consider Lent as forty days to prepare ourselves for the great feast of the Resurrection and the fifty days to celebrate that season! This year, DO more, not less. DO for others, not ourselves. CHANGE ourselves to benefit others/Creation. Make this great season of Lent a time to really CHANGE not just for the season, but for the rest of our lives. Accept the challenge our Pope has issued to be the change that the world so desperately needs NOW! His call is urgent! Our response is even more so!***