


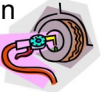






































40 DAYS OF GOING GREEN

Take the St. Francis Pledge to care for creation and the poor www.catholicclimatecovenant.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Carbon Fast			22 Car pool to work or school 	23 Microwaves use less energy than electric ovens 	24 Schedule a home energy audit 	25 Check tire pressure in cars and bikes 
26 First Sunday of Lent	27 Don't be a litterbug! 	28 Recycle old batteries safely. 	29 Don't throw it out! Donate used furniture to a charity. 	March 1 Use re-fillable mugs when you buy coffee 	2 Turn water off when brushing your teeth 	3 Fast food sales generate trash (200# per \$1000 sales) 
4 Second Sunday of Lent	5 Obey speed limits when driving – save gas and lives 	6 Turn the water heater down to 120 Degrees 	7 Bike or walk to school or work 	8 Spend less than 10 minutes in the shower 	9 Don't eat meat today (go to the "Res" fish fry) 	10 Turn off lights when you leave the room 
11 Third Sunday of Lent	12 Clean the vacuum cleaner bag or filter 	13 Clean the dryer lint filter 	14 Weather strip your doors and windows 	15 Compost 	16 Do you use rechargeable batteries? 	17 Stop junk mail call 1.800.5.optout 
18 Fourth Sunday of Lent	19 Clean your furnace filter 	20 Learn to conserve 	21 Check all faucets for leaks 	22 Pray for our planet Earth 	23 Unplug 'chargers' when not in use. 	24 Turn off computers at night & when you are away. 
25 Fifth Sunday of Lent	26 Shop at local markets and farmers markets 	27 Write or type on both sides of paper 	28 Hang your clothes outside to dry 	29 Use natural household products and pesticides 	30 Wash and dry full loads 	31 Do you recycle? newspapers, magazines, cans and bottles 
April 1 Palm Sunday	2 Re-cycle paint cans and motor oils correctly 	3 Pack lunches in cloth bags 	4 Take your own shopping bag to stores 	5 Buy eggs in cardboard containers (not styrofoam) 	6 Avoid using plastic disposable items 	7 Lower the thermostat at your home and office 

"It's easy being green!"



"We show our respect for the Creator by our stewardship of God's creation. Care for the earth is a duty of our faith and a sign of our concern for all people. We should strive to live simply to meet the needs of the present without compromising the ability of future generations to meet their own needs. We have a moral obligation to protect the planet on which we live – to respect God's creation and to ensure a safe and hospitable environment for human beings, especially children at their most vulnerable stages of development. As stewards called by God to share the responsibility for the future of the earth, we should work for a world in which people respect and protect all of creation and seek to live simply in harmony with it for the sake of future generations."

—United States Conference of Catholic Bishops