

COGC presents:	The 2024	Transfig &	Saint Catherine	Go Green "Carbon Fast"	Lenten	Calendar
11	12	13	14	15	16	17
<b>Feb 2024</b>						
		FAT TUESDAY- <u>Behave!</u>	ASH WEDNESDAY- <i>Ecclesiastes 3:20 From dust we come; to dust we shall return.</i> Fast and abstain, but of course still spoil your Valentine!	Consider the many gifts given to you. Pray about how you are called to use your time, talent and treasure to care for our Common Home.	FISH FRIDAY- like good old traditional Lent, abstain from all meat except seafood every Friday.	Reflect upon the "GREEN TRIANGLE"- What is good for the <u>environment</u> is almost always good for your <u>health</u> and will almost always <u>save you money!</u>
18	19	20	21	22	23	24
OBSERVE SABBATH- Say enough to work, enough to social media, enough to shopping, etc. Rest & Pray today so you can feel, see and hear the presence of God.	MEATLESS MONDAY- for the rest of Lent start a new family habit of no meat all day every Monday. For most it is the single most effective way to reduce your carbon footprint.	Consider switching to clean, renewable electricity at home (and business if you are an owner). Check out RGE "Smart Energy" programs.	Turn your thermostat down one degree for the rest of the heating season. Consider investing in a programmable thermostat.	Think about the role of our Church in caring for the environment. Come check out the COGC meeting tonight 7PM in the Transfig PLC.	FISH FRIDAY. Also time to think Summer Vacation. Plan to drive, not fly this year. Think Adirondacks, Finger Lakes, Toronto, Niagara Region, NYC by train, etc.	In preparation for tomorrow (and hopefully most Sundays going forward), check out the "Sabbath Living Resources" at <a href="http://www.BlessedEarth.org">www.BlessedEarth.org</a>
25	26	27	28	29	1	2
OBSERVE SABBATH	MEATLESS MONDAY. Also, start composting your food scraps- return nutrients to the soil, not the landfill.	Your hot water heater is one of the largest energy hogs in your house. Set a timer and see if you can keep your shower under 5 minutes.	Commit that the next car you buy or lease will be fully electric. Have fun dreaming and start doing the research now.	Push for systemic change. Put your elected officials' office numbers on your phone. Call them when an important vote is coming up and advocate for the environment.		

## March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					FISH FRIDAY. Also, make a point to shut off the lights when you leave the room. Consider motion sensors for hallways.	Start gathering your E-Waste (old TVs, computers, phones, DVD players, etc) for the COGC E-waste recycling event around Earth Day in April.
3	4	5	6	7	8	9
OBSERVE SABBATH	MEATLESS MONDAY. Also, commit to eating your leftovers. Invest in bamboo or glass food storage containers.	Prepare to plant some trees this Spring. Trees store lots of carbon for centuries, they provide shade, beauty, living space for critters, etc.	Speaking of trees, be on the lookout after Easter for information on tree planting opportunities in the ABC Woods (by the Gift Garden) during Earth Day weekend.	Instead of buying costly bottled water, purchase (or dig out of your cabinet!) a reusable bottle and enjoy tap or filtered water.	FISH FRIDAY. Also, before throwing something out consider if it can be recycled or repurposed.	Take a nice long walk today and listen to the birds, look at the trees, feel the sun (or maybe snow) on your face. REJOICE in all of creation.
10	11	12	13	14	15	16
OBSERVE SABBATH	MEATLESS MONDAY. Share a favorite vegetarian or vegan recipe with a friend today.	The Bible says that in Jesus all things in heaven and earth were created, and through Him all things will be reconciled. How do you think He will judge the way we live on earth today	How long can you go without buying any new clothes? Make a pledge of 3 months, 6 months or even one whole year. Encourage friends and family to join you.	Care of God's Creation (COGC) monthly meeting tonight 7 PM in Transfig PLC. Bring a friend!	FISH FRIDAY. Also, when you pass a piece of litter please pick it up and put into correct bin (recycle or trash).	Find the most environmentally friendly way to get to church this weekend (walk, bike, car share). Carpooling is also great way to get to know your neighbors better.
17	18	19	20	21	22	23
OBSERVE SABBATH	MEATLESS MONDAY. Also, thinking about Easter Baskets?? Purchase Fair Trade chocolates that are free from child labor and support the farmer community.	HAPPY SPRING! Check your tire pressures. If the pressure is too low you are burning extra fuel every mile.	Start replacing as many light bulbs as possible with LED lights- they have come a long way and will last for years.	Turn you water heater down to 120 degrees. Consider wrapping it in an insulating blanket if appropriate.	FISH FRIDAY. Also, relax and drive the speed limit. You will get where you are going, save some fuel and reduce stress!!	At 8:30 PM tonight join hundreds of millions around the world who are switching off all lights for one hour to commit to global climate action. Visit <a href="http://www.EarthHour.org">www.EarthHour.org</a> .
24	25	26	27	28	29	30
PALM SUNDAY	MEATLESS MONDAY. Also, think about helping in the Gift Garden this spring. We have delivered over 10 tons of fresh vegetables to local food pantries and could sure use your help.	Today please visit the Catholic Climate Covenant website to join US Catholics responding to the climate crisis with faith, advocacy, action and education.	Listen to God in nature today in your yard, neighborhood or a local park.	HOLY THURSDAY. Try to take an electronic-free day. Turn off the TV, computer, radio, phone. Take time to reflect on and pray about Jesus in the Garden.	GOOD FRIDAY- fast and abstain. Also, please make a personal pledge to serve God and to serve others by pursuing a more sustainable way of life.	HOLY SATURDAY.
31	1	2	3	4	5	6
EASTER SUNDAY- <b>He is Risen!</b>	DYNGUS DAY. Also, continue Meatless Mondays all year long!					