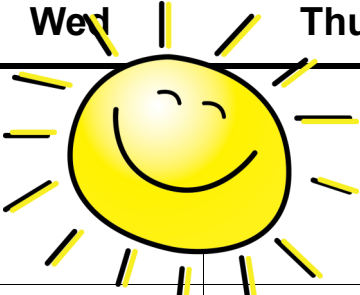






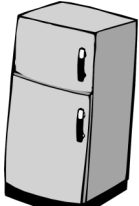





June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>This summer, our church is inviting you to take specific steps to Care for God’s Creation. May this season of warmth and relaxation serve as a wake-up call to be mindful of the ways that our daily choices impact everyone, especially our neighbors in poverty. Each of these actions will reduce our production of pollution and help to preserve God’s great gift of Creation. Look for a new calendar each Summer month!</p>					<p>4 It’s hard to open ourselves up to the reality of what is happening to our world. Learn more at https://www.climaterealityproject.org/climate-101</p>		
<p>5 Trees help fight climate change by absorbing carbon dioxide from the atmosphere. Plant a native tree today.</p>	<p>6–8 Try this: During warm weather, set your home’s cooling system to 78 degrees F when you’re home. If you will be out of the house for four or more hours, consider raising the setting so the cooling system only comes on if the temperature tops 88 degrees. It’s estimated that for every degree higher you set your thermostat over 78 degrees Fahrenheit in the summer months, you could save approximately 6 to 8 % off your home energy bill, per degree.</p>			<p>9 Planning to travel? Consider getting there without flying. If you have to fly, help fund a project that prevents a pound of climate pollution for each pound your trip will cause. (NativeEnergy.com)</p>		<p>10 & 11 June 11 is Chesapeake Recycles Day at 3316 S. Military Hwy, east of GW Hwy. Bring household hazardous waste, electronics, and other recyclable materials. For more info, go to www.CityOfChesapeake.net/RecyclesDay.</p>	
<p>12 Styrofoam doesn’t degrade for hundreds of years, and it’s banned in our parish. Pick up at least 1 piece of litter today, and dispose of it properly.</p>	<p>13 Turn off lights you’re not using. Shut off lights as you leave a room. You can put reminders on your switch plates.</p>	<p>14 Thirsty? Give up bottled water, buy yourself a reusable water bottle, and inspire those around you, too (takebackthetap.org)</p>	<p>15 Learn about rain barrels, build or buy one, and install it this summer! (bit.ly/rainbarrelresources)</p> 		<p>17 & 24 For generations, Christians didn’t eat meat on Fridays. Consider devoting Fridays (or another day) to a more climate friendly diet and forgo meat and cheese on these days (ewg.org/meateatersguide/ eatsmart/)</p> 		
<p>19 Are you recycling everything you can? Research what items your city or county allows for curbside recycling. Place something you haven’t been recycling in your bin!</p>	<p>20 Wash your clothes in cold water, and give your dryer a rest. Instead, hang clothes to dry on a rack or clothesline: (LaundryList.org).</p>	<p>21 Drive sensibly to save gas. Avoid braking and accelerating quickly. Drive at the speed limit. Your car is much less efficient at speeds above 55 mph.</p>	<p>22 Save paper: print double-sided or on back of used paper. Stop junk mail: (CatalogChoice.org)</p>	<p>23 What impact are you having on the climate? Calculate your footprint today: http://coolclimate.berkeley.edu/carboncalculator</p>		<p>25 Let your dishwasher breathe. Run the dishwasher only with a full load, and skip the energy-intensive drying cycle by choosing the “air-dry” option.</p>	
<p>26 The world’s poor are being hit hardest by climate change. Learn more: (ActionAidUSA.org)</p>	<p>27&28 Could you use fewer disposables? Keep our landfills from filling up! Bring a mug for coffee and a reusable bag to get groceries. Use a cloth napkins at meals. Wipe up with a rag instead of paper towels. Bring a fork and takeout container next time you eat out. It makes a difference!</p>			<p>29 & 30 Green grass lawns are not so “green”. Learn how to cultivate grounds that are good for people, plants, and creatures: (http://www.nwf.org/pdf/Certified-Wildlife-Habitat/GFW-Brochure-Application-2015.pdf)</p>			

July 2016

Sun	Mon	Wed	Thu	Fri	Sat
<p>3 & 4 The coals are cooling, the guests have gone home and it's time to gather the garbage and call it a day. As a knowledgeable green consumer, you likely have minimized the use of disposable plates, napkins, cups, and single serving packages in favor of washable utensils and bulk-sized beverages containers. The reward for this responsible behavior is minimal trash, a fridge filled with wanted leftovers, and the promise of a fantastic grilled vegetable sandwich for lunch tomorrow (www.kashi.com).</p>				<p>1 Don't throw out packing materials! Shipping stores will gladly accept bubble wrap, peanuts, etc., to re-use.</p>	<p>2 Our parish is thinking GREEN! Get involved in our Care for Creation Ministry by calling the parish office.</p>
		<p>5 & 6 Have you read <i>Laudato Si</i>? Learn more about Pope Francis' encyclical on the environment at http://www.crs.org/climate-change. What will you do?</p>		<p>7 Reduce food waste by planning well and eating leftovers. Compost what's left. Learn about composters (bit.ly/how2compost).</p>	
<p>10 PRAY for those who live in unhealthy or difficult conditions.</p>	<p>11 Install a WaterSense low-flow showerhead to cut down on water and energy (bit.ly/lowflowshowerhead).</p>	<p>12 Set a 5 minute timer for your shower today, and see how your normal shower length compares.</p> 	<p>13 & 14 Own stock? Find out if shareholder resolutions have been filed to "green" the companies' practices (ProxyDemocracy.org) & divest from fossil fuel companies: (GreenAmerica.org/fossilfree).</p> 	<p>15 Place an insulating cover over your hot water heater. You can find a "blanket" at most hardware stores.</p>	<p>16 Take the Catholic Climate Covenant Pledge. Go to http://www.catholicclimatecovenant.org/pledge.</p>
<p>17 Set aside time in quiet, and use your senses to enjoy creation. Praise God for this gift!</p>	<p>18 & 19 Make your travel more environmentally friendly. Could you combine two trips? Carpool rather than driving solo? Bike, walk, or take public transit instead of driving.</p>	<p>20 Use canvas bags for shopping or think of ways to eliminate the use of plastic</p>	<p>21 Walk, ride a bike, or take the bus today to save on gasoline and reduce pollution.</p>	<p>22 Plan a meal that uses food produced within 100 miles of your house.</p>	<p>23 Visit a park and enjoy God's Creation. Pick up garbage you find and divide it into reuse, recycle, and dispose. Consider how</p>
<p>24 Send a card of thanks and peaceful wishes to a person or organization you admire who works to care for the earth.</p>	<p>25 Reflect on or discuss your energy consumption. How can you save energy? Take it further: Look into getting a home energy efficiency assessment.</p>	<p>26 If your fridge is 10-15 years old, you may be able to cut energy usage in half by upgrading to an ENERGY STAR fridge. (bit.ly/FridgeCalculator)</p> 	<p>27 Second fridge or freezer in the basement? Try to make do with just one.</p>	<p>28 Visit a park today and enjoy God's Creation. Pick up garbage you find and divide it into reuse, recycle, and dispose. Consider how garbage could be reduced.</p>	<p>29 & 30 The average American replaces their phone every two years. Organize an "ecycling" collection and make sure electronic devices are properly disposed of (ecyclingcentral.com).</p> 
<p>31 Notice and appreciate birds today and any "peacefully winged" creature that passes by.</p>					

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 PRAY for God's creatures. Talk about creatures that are endangered. Learn about your favourite animal and how human activity is affecting it.</p>		<p>2 Shop virtually. Buying online almost always involves less energy use and fewer carbon dioxide emissions than in-store shopping.</p>	<p>3 Keep a diary of where, when, and how long you've driven can help you pinpoint the trips that aren't exactly necessary or could be combined.</p>	<p>4 Don't throw away good food! Freeze leftovers so you can eat them down the road.</p>	<p>5 Get a travel cup. Some store (even Starbucks!) offer discounts for customers who bring their own mug.</p>	<p>6 Consider purchasing bulk quantities of foods that last a long time (e.g. rice, pasta, cereal, nuts).</p>
<p>UPCYCLE SUNDAYS! Get your craft on this month! Every Sunday afternoon, up-cycle. Turn one piece of useless junk into something fun and cute, or fresh and funky. Make jewelry, household accessories, and restyled clothing from things you already own. Look around wiki-How to find tons of articles about how to make different things!</p> 	<p>8 If you are not using certain rooms in your house, close the vents in these rooms, and close the doors.</p>	<p>9 Try a day without A/C. You WILL survive, and maybe you'll find you don't need it every day.</p>	<p>10 If you're not using it, turn it off. This goes for lights, televisions, computers, printers, and so on.</p>	<p>11 Start logging a weekly record of every food item you toss in the garbage. That way, you can notice patterns and make changes.</p>	<p>12 Bakers, consider investing in some metal and ceramic baking pans that you can re-use.</p>	<p>13 When shopping, look for (and purchase) products with minimal to no packaging.</p>
	<p>15 Write a letter to a business who uses more packaging than necessary.</p>	<p>16 Inventory your yard products. Avoid pesticides, herbicides, and human-made chemical fertilizers.</p>	<p>17 Write a letter today to the editor about fossil fuels or endangered animals.</p>	<p>18 Too hot in the house? Try dressing lightly before you crank up the air-conditioning.</p>	<p>19 Close doors when the A/C is running!</p>	<p>20 Ask take-out restaurant not to include napkins, utensils, or condiments with your order; you've got them at home!</p>
	<p>22 Donate used clothing. It can be re-used, and you can get a tax break!</p>	<p>23 Tired of buying batteries and recycling them? Purchase re-chargeable batteries!</p>	<p>24 Attend an environmental rally in your community. Make signs to carry during the demonstration to convey your message.</p>	<p>25 Turn off the water tap when you're brushing your teeth.</p>	<p>26 Looking for school supplies? Purchase re-cycled paper. It's on the label.</p>	<p>27 Check out used goods. Buying used goods means reducing your carbon footprint.</p>
	<p>29 Be mindful of the water you use today; conserve as much as possible, and give thanks for the gift of it.</p>	<p>30 Fall's coming. Use a rake instead of an electric or gas-powered leaf blower.</p>	<p>31 Make creation care a top priority when you vote. See how your leaders are doing on the League of Conservation Voters' scorecard: (scorecard.lcv.org).</p>	<p>Every voice matters! VOTE!</p> 