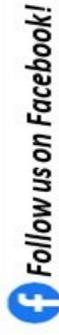




















2023 Lenten Care for Creation Calendar

Created by *Laudato Si' Ministries of the Diocese of Joliet*



Sabbath Sunday	Meatless Monday	Trim Trash Tuesday	Waste Not Wednesday	Thankful Thursdays	Fasting Friday	Sustainable Saturday
 <p>This Lent we are giving you an opportunity to follow the call of Pope Francis to protect our common home. During these 40 days of Lent, let us open our hearts and minds through prayer and action to care for God's creation.</p>	<p>27 Do not eat meat for lunch today.</p> 	<p>28 Do not use any paper towels. Instead use dishcloths or sponges to clean.</p>	<p>Feb 22 Ash Wednesday Americans throw away up to 40% of food (NRDC Study). Reflect on how to prevent this in your own home.</p> 	<p>23 Appreciate the parks and forest preserves. Take a walk and say a Rosary while walking.</p>	<p>24 Not only fast from meat today but also fast from electronics.</p> 	<p>25 Research how you can create a vegetable garden in your backyard or patio.</p> 
<p>26 Leave your car at home. Walk or bike to Church. Rest in the Lord.</p>	<p>27 Do not eat meat for lunch today.</p> 	<p>7 Use reusable containers instead of plastic wrap.</p>	<p>March 1 Research how to make a compost bin.</p>	<p>2 Say Grace before each meal. Thank God for the all the gifts he has given you.</p>	<p>3 Turn your heat down by two degrees.</p> 	<p>4 Replace the light bulbs in your home with LED bulbs. Remember to recycle the old light bulbs.</p>
<p>5 Design a prayer corner outside using secondhand materials</p>	<p>6 Do not eat any meat all day.</p> 	<p>14 Freeze leftovers instead of throwing away.</p> 	<p>8 Check out the SCARCE website to find out all the ways to reuse or recycle items in your home.</p>	<p>9 Plant a tree or donate to "One Tree Planted" which focuses on Global Reforestation.</p>	<p>10 Take a shorter shower and fewer showers.</p> 	<p>11 Sign up to attend a Community Solar Information Session.</p>
<p>12 Read 5 to 10 pages of a religious book.</p> 	<p>13 Try a new plant-based recipe. http://livingthechange.net/</p>	<p>21 Research swapping bamboo for paper products at your next large gathering.</p>	<p>15 Use the leftovers in your refrigerator to create a meatless meal.</p>	<p>16 Begin reading Pope Francis' Encyclical Laudato Si'.</p> 	<p>17 Look around your home. Decide how you can use less plastic in your daily activities.</p>	<p>18 Shop at secondhand stores and go to the library to get a book.</p>
<p>19 Make today a family day. Play games and talk about the gifts God has given you.</p>	<p>20 Continue to practice meatless Monday and promote this idea to others.</p>	<p>28 Research the do's and don'ts of recycling in your area. Share this information with others.</p>	<p>22 Buy only what you need at the stores, even if the item is on sale.</p>	<p>23 Be thankful for the green spaces in the area around you by keeping them clean.</p>	<p>24 Reuse instead of recycling. Research how you can practice this more in your home.</p>	<p>25 Research bird feeder and house installation. Put out strips of yarn or string for bird nesting materials.</p>
<p>26 Get a book on birds at the local library. Go for a nature walk and reflect on the beauty you see.</p>	<p>27 Donate to a local food pantry.</p> 	<p>4 Begin only using reusable grocery bags.</p> 	<p>29 Research and use detergent strips to reduce your plastic.</p> 	<p>30 Go on a Gratitude Walk. Thank God for all the beauty He has given to us in Creation.</p>	<p>31 Fast or abstain for a cause.</p> 	<p>April 11 Fossil Fuels Day: Use Public transportation, carpool or walk to where you need to be.</p>
<p>2 Palm Sunday Take time to pray outside.</p> 	<p>3 Learn ways you can help be more involved in ways to help the poor.</p>	<p>5 Take your own containers to restaurants to take your leftovers home.</p>	<p>6 Holy Thursday Spend time with someone who is homebound or call a person who is struggling.</p>	<p>7 Good Friday Today is a day of fasting.</p> 	<p>8 Holy Saturday Take time to reflect on continuing the changes you've made during Lent.</p>	

LENTEN REGULATIONS

1. Everyone 14 years of age or over is bound to **abstain** from meat on **Ash Wednesday** and all the **Fridays of Lent**.
2. All from the age of 18 years up to the beginning of their 60th year are bound to **fast on Ash Wednesday & Good Friday**.
3. On these two days of fast and abstinence, only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids, including milk and fruit juices are allowed. When health or ability to work would be seriously affected, the law does not oblige.
4. To disregard completely the law of fast and abstinence is sinful.
5. Lent is the principal season of penance in the Church year. Therefore, all of the faithful are strongly urged to develop and follow a program of voluntary self-denial. All Catholics are encouraged to support generously the charitable works of the whole Church, pray and perform works of charity and mercy.
6. Those who are sick, pregnant, or nursing, or whose health would adversely be affected by fasting or abstinence, should not consider themselves bound by these norms.

ALMSGIVING OPPORTUNITIES

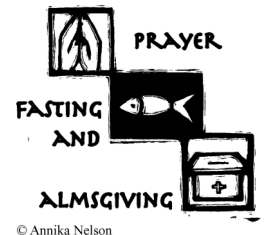
COLLECTION for the CHURCH in CENTRAL and EASTERN EUROPE: February 22

OPERATION RICE BOWL throughout Lent. Contact the RE Office for a bowl.

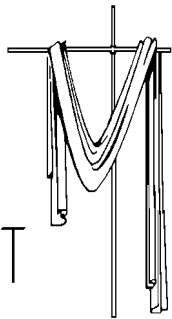
HELPING HANDS FOOD PANTRY

CATHOLIC RELIEF SERVICES APPEAL: March 18—19

PONTIFICAL COLLECTION for the HOLY LAND: Good Friday, April 7



© Annika Nelson



© J. S. Paluch Co., Inc.

PRAYER OPPORTUNITIES:

Weekday Mass: Monday, Wednesday, Thursday and Friday at 7:15am

Communion Service: Tuesday at 7:15am

SACRAMENT OF PENANCE:

Saturday 3-3:45pm; Thursday 7:30-8pm; or by appointment

Parish / RE Penance Service: March 27 at 6:30pm

EUCCHARISTIC ADORATION Thursday 6-8pm

STATIONS of the CROSS Friday beginning February 24

Stations of the Cross begin at 7pm in the church all Fridays of Lent.

LITTLE BLACK BOOKS containing 6-minute meditations on the Passion according to Matthew are in the lobby

CLERGY ASSOCIATION of GREATER PEOTONE
WEDNESDAY LENTEN SOUP SUPPER and PRAYER SERVICE
Soup Supper begins at 6pm / Prayer Service begins at 7pm

HELP from our parishioners is needed on
Wednesday, MARCH 1 to provide soup and
cookies when we host.
HOST(ES) are also needed!

<u>DATE</u>	<u>HOST CHURCH</u>
March 1	St. Paul the Apostle
March 8	Immanuel UCC (Peotone)
March 15	Wilton Center Federated (Manhattan) with St. John
March 22	United Methodist Church (Peotone)
March 29	Community Presbyterian Church (Manteno)

GOOD FRIDAY: April 7 at 3pm
 Ecumenical Stations of the Cross hosted by
 St. Paul the Apostle Catholic Church

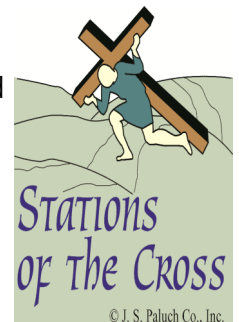


SOUP SUPPER / STATIONS of the CROSS on Fridays in Lent
(February 24, March 3, March 10, March 17, March 24 and March 31)
 A light supper of meatless soup and bread will be served at 6pm in the Red Room;

Stations of the Cross begin at 7pm in the church.

Parishioners, parish groups, RE / FF classes, families, etc. are invited to sign-up to provide **meatless soup and bread** and serve as hosts / hostesses. **Please sign-up in the rear of the church.**

Paper products, butter and cutlery will be provided. **Please join us in Lenten fellowship.**



© J. S. Paluch Co., Inc.