



# Because the world can change a lot in 40 days.

## Lenten Creation Care Calendar 2026



VAIPL's theme this year is "**Healthy People, Healing Planet**". Our mission is to achieve climate and environmental justice for Virginians and our world by collaborating with people of faith and conscience. In Job 12:7-10 we read, "But ask the animals, and they will teach you; the birds of the air, and they will tell you; ask the plants of the earth, and they will teach you; and the fish of the sea will declare to you. Who among all these does not know that the hand of the Lord has done this? In his hand is the life of every living thing and the breath of every human being."

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Week Theme - Rethinking food &amp; honoring God's abundance</b>						
February 15 <b>Prayer:</b> "God of goodness and mercy, hear my prayer as I begin this Lenten journey. Let me be honest with myself as I look into my heart and soul, and guide me as I humbly seek to return to your love"	16 Want to try a meatless meal during Lent that doesn't have fish? Check out these 65 recipes that are perfect for family dinners and potlucks! <a href="https://bit.ly/4azF XuV">https://bit.ly/4azF XuV</a>	17 Eating seasonally and locally can reduce carbon emissions since your food doesn't have to travel as far. Use this guide to find what is in season for you throughout the year.  <a href="https://bit.ly/3M8ptsb">https://bit.ly/3M8ptsb</a>	18 Ash Wednesday Want to eat a more plant based diet but still love meat? Try becoming a weekday vegetarian and only eat meat on the weekends. Here are some tips to get you started.  <a href="https://bit.ly/4qFFu7Q">https://bit.ly/4qFFu7Q</a>	19 108 billion pounds of food is wasted annually in the United States. Think about the little changes that you and your family can take to reduce food waste in your home and community, such as composting.  <a href="https://bit.ly/4gad0gu">https://bit.ly/4gad0gu</a>	20 Meatless Friday How seafood is raised and produced varies. These differences can have an impact on our planet and health. Use this database to find sustainably sourced seafood that is better for people and planet.  <a href="https://bit.ly/4sYi8fm">https://bit.ly/4sYi8fm</a>	21 The next time you buy groceries, head to your local farmers market! This is a great way to support local businesses and farms while enjoying locally grown fruits, vegetables, and other food!  <a href="https://bit.ly/4pPdDkr">https://bit.ly/4pPdDkr</a>
<b>Week Theme - Sustainable living as an act of faith</b>						
22 <b>Prayer:</b> "Help me live more simply so I may share space with my neighbors in harmony."  "And the land could not support both of them living together because their possessions were so great that they could not live together." -Genesis 13:6	23 Cut back on single-use food containers by bringing your own dishes and containers to family and community dinners. If you are unable to bring your own dishes, consider purchasing biodegradable products instead.  <a href="https://on.nrdc.org/4gNvriX">https://on.nrdc.org/4gNvriX</a>	24 Valuing our clothes by repairing, reusing, and resisting fast fashion isn't just a practical climate solution; it's a spiritual practice of stewardship and love.  <a href="https://bit.ly/3MbuZdz">https://bit.ly/3MbuZdz</a>	25 Transportation is the #1 source of greenhouse gas emissions. Reduce carbon emissions by carpooling, walking, biking, or using public transportation.  <a href="https://bit.ly/49Punly">https://bit.ly/49Punly</a>	26 Single-use plastics are polluting our water, as well as exposing us to harmful chemicals and microplastics. Try fasting from single-use plastic bags this Lent.  <a href="https://bit.ly/4rkGMW1">https://bit.ly/4rkGMW1</a>	27 Meatless Friday Shop at your local thrift store for new clothes and home goods. Not only can you save money, but you can reduce your carbon footprint while finding unique, high-quality items!  <a href="https://bit.ly/308yWQL">https://bit.ly/308yWQL</a>	28 Consider installing a bidet to cut down on toilet paper consumption, which is a major contributor to deforestation. Bidets use less water on average than it takes to grow the trees used for making toilet paper.  <a href="https://bit.ly/3EpMMcC">https://bit.ly/3EpMMcC</a>
<b>Week Theme - Thinking of our neighbors at home &amp; around the world</b>						
March 1 <b>Prayer:</b> "Almighty God, you invite us deeper into your world and your people. Help us live a Lent focused on freedom, generosity, and encounter. Give us hearts hungry to serve you and those who need what we have to give."	2 Our indigenous neighbors often face a disproportionate pollution burden and other environmental injustices. Watch how this 16-year-old is working to secure justice for her ingenious community.  <a href="https://bit.ly/4qJ5IGz">https://bit.ly/4qJ5IGz</a>	3 World Wildlife Day Support your local food bank or church's feeding program by donating food, money, or your time. Find your local food bank by using the link below.  <a href="https://bit.ly/4f4nf5A">https://bit.ly/4f4nf5A</a>	4 Consider supporting an organization providing humanitarian aid in Gaza, Ukraine, and other areas of the world, like Doctors Without Borders.  <a href="https://bit.ly/4q2kabJ">https://bit.ly/4q2kabJ</a>	5 Look for fair trade and ethically produced products! Fairly traded and ethically produced goods provide livable wages to workers and are often good for the planet.  <a href="https://bit.ly/4jAWxoA">https://bit.ly/4jAWxoA</a>	6 Meatless Friday Support labor rights by buying union-made products for your parties and holiday celebrations. Find a list of union brands you can buy from this Easter and beyond!  <a href="https://bit.ly/4qCSefA">https://bit.ly/4qCSefA</a>	7 Pray with your family and neighbors for those grieving the loss of a loved one this season.  <a href="https://bit.ly/3WcBWwF">https://bit.ly/3WcBWwF</a>

**Prayer: "The Lord has bestowed the fruits of the earth for the benefit of all of the world's people. May we share with all in need and so be good stewards of God's earth and its abundance."  
- United States Conference of Catholic Bishops**



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SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Week Theme - Praying for those experiencing climate grief &amp; eco-anxiety</b>						
<b>8 World Women's Day</b>  <b>Prayer:</b> "Help us to see our sisters and brothers as truly beloved children of God. Help us to fast from incivility and feast on your love"	<b>9</b>  Coping with Climate Grief: Take time to explore your feelings with climate grief and learn how you can acknowledge, grieve, and take note of how you can use this grief moving forward.  <a href="https://bit.ly/413c21z">https://bit.ly/413c21z</a>	<b>10</b>  Eco-anxiety is becoming more prevalent in communities experiencing climate disruptions, as well as in those who are witnessing these injustices. Read more below.  <a href="https://bit.ly/3M2Bu2a">https://bit.ly/3M2Bu2a</a>	<b>11</b>  Eco - Chaplains: How is your faith community discussing climate grief?  <a href="https://n.pr/4hdL0dd">https://n.pr/4hdL0dd</a>	<b>12</b>  Use these five strategies to help alleviate eco-anxiety for yourself and others.  <a href="https://bit.ly/4agj5YZ">https://bit.ly/4agj5YZ</a>	<b>13 Meatless Friday</b>  How can we create action out of climate grief? Consider starting or joining a mutual aid network in support of a just transition.  <a href="https://bit.ly/3ZCSU8M">https://bit.ly/3ZCSU8M</a>	<b>14</b>  Find Hope: How can we find hope towards a sustainable future?  <a href="https://bit.ly/40SE7IM">https://bit.ly/40SE7IM</a>
<b>Week Theme - Energy efficiency</b>						
<b>15</b>  <b>Prayer:</b> "Teach me to resist waste in energy usage as I do so with food, fashion, and household goods."  "Gather up the fragments, so that nothing may be lost." —John 6:12	<b>16</b>  Swap out your light bulbs for energy-efficient LED bulbs to cut down your energy bill and reduce energy consumption.  <a href="https://cnet.co/3DK7aVQ">https://cnet.co/3DK7aVQ</a>	<b>17 St. Patrick's Day</b>  Check out these tips to reduce your energy usage and save on your electric bill!  <a href="https://bit.ly/3Z32KAO">https://bit.ly/3Z32KAO</a>	<b>18</b>  Consider switching to solar energy for your energy needs. Learn about the benefits of solar energy here  <a href="https://bit.ly/4il2tBx">https://bit.ly/4il2tBx</a>	<b>19</b>  Use this checklist to weatherize every room in your home.  <a href="https://bit.ly/4rfd8kG">https://bit.ly/4rfd8kG</a>	<b>20 Meatless Friday</b>  Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by about 4 miles per gallon, regardless of vehicle size.  <a href="https://bit.ly/4glwQ8y">https://bit.ly/4glwQ8y</a>	<b>21 International Day of Forests</b>  Remember to turn off lights and electronics when they are not in use. During the day, make good use of sunlight to help limit your energy consumption.  <a href="https://bit.ly/3BYa20L">https://bit.ly/3BYa20L</a>
<b>Week Theme - Rejoicing for our trees and gardens</b>						
<b>22</b>  <b>Prayer:</b> "O God, we thank you for this earth, our home; For the wide sky and the blessed sun, For the salt sea and the running water, For the everlasting hills And the never-resting winds, For trees and the common grass underfoot..." -Walter Rauschenbusch	<b>23 World Meteorological Day</b>  Learn more about the Plant Natives Initiative in your region!  <a href="https://bit.ly/3WD3rzK">https://bit.ly/3WD3rzK</a>	<b>24</b>  Plant food for your community through a community garden.  <a href="https://bit.ly/4hxQtLD">https://bit.ly/4hxQtLD</a>	<b>25</b>  Trees help to reduce heat during hot summers, keeping us cool and lowering energy bills. Read more below.  <a href="https://bit.ly/464OvPC">https://bit.ly/464OvPC</a>	<b>26</b>  Help our pollinators thrive! We rely on them to grow food and create beautiful flowers for all to enjoy.  <a href="https://bit.ly/4jyeTqn">https://bit.ly/4jyeTqn</a>	<b>27 Meatless Friday</b>  Test the health of your soil to make sure your garden is ready for fruits, vegetables, and other plants this Spring!  <a href="https://bit.ly/3WSbN6V">https://bit.ly/3WSbN6V</a>	<b>28</b>  Join VAIPL's "Cool the City" campaign to lower higher temperatures in the Richmond area. Fill out our volunteer interest form below.  <a href="https://bit.ly/VAIPL_CTC_VOL">https://bit.ly/VAIPL_CTC_VOL</a>
<b>Week Theme - Looking toward the future</b>						
<b>29 Palm Sunday</b>  <b>Prayer:</b> "Dear Lord, bless those who tirelessly advocate for the Earth and its inhabitants. Grant them the courage to speak out against injustice, the determination to drive positive change, and the wisdom to inspire others. May their efforts be a beacon of hope in our quest for a better world. In your name, we pray for the empowerment and protection of environmental advocates. Amen."	<b>30</b>  Make sure you know who your representatives are in the Virginia General Assembly. State leaders can have just as much, if not more, of an impact on our lives as federal leaders do.  <a href="https://bit.ly/4gemzv2">https://bit.ly/4gemzv2</a>	<b>31</b>  Reflect on how Christianity calls on us to care for people and planet.  <a href="https://bit.ly/4k3r0fH">https://bit.ly/4k3r0fH</a>	<b>April 1</b>  Are you registered to vote? Voting is an easy way to advocate for your family and community. You can register or update your voter registration here  <a href="https://bit.ly/41oJueq">https://bit.ly/41oJueq</a>	<b>2</b>  Sign up for election reminders and view what is on your ballot using the resource below.  <a href="https://bit.ly/45C0XpT">https://bit.ly/45C0XpT</a>	<b>3 Good Friday</b>  Join or start a "green team" at your church to help your community learn about the environment. Reach out to our Faith Outreach Organizer, Laticia, for more information and resources.  <a href="mailto:ilee@vaipl.org">ilee@vaipl.org</a>	<b>4 Holy Saturday</b>  Consider registering your congregation to become a partner with VAIPL and join our mission to grow healthy communities by advancing climate and environmental justice. Join at  <a href="https://bit.ly/3D4debd">https://bit.ly/3D4debd</a>

Reflect on all you have accomplished during the Lenten season and what you will carry with you into this new season of growth. How has your frame of mind changed? How will you respond to VAIPL's theme for this year: **Healthy People, Healing Planet**? Conclude your Lenten creation care practice by making a personal pledge to advocate for an environmentally just and resilient world with your faith community, legislature, and in your neighborhood. Join VAIPL for civic engagement events, workshops, lobby days, and more as the year progresses.

