


























February ~ Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14 Find The Lenten Energy Fast to Sack Hunger Sack in today's FORUM.</p> <p>Fast from energy and other carbon sources, and simplify your lifestyle - with your donations going to Food Gatherers!</p>  <p>foodgatherers.org</p>	<p>15 Learn more about Catholic teachings related to Care for God's Creation. Visit the US Bishops' web site.</p> <p>www.usccb.org/sdwp/international/globalclimate.shtml</p>	<p>16 For Catholic initiatives to prevent climate change, visit the Catholic Coalition on Climate Change web site.</p>  <p>Take their St. Francis pledge and deposit 50¢!</p> <p>www.catholicclimatecovenant.org</p>	<p>17 ASH WED.</p> <p>To remind us of the people in the world who lack electricity, remove a light bulb from a spot in your home where light is not needed. Leave it out during the Lenten season.</p> 	<p>18 Measure your carbon footprint. Here are calculators you can use:</p> <p>http://www.nature.org/initiatives/climatechange/calculator/ -or-</p> <p>http://www.icpi.net/2009/cool-congregations-coverage-and-resources/</p> <p>Footprint lower than the US average? Add 50¢. Footprint higher? Add \$1.</p>	<p>19 Meatless / Fishless Fridays! A yummy vegetarian recipe will be featured each Friday. Try Kelly's Frittata or share your own recipe! Add 25¢.</p>  <p>The recipe of the week can be found at: http://stfrancisa2recipes.blogspot.com/</p>	<p>20 Think prayerfully about using resources at a faster rate than they can be replaced. . .</p> <p>Fact: The richest 20% of the world consumes 80% of its resources. The remaining 80% of people have to make do with the remaining 20%.</p> <p>Pray for the wisdom to know how to live in a world with so much inequality. Deposit 80¢.</p>

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<p>21 Bring your own mug to Coffee and Donuts after mass on Sundays, to reduce waste and to save our parish money on the cost of disposable cup.</p> <p>Add 50¢ if you use a reusable cup regularly; add \$1 if you don't.</p> 	<p>22 Plan at least 1 "green" commute this week (carpool, bike, walk, take the bus, or telecommute)</p> <p>Deposit 5¢ for every mile you commute to work or school.</p>	<p>23 Sign-up for "e-statements" from your bank or "e-newsletters" from your child's school.</p> <p>Saves trees and saves the school money on the cost of printing, mailing, supplies! Deposit 25¢</p>	<p>24 Say "no" to bags at the store to save trees and reduce the use of fossil fuels.</p>  <p>Make and /or bring bags with you to reuse – or try a reusable tote bag instead of plastic or paper. Deposit 25¢.</p>	<p>25 Buy products that don't use excessive packaging!</p> <p>Packaging increases the energy needed to produce and ship the product, and it often ends up in a landfill.</p> <p>Deposit 50¢ and watch "The Story of Stuff" online.</p> <p>www.storyofstuff.com</p>	<p>26 Meatless / Fishless Friday</p> <p>Try Patti's Lentil-Barley Stew or share your own recipe. Donate 25¢.</p>  <p>The recipe of the week can be found at: http://stfrancisa2recipes.blogspot.com/</p>	<p>27 Recycling is a very important way you can reduce landfill waste and fossil fuel use!</p> <p>Consider whether you are using recycling opportunities. If so, deposit 25¢; if not, deposit \$1.</p> 

Sunday	March ~ Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Feb 28 Dial your thermostat down 1 - 2 degrees (or dial up in the summer) to reduce your home's energy consumption.</p> <p>Leaving town? Consider dialing down temperature by 5 or 10 degrees. Deposit \$1.</p> 	<p>1 Make sure that all lights, power strips and electronics are turned off when not in use. Unplug chargers from the wall when not in use.</p> <p>Turn off the computer and monitor at the end of the day. Deposit 25¢ for every computer you own or use.</p>	<p>2 Hot Water Heater Tips: -Set water heater at 120-130°; Use a "jacket" to reduce standby heat loss by 25 - 45%. You can save 4-9% in water heating costs! If your home uses a hot water system,</p>  <p>donate 75¢.</p>	<p>3 Dishwashers use about 1/2 the energy, 1/6 the water, and less soap than hand washing an identical set of dirty dishes! Run your dishwasher only when it's full and let dishes air dry rather than using the drying cycle to reduce energy use.</p> <p>Deposit 25¢ for every load of dishes today.</p>	<p>4 Don't forget to flip the switch! Turn off the lights when you leave the room, at home or work.</p> <p>Count the light switches in your home and add 5¢ for each light switch.</p> 	<p>5 Meatless / Fishless Friday</p> <p>Try Linda McCartney's Pasta Flageolet Soup or share your own recipe. Give 25¢.</p>  <p>The recipe of the week can be found at: http://stfrancisa2recipes.blogspot.com/.</p>	<p>6 Winter drafts can account for 5 - 30% of your home energy use. Quick fixes include plastic covering on your windows and using rolled-up towels in front of doors.</p>  <p>Deposit 30¢ if you conserve energy in your home. Deposit 60¢ if not.</p>

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<p>7 An earth-friendly diet requires us to do something that is increasingly less common: spend time cooking our food, rather than buying pre-packaged foods or eating out</p> <p>Deposit 25¢ for every meal that is earth-friendly this week!</p> 	<p>8 Try to buy from local merchants, co-ops, or farmers, so your food and products don't have to travel so far to get to you. This keeps \$\$\$ in our community!</p> <p>Check out the St. Francis Community Kitchen or explore Community Supported Agriculture (CSA) to support local farmers. Donate 50¢ if you buy locally.</p>	<p>9 If chocolate is still on the menu this Lent, reward yourself during your Carbon Fast by trying some Fair Trade chocolate. Deposit 25¢!</p> 	<p>10 Plan your menu and buy only enough food to avoid waste – and don't forget to use those leftovers!</p> <p>If you have enough food to eat this week, give thanks / add 50¢!</p> 	<p>11 Consider planting a garden to grow organic vegetables!</p> <p>Community garden programs provide classes and space for your garden. Two local organizations to check out: Project Grow & Growing Hope. Volunteer with the St. Francis Sustainable Garden. Deposit 75¢ if fresh produce is important to you!</p>	<p>12 Meatless / Fishless Friday</p> <p>Try Kelly's Black Bean and Zucchini Tortillas or share your own recipe. Donate 25¢.</p> <p>The recipe of the week can be found at: http://stfrancisa2recipes.blogspot.com/</p> 	<p>13 Visit your local Farmer's Market for fresh, locally grown (often organic) food – delicious, nutritious, affordable, and earth-friendly! Deposit 75¢</p> <p>The Ann Arbor Farmers Market hours are 8 am - 3 pm on Sat (Jan-April); and 7 am - 3pm on Wed and Sat (May-Dec)</p> <p>The Ypsilanti Farmers Market is open 2 - 6 pm every Tues (May-Oct).</p>

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<p>14 Get outside & spend the day enjoying nature!</p> <p>Remember when you are out to pick up trash when you see it. Volunteer to help clean up a local park.</p>  <p>Deposit 50¢ if you have a clean, safe place to play outside.</p>	<p>15 Obey speed limits to save money on gas, protect yourself, and contribute to a better environment!</p> <p>Check tire pressure monthly – low tire pressure means higher fuel consumption. Deposit 25¢ for every vehicle you own.</p> 	<p>16 Check your cleaning supplies for chemical content.</p> <p>Think about replacing chemicals with eco-friendly products.</p> <p>Deposit 50¢ for every eco-friendly product you used.</p>	<p>17 Plant native plants and flowers in your garden this summer – they improve air quality and biodiversity, while reducing the need for fertilizers and pesticides.</p> <p>Deposit 75¢.</p> 	<p>18 Do you use your car for short drives?</p> <p>Many car trips are less than 1.5 miles so bicycling or walking can be a healthy and earth-friendly alternative!</p> <p>Deposit 25¢ for every car trip you made this week that was less than 1.5 miles.</p>	<p>19 Meatless / Fishless Friday</p> <p>Try Ohio Valley Vegetable Soup from the Corpus Christi Soup Sale or share your own recipe. Donate 25¢.</p>  <p>The recipe of the week can be found at: http://stfrancisa2recipes.blogspot.com/</p>	<p>20 Car manufacturers have done a great job in increasing fuel efficiency. When renting a car for a trip, or buying a new car, choose a model that has good fuel economy. Deposit \$1.</p> 

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<p>21 Sustainable living is a matter of justice. Visit the Catholic Coalition on Climate Change web site to watch their 5-minute video: "Who's Under Your Carbon Footprint?" www.catholicclimatecoverant.org Consider volunteering with a local organization that does environmental work. Donate 25¢.</p> 	<p>22 Access to clean water is critical to human life. Learn about & support efforts to provide clean water in the developing world. Catholic Relief Services is one organization involved in bringing clean water to those who desperately need it. Visit: www.crsprogramquality.org/water-and-sanitation/ Deposit \$1 and give thanks that you have access to clean water</p>	<p>23 Advocate – write to a public official on an environmental issue about which you feel strongly.</p> <p>The Ecology Center has suggestions for ways you can take action on local environmental issues. Visit: www.ecocenter.org/ Deposit 50¢</p> 	<p>24 The Legacy Land Conservancy (formerly Washtenaw Land Trust) protects local land for its natural, scenic, recreational, historic & agricultural value. Deposit 50¢, and visit their website to learn more about their work: www.legacylandconservancy.org. Visit one of the local nature preserves and enjoy God's creation!</p>	<p>25 If you are interested in exploring "green" jobs, here is a helpful resource: www.meldi.snre.umich.edu/green_jobs_center</p> <p>Deposit 75¢.</p> 	<p>26 Meatless / Fishless Friday</p> <p>Try Aimee's Vegetarian Recipe or share your own recipe. Donate 25¢. The recipe of the week can be found at: http://stfrancisa2recipes.blogspot.com/</p> <p>Think about the cost and the impact on the earth of raising animals for our food. Consider a meatless / fishless day every week!</p>	<p>27 This weekend Return Sack Hunger Sacks! Remember that light bulb you removed at the beginning of Lent? Bring God's light into your home! Replace it with a compact fluorescent or LED bulb that uses significantly less electricity!</p> <p>Make sure to tell us if you changed a light bulb, took the St. Francis pledge, or tried other tips this Lent!</p> 