

A Reflection and Activity Calendar

March 22 – April 22, 2019

World Water Day to Earth Day

March	
Fri. 22	The theme for 2019 World Water Day is <i>Leaving No One Behind</i> . Wherever you are and whatever you do on March 22, make it about nature and water.
Sat. 23	Keep a pitcher of drinking water in the fridge instead of letting water waste away down the drain each time you fill a glass.
Sun. 24	St. Augustine claims: "We catch sight of the Truth as It is known through God's creation." Today, walk in nature or the city to find a new experience of Truth.
Mon. 25	If you have to run the shower or bath to warm up the water, use the cold water to fill a bucket and water plants, soak stained laundry, fill a pot for cooking in the kitchen, or use it for some other purpose, so it doesn't go to waste.
Tues. 26	How can you work to eliminate the causes of climate change that are bringing us so many severe storms and floods?
Wed. 27	If you accidentally drop ice cubes or they are left over from your drink, don't throw them in the sink. Drop them in a house plant instead.
Thurs. 28	"A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people." — <i>Franklin D. Roosevelt</i>
Fri. 29	The whiter the paper, the more water and bleach that was used to produce it. Buy "recycled" paper, paper napkins and paper towels.
Sat. 30	Think of how you have experienced Climate Change in the past few years? How have other places in the world experienced it? With whom can you share this?
Sun. 31	"Nature never hurries: atom by atom, little by little, she achieves her work. The lesson one learns from yachting or planting is the manners of Nature; patience with the delays of wind and sun, delays of the seasons, bad weather, excess or lack of water." — <i>Ralph Waldo Emerson</i>
April	
Mon. 1	Go on line to read about what's happening in places around the world lacking easy accessibility to water sources.
Tues. 2	As you walk or drive think about all the underground pipes that carry water to us in our North American cities. Donate time or funds to an organization that works to bring water to those who walk several miles a day to find water.
Wed. 3	The creation accounts in the book of Genesis suggest that human life is grounded in three fundamental and closely intertwined relationships: with God, with our neighbor and with the earth itself. (<i>Laudato Si</i>)
Thurs. 4	Turn down water pressure when you don't need it to come out of the faucet at full force.
Fri. 5	Don't wash tiny loads of laundry in a full basin of water. Adjust water levels according to how much laundry you are going to wash.

Sat. 6	Every so often reflect on your commitment to be a Blue Community, or consider joining one if you have not already by pledging to avoid bottled water unless absolutely necessary.
Sun. 7	“Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together ... all things connect.” — <i>Chief Seattle</i>
Mon. 8	“Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of each.” — <i>Henry David Thoreau</i>
Tues. 9	Keep a birdbath in your garden or yard with water for birds to enjoy.
Wed. 10	“Look deep into nature, and then you will understand everything better.” — <i>Albert Einstein</i>
Thurs. 11	Keep track of all the ways water appears such as dew, fog, mist, snow, clouds, rain. Prayerfully reflect on what this variety can teach us?
Fri. 12	A typical household loses 2,000 to 20,000 gallons of water a year from leaks. Fix the leaks in faucets, tubs, toilets in your home.
Sat. 13	Help the people of La Gonave, Haiti experience a better life. Donate to the water catchment program through the Development Office.
Sun. 14	“You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.” — <i>Jane Goodall</i>
Mon. 15	Use a pan or bowl of water to rinse your fruits and vegetables instead of letting the water run in the sink.
Tues. 16	Greet with gratitude and love the water you use first thing in the morning.
Wed. 17	Organize a plastic cleanup day with family, friends, students, neighbors.
Thurs. 18	Try to shower instead of taking a bath. A bath uses on average 30 gallons of water a 10 minute shower about 20 gallons. Cut down on shower time or skip one occasionally. Change showerheads to ones that use less water.
Fri. 19	“In every walk with nature one receives far more than he seeks.” — <i>John Muir</i>
Sat. 20	Wash your cars at a car wash because they use recycled water.
Sun. 21	Renew your efforts to challenge the immoral water privatization practices of Nestles.
Mon. 22	Earth Day 2019 focus is to Protect Our Species. It’s not just endangered species we should care about - land animals, sea creatures, and plants have seen their numbers severely reduced. Theologian Elizabeth Johnson says that every time a species goes extinct, it is like ripping a page from the Bible - we know less of the revelation of our God.