Month	Topic	Week	Did You Know?	Learn More	Act								
WOITH	торіс	<u>vveek</u>	Did you know that every year,	Learn More	ACI								
			Americans send nearly 150 million	Decluttering is bad for the planet	Consider alternative ways to								
			tons of waste to the landfill? That includes 9 million tons of		clear the clutter in your home without filling up the landfill.								
January	Eco Cleaning	Jan 6-7	clothing and shoes.	:	without filling up the fandilli.								
			Green cleaning products are		Make a resolution to begin								
			typically safer for the environment and people's health than their	What Is Green Cleaning?	this new year using products that are more environmentally								
		Jan 13-14	nongreen equivalents.	Green Cleaning Guide	and health friendly.								
			Green cleaning products are										
			non-toxic, and biodegradable, so they have less impact on the										
			environment. Other chemical cleaning products										
			may contain ingredients from		Check to see if your cleaner								
			non-renewable sources and have toxic impacts that can hurt the		makes the cut on safe cleaning								
		Jan 20-21	world's eco-system.	Does Your Cleaning Routine Need a Makeover?	products at https://www.epa.gov/saferchoice								
			Did you know that the use of		Conventional Cleaning								
			conventional cleaning products can contribute to higher pollution	Cleaning products cause indoor pollution levels	Products Emit Hazardous Chemicals								
		Jan 27-28	indoors than outdoors?	similar to a busy road									
				What is a plant-based diet and why									
				should you try it? - Harvard Health									
L.	L		Did you know that not all plant based	https://www.youtube.com/watch?v=k8wYxkZuzaQ	Consider changing your meal plans to								
February	Plant Based Diet	Feb 3-4	diets are healthy?		include a whole food and plant based diet								
			Did you know you can follow a	Whole-Foods, Plant-Based Diet:	Challenge yourself to adopt a whole food diet during Lent and sign up for the								
		Feb 10-11	plant based diet and still eat meat?	A Detailed Beginner's Guide	Meatless Monday Challenge.								
				What is a plant-based diet, and is									
			Did you know that plant based diets	it healthy? Columbia University Irving Medical Center									
		Feb 17-18	can save you money?	https://youtu.be/k8wYxkZuzaQ?feature=shared									
			Did you know that plant based diets		Sign up for the Meatless Monday Challenge! https://www.mondaycampaign								
			are more sustainable than meat		.org/meatless-monday/meatless-monday								
		Feb 24-25	based diets?		-challenge?gclid=Cj0KCQiAwbitBhDIARI	sABfFYllkuqZlt6	e7LbxBpSdiQkv	9Y2E2YVBgnsNt	dX-dvPoaplc3p	4U9B0aAhT9E	Lw_wcB		
				Learn more: What are the Frogs Trying to Tell Us									
			B:1	 Natural History Society of Maryland (marylandnature.org) https://www.marylandnatur 									
March	Frogs & Toads	Mar 2-3	Did you know that Frogs are important care for creation communicators?	/what-are-the-frogs-trying-to-tell-us/	Act: Spring is a great time to begin creating	more habitat for f	rogs and toads in	our community. L	earn more in the	veeks ahead.			
					Act: Become a part of Frogwatch USA								
					to help gather information about frog								
			Did you know that frogs and toads are an		and toad species and their habitat. FrogWatch - My Green Montgomery:								
		Mar 9-10	important part of the ecosystem God created?	Learn more: www.marylandzoo.org/news-and-updates	My Green Montgomery https://mygreen	montgomery.org	/frogwatch/						
			Did you know that there are many ways		Act: Check out some of the suggestions								
		Mar 16-17	that you can invite frogs and toads into your garden?	Learn more: Supporting Frogs & Wildlife with a 1	to create more habitat in your yard or								
		IVIAI 10-17	Did you know that some of the sounds	Learn more. Supporting Progs & whathe with a r	Act: Spend some time in the coming weeks								
			you hear when you are outside are not		listening to the symphony God brings to								
		Mar 23-24	insects but rather frogs and toads?	Learn more: Listen to some of the music created by									
					Add a birdbath, a dish or water or even a shallow pond in your								
			Did you know that birds and pollinators		yard to give these pollinators a								
		Mar 30-31	need sources of clean water to thrive?		water resource.								
				Learn more: to find out how you can become part of the solution to a problem that affects									
				our environment, health, and underserved									
				populations worldwide. God's creation and creatures need our help. Thank you to the Catholic									
			Did you know that Earth Day first	Climate Covenant for the YouTube video 2024 Earth	Act: Check your consumption								
			began in 1970 and has been celebrated yearly on April 22nd?	Day: Healing Our Throwaway Culture: A Focus on Plastics https://www.youtube.com/watch?v=euSqO	habits to see how you can								
April	Plastic Reduction	Apr 6-7	This year's theme is Planet vs. Plastics.		reduce your plastic use.								
			Did you know that plastic waste harms God's creation by killing										
			marine and terrestrial wildlife,										
			takes up space in limited-capacity landfills, contributes to										
			greenhouse gas pollution by										
			the manufacturing process, and creates microplastics that are										
			showing up everywhere?	Learn: Discover 10 basic ways to reduce									
		Apr 13-14	What is Plastic Pollution	plastic pollution	Act: Change your plastic habit to reduce your plastic use.								
		7 pr 10-14	Did you know that most folks are		jour places doc.								
			confused about what to put out										
			the confusion is necessary in the	Learn: Howard County has a Know Before You Throw campaign designed	Act: Make sure you recycle								
		4 00 01	battle against plastic waste.	to assist residents and businesses with	correctly so that all your items								
		Apr 20-21		sorting their waste properly.	can be recycled.								

			Did you know that the SJERC Green Team is one of our parish's Outreach Ministries? As part of the Wilde Lake Interfaith Center, we believe that "The Earth is the Lord's and everything in it, the world and those who live in it". We are called by faith to: Educate our peers about environmental threats and potential solutions affecting Maryland, our nation, and the world. If the world is a peep in every entered and respect for God's creation locally and in the wider community.	Learn: What are some of the SIERC Green Team's accomplishments? Meeting monthly on 200m since 2020, the Green Team has sponsored and co-posponsored environmental-centered events for our Parish and other local religious organizations in 2024 we are leading an Adopt-An-Island project.									
		Apr 27-28	families, parishioners, and community members to live more sustainably and to take action on issues concerning environmental justice.	beautify and attract pollinators to some of the parking islands, planning and installing a Mediation Garden on the WLIC grounds, and have advocated for bills to help mitigate climate change and promote environmental justice in the current Maryland General Assembly.	meeting on Tuesday, May 14, 2024, at 7 pm. Email kavaldivia09@gmail.com for the meeting link. Follow the SJERC Green Team on Facebook, https://www.ior.lnstagram.com/sjer	acebook.com/sjerc c.green.team/	.green.team/						
May	Pesticide/Herbicide/ Fertilizer Reduction	May 4-5	Did you know that leaving grass clippings on the lawn acts as a natural fertilizer?	Learn: Allowing the clippings to decompose on the grass returns about 25% of the needed nitrogen for the year. Leave Grass Clippings on Your Lawn	Act: Save yourself time when mowing. Leave the grass clippings on the lawn and fertilize it at the same time.								
		May 11-12	Did you know that pollinators are less likely to land on flowers sprayed with fertilizers or pesticides as they can detect electric field changes around the flower?	Learn more: https://cen.acs.org/environment/pesti	Act: Skip the fertilizers and pesticides to protect the pollinators.								
		May 18-19	Did you know that spraying for mosquitoes can harm you, your kids, pets and your neighbors? The chemicals can also harm birds and insects that help eat mosquitos and pollinate your yard	There are safer options to eliminate mosquitoes in your yard using common kitchen ingredients. Easy DIY Mosquito Traps and you can make your yard less attractive to these pests https://wapo.st/44rQLyz	Make your yard mosquito unfriendly and create your own mosquito trap!								
		May 25-26	Did you know that you can reduce the amount of lawn you have to mow in your yard and help pollinators at the same time?	Learn: There are many alternatives to a large grassy yard. Lawn Alternatives. LUniversity of Maryland Extension Landscape Designs with Native Plants University of Maryland Extension	Act: Add a few plants in a small space and add new plants each year to reduce your lawn and create a more biodiverse habitat.		Did you know tha	at there are reasor	s for hope when	considering the ci	Imate crisis?		
June	Howard County resources	June 1-2	Did you know the Howard County Government has excellent online resources to educate and assist residents to make sustainable, environmentally conscious choices?	Learn: These county websites are a good place to start. LiveGreen Howard Community. Sustainability/Howard County and Clean Water Howard	Act: Become familiar with what the County is doing to address environmental and economic issues affecting current and future County citizens.		https://youtu.be	/Rd2JgQDk2Js?i	eature=shared				
		June 8-9	Did you know that Howard County offers farmers' markets multiple days a week throughout the county?	Learn: The Howard County Economic Development Authority provides information on the 2024 HoCo Farmers' Markets season.	Act: Buy locally grown food to support nearby farmers and to reduce your carbon footprint. It is fresher and tastes better too.		https://youtu.be	/NbLQ9vhHkyM?	feature=shared				
		June 15-16	Did you know that from one end of Howard County to the other, plenty of parks,well-maintained trails, and nature centers enable residents to spend time in nature?	started. Howard County Parks and Recreation	Act: Take time to reflect on what you can do to protect and preserve HoCo's natural areas. They are important for clean air, water, food, and the ecosystem for our well-being now and for future generations.		Jane Goodali's	Reasons for Hop	Đ.				
		June 22-23	Did you know that Howard County has an active Master Gardener program? The program is administered by the University of Maryland College of Agriculture and Natural Resources Extension Service.	Learn: The mission of the <u>Howard County Master</u> <u>Gardeners</u> is to educate residents about safe, effective, and sustainable horticultural practices that build healthy gardens, landscapes, and communities.	Act: Take advantage of this free valuable resource that provides horticultural education services to individuals, groups, and communities including government agencies, neighborhood associations, non-profit organizations, historic sites, schools and youth groups, senior citizens, and garden clubs.								
July		June 29-30	Did you know the Food and Drug Administration (FDA) tests sunscreens for efficacy, but not their safety either to humans or the environment?	This is the time of year when most of us replenish our supply of sunscreen. Perhaps you are planning a trip to the beach, planting a garden, or planying tennis. We certainly hear about the importance of protecting against skin cancer. There are two types of sunscreens: mineral and chemical-based. Mineral products use natural agents such as zinc, zinc oxide, and titanium dioxide. Chemical products are based on, well, chemicals. Please choose a mineral-based product!	Check out Research for Your Everyday Decisions to learn what's in your sunscreen								
July		July 6-7	Did you know that many personal care products on the market today contain toxic ingredients? The primary offenders are: aluminum, sulfates, formaldethyle, parabers, phrhalates, propylene glycol, chemical sunscreens, and lead. Believe it or not, many lipsticks are formulated with lead	Learn more: The primary problem is that many ingredients disrupt the human ingredients disrupt the human endocrine system. Dr. Daniel Amen, a frequent speaker on public television warns that these chemicals can also harm our brain health. The FDA does not test these types of products. The Emironmental Working Group, a non-profit organization, maintains a database of test results performed on health and beauty products.	Act: Check out ewg.org to find out if any of the products you use are dangerous.								

		July 13-14	Did you know that you can also plant a healing garden?	Learn more: Most of us think of flowers or vegetables when we hear the word rody "garden." There are many medicinal herbor flowers, roots, and berries. Before the advent of modern technology, this was how medicine was practiced. For example, if you have trouble sleeping, place lavender sachets in your bedroom and timen closet. Lavender is known to bedroom and timen closet. Lavender is known to make the control of the contr	Figure out what works for you and get planting!									
		July 20-21	Did you know that you are not the only person confused about what is recyclable	Learn: Watch Is This Recyclable? Howard County Lunch & Learn and Know Before You Throw Howard County to better understand what you can put in the blue bin.	Act: Use what you've learned to sort your recyclables.									
		July 27-28	Did you know that plastic is made from petroleum, a non-renewable fossil fuel?	Learn: The <u>Plastic Free July movement</u> offers numerous tips on how to reduce your plastic use.	Act: Choose one or two options to get started on using less plastic.									
August	Insects	Aug 3-4	Did you know that insects have been around for 350 million years and humans for only 300,000 years?	Learn: Even scary looking bugs can be beneficial to your garden and backyard. Scary Bugs (And Why You Shouldn't Be Afraid) – Maryland Grows	Act: Learn more about the insect you see in your home or yard before you eliminate it. They may be much less creepy than you thought!									
		Aug 10-11	Did you know pesticides kill beneficial insects as well as harmful ones and can stay in the environment for months and years after spraying?	Learn more about pesticides <u>8 Pesticide Myths</u> Every Gardener Should Know Xerces Society	Act: Use pesticides only as a last resort when other methods have failed to protect your health and property.									
		Aug 17-18	Did you know using preventative cover sprays for insect control creates more problems than it solves by suppressing predators and diseases that control the pests?	Learn when the best time of day to spray and how to reduce the spray impact on beneficial insects. How to control invasive pests while protecting pollinators and other beneficial insects	Act: Limiting the application of pesticides and choosing low impact sprays reduces the harm to beneficial insects.									
		Aug 24-25	Did you know that even natural or homemade insecticides can be harmful to the environment?	Learn about options you have before choosing to spray as well as homemade insecticides that are less harmful to the environment. <u>8 Natural</u> <u>8 Homemade Insecticides: Save Your Garden</u> Without Killing the Earth	Act: Create a healthy and balanced ecosystem to encourage beneficial insects and deter more harmful insects.									
		Aug 31 -9/1	Did you know that flowers and herbs can act as insect repellants?	Learn about companion planting Companion Planting for Pest Control - The Beginner's Garden and Companion Planting : Flowers & Herbs that help repel bugs	Act: Control insect damage with careful planning and companion planting.									
September	Season of Creation	Sep 7-8	Did you know the Season of Creation is from September 1- October 4 and is a month long observance that calls for Christians to pray and act for God's creation?	Learn about this year's theme. To Hope and Act, with Creation. Season of Creation 24 has daily suggestions for how each of us can take action to care for the gift of Creation.	Act: Find a way you can take action to reduce your impact on the environment and grow hope for the future.									
		Sept 14-15	Did you know that Pope Francis made the Season of Creation an official time of celebration and prayer in the Catholic church in 2015 and that many other faith communities celebrate this Season at the same time?	Learn: What is the Season of Creation?	Act. Pray for our earth: that the Season of Creation will strengthen us to take the steps necessary to bring about healing with creation: to preserve the earth's scurres, protect the earth's climate, and reduce our dependence on practices that degrade our environment. Taken from CCC. Homily Helps									
		Sept 14-15	Did you know that Pope Francis endorsed		raken from <u>CCC Homily Helps</u>									
		0	the Fossil Fuel Non-Proliferation Treaty (FFNPT) to end the use of fossil fuels as part of the Season of Creation?	0-0 44	Act: Consider signing The Fossil Fuel	G-4			ID#ICCO-==00 1: -:	-004740	(4700470+0005=::	74404 C	-Marin	-46
		Sept 21-22	as part of the Season of Creation?	Learn: SoC Advocacy Activity Guidelines 2024.pdf Learn: We are a group of parishioners concerned about		tic1.squarespace.com	//static/500a91260	000/0/84DT5280	o/urob8Cb38db0l	0021/404104272	11/204/2462367/	1/1124 Compost	apies+Brochure.	.pur
		Sept 28-29	Did you know the St. John the Evangelist's Green Team is looking for new members?	the impacts of climate change and want to make a difference. We heard the Pope's message that God, His creation, and humanity are interconnected, and emphasizes the moral and ethical dimensions of climate change. Our group meets on the second Tuesday of every month at 7 pm on Zoom. We prayerfully reflect on our place in Creation, advocate for more moral climate policies, and take real action to reduce our carbon fotoprint. By getting together as a team, we bring diverse gifts and talents together. We hope you'll join us.	Please email kavaldivia09@gmail.com for more information and the meeting link. And follow the SJERC Green Team on Facebook, https://www.facebook.com/sjerc.green.team or Instagram, https://www.instagram.com/sjerc.green.te	ul am/								
October		Oct 5-6	Did you know that the Season of Creation has just come to a close? Let's continue the momentum as we begin the month of October. Small changes in daily habits add up and can minimize one's carbon footphra.	Learn: Autumn creates opportunities to be innovative. Look to nature and use pine cones, autumn leaves, and acorns instead of plastic items to decorate your home. Check your furnace and weatherproof doors and windows against cold drafts. Leave the leaves for overwintering critters or rake them to use in a compost pile or as mulch in flower beds. Enjoy a pumpkin spiced beverage but drink it in a reusable mug at the cafe or ask them to pour it into your reusable to-go cup. Visit a local farm for pumpkins and apples. Think of sustainable ways to celebrate Halloween. https://www.treehugger.com/quick-guide-plastic-free-halloween-decorations-4855740										

	Climate Change	Oct 12-13	Did you know that Howard County has already experienced the effects of climate change, including more frequent and severe storms, heat waves, and flooding?	Learn: Changes are happening due to increases in greenhouse gas (GHG) pollution, which traps heat in our atmosphere. These polluting emissions are created through everyday activities such as burning fossif fuels (e.g., gasoline and natural gas) to power our cars and homes and sending waste to decompose in landfills. LiveGreenHoward	Act: Start a family conversation and create a plan before it is needed. Visit the US Government FEMA website, https://www.ready.gov/			
		Oct 19-20	Did you know the St. John the Evangelist's Green Team is looking for new members?	month at 7 pm on Zoom. We prayerfully reflect on our	And follow the SJERC Green Team on Facebook, https:// www.facebook. com/sjerc.green.team/ or Instagram, https:			
		Oct 28-29	Did you know there are positive stories reported in the media regarding climate change too? Some progress is being made to strive towards more sustainable, climate-friendly futures.	Learn: Through their Climate Change Program organizations like the Maryland Department of the Environment (MDE) are helping Maryland reach goals to combat climate change. The MDE is leading the state's efforts to reduce greenhouse gas emissions while creating jobs and benefiting the economy. Maryland Climate Change Program	Act: Federal and state government agencies, as well as county, religious organizations, nonprofit and for-profit companies, and individuals, all need to commit and take action to move towards sustainability.			
November		Nov 2-3	Did you know your old jack o'lantern can be recycled or composted and kept out of the landfill?	Learn: Don't just trash your gourd - let it be part of the fun at the Howard County Pumpkin Palooza on Saturday, November 16th at the Miller Library.	Act: Bring your pumpkin and join in the fun and games at the_ Pumpkin Palooza!			
		Nov 9-10	Did you know the Catholic Campaign for Human Development supports environmental justice?	Learn: Examine the Environmental Justice CCHD Map to learn how CCHD cares for creation and where the funds are spent on environmental justice topics.	Act: Donate to the CCHD collection November 16-17 to protect the environment, create green jobs and improve energy efficiency.			
		Nov 16-17	Did you know the Catholic Campaign for Human Development (CCHID) has awarded over \$462 million in grants supporting more than 12,000 community-based, grassroots-led organizations since 1970?	Learn: CCHD funds local groups such as PATH (People Acting Together in Howard County) to support affordable housing and environmental justice concerns in Howard and Anne Arundel counties as well as Baltimore City and western Maryland counties.	Act. Please consider contributing online through our parish or mail a check made out to Catholic Campaign for Human Development and mail it to St. Bernardine Parish, Attn. Msgr. Richard Bozzelli, Director CCHD Baltimore, 3812 Edmondson Avenue, Baltimore 21229 Maryland			
		Nov 23-24	Did you know Americans waste more than 312 million pounds of food at Thanksgiving and that food waste is responsible for 14% of methane emissions in the U.S.?	Learn what you can do to have a lower impact on the environment at Thanksgiving: 15 Sustainable Tips for a Green Thanksgiving Celebration GBB*	Act: Plan to have a more sustainable holiday using a few of these ideas.			
		Nov 30-Dec 1	life's simpler moments, de-cluttering our homes and turning toward nature	Celebrate the season by keeping it simple.	Act: Take the pledge and focus on one area in your life to simplify.			
December	Sustainable Gift Givin	Dec 7-8	Did you know that many Americans go into debt shopping for Christmas?	Rethink your gift giving approach using this strategy https://onlypassionatecuriosity.com/christmas-buo	Reduce the time and money spent shopping to focus on a few important areas for each family member.			
		Dec 14-15	Did you know that when you shop local, you reduce the need for long distance transportation expenses?	Reduce your environmental impact by shopping locally for holiday gifts. You'll reduce the cost of shipping and hopefully drive less while supporting local businesses at the same time.	Check out the options in <u>Small Business</u> <u>Saturday: Shop Local</u> on Maryland's Main Streets			
		Dec 21-22	Did you know that some wrapping paper and all scotch tape cannot be recycled?	Follow these steps to learn how t wrap a present without tape. How to Wrap a Present Without Tape	Avoid the plastic tape or choose one of these gift wrapping alternatives: https://www.treehugger.com/eco-friendly-alternatives-wrapping-paper-4858648			
		Dec 28-29	Did you know that Christmas tree prices have risen due to the lack of rain this year	Learn more: How the drought in Maryland could im Christmas tree farms Climate change affects us in unexpected ways.	Make the most of your Christmas tree purchase by recycling your tree using Merry Mulch			