



Sacred Heart Catholic Primary School

Cnr Waratah & Keenan Street, Mona Vale NSW 2103

T: (02) 9999 3264

W: www.shmvdbb.catholic.edu.au • E: shmv@dbb.catholic.edu.au

Term 1 Week 5 - 26 February 2020

Term 1 Core Value:	Respect
School Rule:	Respect yourself, others and the environment
Expectation of Behaviour:	Listen when others are speaking

Dear Parents



Holy, holy, holy God

We place ourselves in your presence; we rest in the promise of your grace.

Our minds and our spirits are cluttered with many thoughts and feelings that threaten to pull our attention away from you. Let us unclench our fists and release these things:

We release all that we have done today—whether for good or for ill.

We release all that we feel like we should have done today, but did not do.

We release all that we need to do tomorrow.

We release our fear. We release our anxiety. We release our impatience. We release our pride.

All of the thoughts, all of the feelings that pull us away from you, O God, we release.

Fill us now with the joy and the peace of your deep, abiding presence.

Swimming Carnival

It was a fabulous day last Friday at our Sacred Heart swimming carnival. Thank you to all the many volunteers on the day that assured the carnival ran smoothly. Thank you to our teachers and in particular Mrs Munro for preparation and organisation of the carnival. Congratulations to Gilroy who won the Championship Swimming Trophy and to Crawford for winning the "Spirit Cup". A large team of swimmers will represent Sacred Heart at the Cluster swimming carnival at Warringah Aquatic Centre on Monday 2 March.

Calling all 2-5 year olds! Playgroup!

Parents are encouraged to invite any families interested in sending their young children to Sacred Heart to Playgroup on 12 March and 26 March at 9:15am in the school library. Playgroup is a great way to meet families before they start at Sacred Heart.

Welcome BBQ and Bushdance

It is on again, The Ducks are playing at our Welcome BBQ on Friday 6 March. Bring a rug, sausages are free (if ordered) Year 6 stalls provide fun!

Stalls 4.30-6 pm and Bushdancing 5.30-8pm.



Staff News Mrs Pitcher from Year 1 Green has taken some long service leave for 3 weeks and in her absence Mrs Russell will teach the class full time.

School Advisory Council. An information session was held this week for parents interested in the School Advisory Team. The ideas of Mission, Student Learning and Community were discussed as fundamental to authentic and effective Catholic school governance and the operation of advisory bodies. Parents took "Expression of Interest" forms away to consider their commitment to the team. After return of these EOI's the first actual meeting of the School Advisory team will take place.



Diverse Learners at Sacred Heart At Sacred Heart we believe all students are entitled to rigorous, relevant and engaging learning programs. We acknowledge and celebrate the diverse range of learning needs and abilities of our students across the school community. This term many of our students will have an opportunity to be a part of extension and enrichment programs for English and Mathematics. These groups are flexible in that they change depending on the growth and interests of students. Programs consist of maths groups, writing groups, research groups and Olympiad groups.

Mrs Suellen Garey

PRINCIPAL

Like and follow us at: facebook.com/sacredheartmonavale

Like and follow us at: twitter.com/SHMV16



Religious Education



Year 3 family Mass

All families are welcome to attend the Year 3 family Mass on Saturday 29 February at 5pm. A sausage sizzle for the children will be available after mass.

Dates to Remember

Saturday 29 February Year 3 Family Mass @ 5 pm Sacred Heart Church

Wednesday 4 March @ 9:30am- Year 1 and Year 5 Class Mass, Sacred Heart Church

Tuesday 17 March St Patrick's Day Liturgy 9am School Hall

Wednesday 18 March @ 9:30am- Year 2 and Year 3 Class Mass, Sacred Heart Church

Wednesday 25 March @ 9:30am- Year 4 Class Mass, Sacred Heart Church

Saturday 28 March Year 5 Family Mass @5pm Sacred Heart Church

Wednesday 1 April @ 9:30am- Kinder and Year 6 Class Mass, Sacred Heart Church

Thursday 9 April Holy Week Liturgy 9am Sacred Heart Church

Prayers

If you have any Good News or if you need our prayers, please, contact me by email.

Chris McBryde, Religious Education Coordinator

chris.mcbryde@dbb.catholic.edu.au

PARISH WEEKLY BULLETIN can be found [here](#)

A message from the most Reverend Anthony Randazzo Bishop of Broken Bay



LENTEN PENANCE

In the liturgy and liturgical catechesis of Lent, the reminder of baptism already received or the preparation for its reception, as well as the theme of repentance, renew the entire community along with those being prepared to celebrate the paschal mystery, in which each of the elect will share through the sacraments of initiation. For both the elect and the local community, therefore, the Lenten season is a time of spiritual recollection in preparation for the celebration of the paschal mystery. *RCIA 125*

This year the season of Lent commences on **Ash Wednesday, 26 February**, and concludes on **Thursday 9 April**. In our Catholic tradition, it is marked as a time for conversion, repentance, and renewal. It begins on Ash Wednesday with the imposition of ashes coupled with the words of invitation, *"Turn away from sin and believe the good news"*. In this annual invitation, we recognise our human frailty and our reliance on the grace and mercy of God.

As Jesus fasted for forty days and forty nights in the desert (Matthew 4:1-11); he accompanies us as we too make the journey into the desert of our souls. It is there that we are encouraged to resist and turn away from sin, which places limitation on our lives and relationships. It is precisely in those moments of vulnerability that we are called to take refuge in the God of mercy and compassion.

Lent is a time of pruning back the obstacles in our relationships so that we might flourish and have "life to the full" (John 10:10). Through the season of Lent we come to Easter, which is a celebration of the life, death, and resurrection of Christ. It is a joyful time to celebrate the new life promised to us and the whole world by the risen Jesus, our hope and our salvation.

DAYS OF PENANCE

On Ash Wednesday and Good Friday, abstinence from meat is to be observed by those who have completed their fourteenth year of age. Those who are aged between 18 and 60 are to fast on these days. Priests should encourage those under their pastoral care to embrace the spirit of abstinence and fasting. This Lenten practice is not to be a burden upon those who have health issues or special needs.

MOST REVEREND ANTHONY RANDAZZO BISHOP OF BROKEN BAY
PO Box 340, Pennant Hills NSW 1715, Australia P +612 8379 1614 E bishop@bbcatholic.org.au
www.bbcatholic.org.au

On all other Fridays of the year the law of the common practice of penance is fulfilled by performing any one of the following:

1. *Prayer* – for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the Rosary; or in other ways;
2. *Self-denial* – for example, not eating meat; not eating sweets or desserts; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor in one's own country and elsewhere; or in other ways;
3. *Helping others* – for example, special attention to someone who is poor, sick, elderly, lonely or overburdened or feeling isolated from our Church community; or in other ways.

Lent is from **Ash Wednesday** (26 February 2020) until to **Mass of the Lord's Supper** (9 April 2020) inclusive. Fasting is also observed on **Good Friday** and if possible on **Holy Saturday** until the Easter Vigil.

PASCHAL PRECEPT

Each of the faithful is obliged to receive Holy Communion at least once a year. This is done between **Ash Wednesday** (26 February 2020) and **Trinity Sunday** (7 June 2020), unless for a good reason it is done at another time during the year.

All of the faithful who have reached the age of discretion (seven years old) are obliged to confess their grave sins at least once a year.

I would encourage you also to consider being part of a Lenten prayer or discussion group and to read the Scriptures in your homes. A visit to a church for private personal prayer before the Blessed Sacrament is also a marvellous way to strengthen one's prayer life during this season. Do not hesitate or be fearful, "the Lord waits to be gracious to you" (Isaiah 30:18).

My dear brothers and sisters in Christ, my prayer over these coming weeks is that our Catholic community in the Diocese of Broken Bay will seek to live the new life in Christ. This Lent, may we move with confidence and loving reverence deeper into the heart of the Father who is grace, mercy and love.



Most Rev Anthony Randazzo DD JCL
Bishop of Broken Bay
21 February 2020

From the Office

Kindergarten 2021 enrolment – REMINDER

Thank you to the families who have returned the completed 2021 sibling enrolment forms. Screening appointments are now available for booking following the return of your documentation.

If you have not received a pack and have a child enrolling for next year, please contact the office.

Carol Bartlett, Senior Admin Officer



Wellbeing

Wellbeing Team Meeting

At Sacred Heart there is a dedicated group of Teachers and Parents who meet twice a term to discuss Wellbeing. This year's team is made up of 9 staff, 2 parents and 1 teacher from 3-6S and a teacher from St Mary's Manly. The team follows a particular format of celebrating successes, reviewing the school Long Time Out Data, discussion of Wellbeing Week, the role of the SRC, Eco Warriors and any other items that relate to student wellbeing.

The Wellbeing Team met last week and identified that the students have settled well into school for 2020. The celebration of success mentioned the beginning of school mass, the integration of our new Kindies and the Buddy program. The success of the enrichment programs that are being offered this year, the meet the teacher and Hub Information Night, the parent group who prepared the Tea and Tissues for our new Kindies and the Lunch Clubs.



Healthy Food Ideas/ Crunch and Sip

Did you know your child has a Crunch and Sip break every day at Sacred Heart?

At Sacred Heart we have Crunch & Sip in the morning during the Literacy Block usually around 10am. The reason for this is to give your child the opportunity to 'refuel' on vegetables and fruit as well as 'rehydrate' on water. This time is for students to continue working whilst snacking on their fruit or vegetable. Many class teachers read to their students whilst they are eating. Studies have shown that by creating this opportunity it increases concentration and student's fruit and vegetable consumption. So remember to pack your child (or have your child pack) a healthy snack of fruit / vegetable and water!

Live Life Well @ School
HEALTHY LUNCH BOXES
Pack your child a **HEALTHY LUNCH BOX**
Choose a variety of foods from each food group

Fruit	
Vegetables	
Dairy	
Wholegrains	
Lean meat & alternatives	
= A Healthy Lunch Box	

More ideas:
healthylunchbox.com.au

Health
Northern Sydney
Local Health District

Next week is Vegetable Week and the Big Veggie Crunch

If you are looking for some yummy ideas on how to include more vegetables in your child's diet- below is a link to some yummy recipes like- Corn and Zucchini Slice Baked Bean Bread Cups Cheese Puffs Veggie Tots Hawaiian Muffins Mexican Toasties Easy Scrolls – Two Ways Crunchy Yoghurt Cups Pizza Bites

https://healthy-kids.com.au/wp-content/uploads/2019/10/Grain-based-Recipes_WEB.pdf

On Wednesday 4 March Sacred Heart Children will be participating in the Big Crunch- so please pack your child with a piece of fruit or vegetable that makes a Big Crunch.

If you are passionate about Gardening or you would like to help with the Sacred Garden, please email skye.nolan-brown@dbb.catholic.edu.au or come to Sacred Heart on Tuesday's 1:10-1:30.

Skye Nolan-Brown, Co-ordinator

Sports News

Swimming

Thank you to everyone at Sacred Heart who participated and supported our swimming carnival. It was a great day.



Congratulations to the students chosen from the championship events to represent Sacred Heart at the Northern Beaches Swimming Carnival next Monday. The representative team will be acknowledged at School tomorrow as will Junior and Senior champions and any records that were broken.

Colour House winner:	Spirit Cup winner:	50m Championship Race:	
		Boys	Girls
Gilroy	Crawford	Ashley D and Jesse D	Lily C

Junior Boy Champion:	Runner Up:	Junior Girl Champion:	Runner Up
Byron B	Hamish M	Ella M	Alice W
Senior Boy Champion	Runner Up	Senior Girl Champion	Runner Up
Ashley D	Jesse D	Abi C	Lily C

Records:

11 yrs Freestyle: Bryn W
11 yrs Backstroke: Ashley D
11 yrs Butterfly: Ashley D

Soccer/Cricket Gala Day – Years 3-6

Please register your permission via Compass

Broken Bay Winter Trials

Notes have been distributed. Please see Mrs Munro if you have any questions.

Steph Munro – PE Teacher

Birthdays

Happy Birthday from all at Sacred Heart to the following students who have had their birthday this week:

Dylan H, Leila S, Piper W, Benji F, Ewan T,

April B



Canteen News

CANTEEN ROSTER (start 9.30am - finish 1.45pm)	
Mon 2 Mar	Helen K
Thurs 5 Mar	Sonja S, Peita R
Fri 6 Mar	Kylie M, Nikki H, Keiran E



Help needed 11am-1.30pm Thursday 5 March, Thursday 26 March 9.30am-1.45pm, Thursday 2 April 9.30am-1.45pm. Please contact Kay anytime.

Rice cups: The canteen has been busy sourcing a sustainable, well priced, same sized alternative to the original foam cups used to serve rice. We have now found that product, new shape, same size but most importantly it is a biodegradable cup!

New menu item: From this Thursday 27 February the canteen will offer a new menu item "Pulled pork burrito with coleslaw and Aioli mayonnaise(optional)" \$5. This item is available on Thursdays ONLY and for on line lunch orders only.



Kay Neale – Canteen Co-ordinator

Please feel free to contact me via email at: sshmv.canteen@dbb.catholic.edu.au

Kiss & Drop Morning Volunteers

Monday	Tuesday	Wednesday	Thursday	Friday
		26 February	27 February	28 February
		Rebecca M	Melinda B	Julie F

STUDENT
DROP-OFF
AND
PICK-UP
AREA

Rebecca Molinaro, Kiss and Drop Co-ordinator
becmolinaro@outlook.com

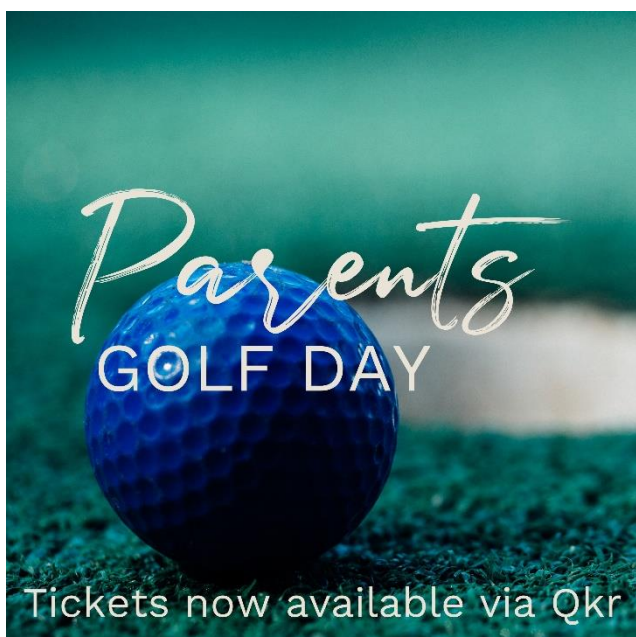
The Hub

*The
Hub*



Welcome BBQ & Bush Dance

Next Friday, 6 March, is our Welcome BBQ & Bush Dance. This is a **FREE** event for families, with a sausage sizzle provided & some country music to enjoy. Bring a picnic rug & come dressed in your favourite country/farmer attire. Year 6 will have their stalls open from 4.30pm. Just a final reminder to please register your attendance via the link for catering purposes <https://www.trybooking.com/BIIQF>



Parents Golf Day – Friday 13 March

The following week, Friday 13 March, is our annual Parents Golf Day at Bayview Golf Club - tickets are now available to purchase on Qkr!. The numbers are already looking great for the day, grab some friends together and make up a team of four or register yourself and we will put you in a team with other parents. This is always a fun day, not to be missed. Raffle & prizes!

Following golf, from 5pm, we have organised a family movie night at the Bayview Golf Club, this is a free event for families to join the golfers, there will be food (kids meals & limited adults menu) available to purchase until 6.45pm from the club. All welcome.

SHMV HUB (P&F)
admin@shmvpayers.com

Community News



FRIDAY FEBRUARY 28, 2020

OPEN DAY

3:45PM - 7:00PM



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OPEN DAY 2020

WEDNESDAY 4 MARCH 2020
4PM TO 7PM

You're invited to visit our NEW facilities, meet the students, staff and experience an evening at Mater Maria Catholic College

Year 7, 2022 applications close on Friday 3 April, 2020

For more information please contact our Enrolment Registrar on 02 9997 7044 or email deborah.fitzgerald@dbb.catholic.edu.au

Applications for current Years 7 - 11 are also welcome

matermaria.nsw.edu.au/enrolments

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RANKED 99TH IN THE STATE.



MERCY CATHOLIC COLLEGE

OPEN DAY

SUNDAY, 1 MARCH 2020 11AM-2PM

TOUR OUR COLLEGE GROUNDS INCLUDING OUR NEW
GILCHRIST CAMPUS DESIGNED TO CATER
FOR 21ST CENTURY LEARNING.

CATHOLIC GIRLS SECONDARY COLLEGE, YEARS 7 - 12
MERCYCHATSWOOD.NSW.EDU.AU



We warmly invite you and your family to join us at our 2020 College Open Day.



OPEN DAY

Sunday
8 MARCH 2020
9:30am - 1:30pm
128 MILLER STREET, NORTH SYDNEY

HIGHLIGHTS

- Principal's Address
- College Tours
- Live Music
- Interactive Displays and Demonstrations
- Historical Exhibitions
- Face Painting
- Guest Entertainers
- Artisan Gelato
- Coffee Cart
- Cafe and BBQ
- Student Showcases
- Sporting Activities and Demonstrations
- Passports - explore the campus and activities with your children, stamp their passport along the way and receive a small gift upon completion.

Bring the family!

Visit our website www.monte.nsw.edu.au

Do you want to be part of a
GUINNESS WORLD RECORD attempt?

Do you want to help
ERADICATE CHILDHOOD CANCER?

BE A PINEAPPLE!

Event open to **everyone**, all ages!
Please invite your friends and family!

When: Sunday 5th April 2020 from 8:00am

Where: Griffith Park, Long Reef

Cost: \$25 pp (including entry, T-shirt and cap)

Bookings at:

www.trybooking.com/590698

Sign up before 8th March 2020!

More information: www.bluebottle.org.au



 [bluebottle.alana](https://www.instagram.com/bluebottle.alana)





















 Blue Bottle






















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CANCER
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<div>Care for Creation 2020 Lenten Calendar</div> <div>CATHOLIC EDUCATION WOLLONGONG</div>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUSTENANCE SUNDAYS	MEATLESS MONDAYS	TALK ENERGY TUESDAYS	WISDOM WEDNESDAYS	TURNAROUND THURSDAYS	FISH & FOOTPRINT FRIDAYS	SUSTAINABILITY SATURDAYS
<p>23 February</p> <p>Let Sunday's quotes from St. Francis of Assisi's Confide of Creation inspire a deeper appreciation for God's creation.</p> 	<p>24 Lent is a time to live more simply and with joy as we draw closer to our Creator God. Let's unite our Lenten daily actions to Jesus' sacrifice on the cross.</p> 	<p>25 Make your Lenten Fast be a carbon fast. Reflect on your consumption of food and electricity, your mode of transportation, your heating/cooling and the impact of fossil fuel emissions. Try to lessen your carbon footprint & do things that recharge your spiritual energies.</p> 	<p>26 Ash Wednesday</p> <p>"There is a nobility in the duty to care for creation through little daily actions." Laudato Si'</p> 	<p>27 Turn the tide on single-use plastic bags engulfing our wastes and littering our streets. Remember to carry your own reusable bag. Advocate for a plastic bag ban in your locale.</p> 	<p>28 Challenge yourself to reduce your carbon footprint. Google "carbon footprint tracker". Track your consumption patterns, making note of what in your lifestyle creates more greenhouse gases. Remember fish Fridays for Lent.</p> 	<p>29 Shop at green organic markets and try to buy what is in season. It's as "buy local" as you can get!</p> 
<p>1 March "Be praised, my Lord, for sister moon and the stars, clear and precious and lovely they are located in heaven." Let Laudato Si', Pope Francis' encyclical on care for creation, be your guiding star this Lent.</p> 	<p>2 Consider making Meatless Mondays a regular part of your life.</p> 	<p>3 Do an Energy Audit this Lent. Replace the incandescent & fluorescent bulbs with energy-saving LEDs.</p> 	<p>4 "The world is charged with the grandeur of God." Gerard Manley Hopkins</p> 	<p>5 Plastic bottles are a scourge on the planet. Only 12% of plastic bottles are recycled. Turn this around by buying a reusable water bottle.</p> 	<p>6 Go deeper with the footprint tracker and view your consumption patterns from a spiritual perspective. Use the Ignatian Ecological Examen, found online in different formats at ecologicalexamen.org</p>	<p>7 Refrigerator Rescue. Throwing out food! Try buying only what you will use. Don't throw out those leak tops, beet greens or mushroom stems. Wash and freeze them, and add them to stock for soup.</p>
<p>8 "May you be praised, my Lord, with all your creatures, especially brother sun through whom you lighten the day for us." Brother sun provides clean renewable energy! Explore solar energy for your home.</p>	<p>9 A Meatless Monday helps your heart, and also reduces deforestation and methane gas that result from raising livestock. See meatlessmonday.com</p>	<p>10 Australia has one of the highest per capita emissions of carbon dioxide in the world. Try unplugging your devices and drying less. Don't Buy "Fast Fashion" ...</p>	<p>11 "...the most comforting speech in the world is the talk that rain makes by itself." Thomas Merton</p> 	<p>12 Need another reason to bypass bottled water? Some bottling companies are trying to take over community water supplies to the detriment of those who live there.</p>	<p>13 Consider composting. If your local council or neighborhood doesn't have compost/FOGO collection, email, call or write a letter to ask "why".</p> 	<p>14 Take the kids to the library to read an environmentally-themed book. If your library doesn't have a good inventory of them, ask them to order some.</p> 
<p>15 "Be praised, my Lord, for brother wind and the air and clouds, clear skies and all weather by which you give assistance to your creatures." Global warming changes weather patterns with more hurricanes & floods.</p>	<p>16 Having fish instead of meat tonight? Check out the sustainability of the various fish or seafood species at seafoodwatch.org</p> 	<p>17 SWITCH! Reduce your carbon footprint dramatically by switching your home electricity to a clean, renewable source.</p> 	<p>18 "My work is loving the world. Here the sunflowers, there the hummingbird - equal seekers of sweetness." Mary Oliver</p> 	<p>19 Think about our children's future. Let's continue to advocate for policies that reduce greenhouse gas emissions.</p> 	<p>20 Reducing our carbon footprint is best, but for the more difficult challenges of our lives. Luffing, we can buy carbon offsets to support CO2 reduction projects. Go to nab.org/notes/should-you-buy-carbon-offsets.</p>	<p>21 Experience the beauty and variety of creation. Visit your local botanic gardens or the beach. Sit in a park and listen to the birds. Be present.</p> 

<div>Care for Creation 2020 Lenten Calendar</div> <div>CATHOLIC EDUCATION WEN DIOCESE OF WOLLONGONG</div>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUSTENANCE SUNDAYS	MEATLESS MONDAYS	TALK ENERGY TUESDAYS	WISDOM WEDNESDAYS	TURNAROUND THURSDAYS	FISH & FOOTPRINT FRIDAYS	SUSTAINABILITY SATURDAYS
<p>March 22 "Be praised, my Lord, for sister water, who is very useful and humble and precious and pure." Today is World Water Day. Water is scarce in some parts of the world and companies are commodifying it against the common good. Clean water is a human right.</p> 	<p>23 Take Meatless Monday to the next level. Switch olive oil in & butter out. Global livestock production creates more greenhouse gas than the entire transportation sector.</p> 	<p>24 Energy Audit turns inward. Recharge your own batteries by giving up one electronic device for a week – or all devices for one day. Have dinner by candlelight – with soy-based candle of course.</p> 	<p>25 "...the word 'creation' has a broader meaning than 'nature', for it has to do with God's loving plan in which every creature has its own value and significance." Laudato Si'</p> 	<p>26 Many nations are banning plastic cutlery, plates, straws, food containers and polystyrene cups. When you are ordering take-out, be a Nation of One, and tell them to hold the cutlery – you are providing your own utensils.</p> 	<p>27 Pre-cycle before you buy. Choose products that have the least amount of packaging. Buy cereals, nuts, grains and other dry foods in bulk. Save \$\$\$ too.</p> 	<p>28 Start a patch or window box garden, or join a community garden.</p> 
<p>29 "Be praised, my Lord, for brother fire by whom the night is illumined for us. He is... full of power and strength." Fire can also do great damage in areas affected by drought/global warming: Australia, California and the Amazon.</p> 	<p>30 Meatless Mondays can be easy as 1, 2, 3. 1. Cook frozen stir-fry vegetables. 2. Season with bottled stir-fry sauce. 3. Add tofu or cooked shrimp and serve over rice.</p> 	<p>31 Don't be a victim of the Energy Vampire! Unplug your mobile phone charger after use. Unplug as many electronics as practical when not in use; they have energy thieves in their little lights.</p> 	<p>1 April Learn more about 'God's Holy Fool', St. Francis of Assisi, the patron saint of ecology.</p> 	<p>2 A lot of plastic lives our shoes and ends up in the water, mistaken for food by marine life. Consider participating in the autumn and spring coastal clean-ups. It's fun and a good thing to do.</p> 	<p>3 More and more packaging involves plastic... coffee pods, detergent pods, food items like cheese slices. Choose one product and write to the company to ask them to reduce the plastic in their packaging or talk to the store manager.</p> 	<p>4 Buy a green plant and put it in a sunny spot in your home. Whenever you water it, say a prayer of gratitude for the incredible beauty and variety of all God's creation. If you can, plant a tree; they are sponges for soaking up CO2.</p> 
<p>5 Palm Sunday "Be praised, my Lord, for Sister Earth, our Mother, who nourishes and sustains us: bringing forth diverse fruits & grains & flowers of many colors." Be mindful of farmers whose lands have parched & borne no fruit.</p> 	<p>6 You want to do Meatless Monday, but need all the protein with your pasta! Add a can of drained tuna to your tomato sauce just before serving.</p> 	<p>7 Consider divest/invest: Divest your savings from fossil fuels (oil & 'natural' gas) and fossil fuel infrastructure (pipelines) and invest in renewable energy projects or companies. Ask your bank or financial adviser to check for this. It's a win-win.</p> 	<p>8 "Let us sing as we go. May our struggles and our concern for this planet never take away the joy of our hope." Laudato Si'</p> 	<p>9 Holy Thursday At the Last Supper, Jesus called us to service. Laudato Si' calls us to care for creation & care for the poor. What can I do today or next week to serve the poor?</p> 	<p>10 Good Friday Review your ecological practices of this Lent. What can you continue after Easter? Let's renew our commitment to protect God's creation & join our sacrifices with that of Jesus to bring forth a New Creation!</p> 	<p>11 Holy Saturday "What kind of world do we want to leave those who come after us, to children who are growing up." Laudato Si'</p> 
<p>12 Glorious Easter Christ is risen and all of creation with Him!</p> <p>Savour the life that is in you and around you! The flowers bursting forth, the friends and your family, clean water and air! Be grateful for God's gift of creation! Rejoice and be glad!</p>						