

LSM

# LENT CALENDAR

2025

Conversion of Heart for the Earth



**LAUDATO SI'  
MOVEMENT**  
Catholics for Our Common Home



**LAUDATO SI'**  
Action Platform



## WHY ECO-CONVERSION DURING LENT?

Lent is a special season for reflection and action through prayer, fasting, and almsgiving, when we celebrate the memory of our Lord Jesus Christ in His passion, death, and resurrection. We know that Creation also eagerly awaits for redemption (cf. Rm 8:19-23), therefore Lent can be an opportunity every year for Catholics worldwide to grow deeper in their faith that Jesus Christ is the redeemer of the whole cosmos, of all creatures, of all creation. This year in a special way, as we celebrate the Year of Jubilee, 10 years of *Laudato Si'* and Laudato Si Movement (LSM) , and 800 years of the Canticle of Creatures, Lent can prepare us to live this year faithfully and fruitfully. We invite all Catholics to embrace this special season of Lent by reflecting on how we can care for our Earth, making small changes to our daily actions, and reconnecting with creation through meaningful steps toward healing and sustainability. The daily actions proposed in this calendar revolve around LSM's three pillars: eco-conversion, sustainability, and advocacy and were developed in collaboration with the [Laudato Si' Action Platform](#).

## Ecological conversion



Prayer is action that grounds our lives spiritually. LSM's pillar of eco-conversion aims to encourage a change of heart of the Catholic faithful and motivate a more passionate concern for our common home, enshrining creation care as a Catholic priority. The Lent Calendar links the contemplative spirit of the Lent Season with the need for ecological conversion through repentance, reflection, and reconciliation. Crafted urgently as people of faith and global citizens, this calendar is a unique fusion of spiritual and prophetic engagement.

## Full sustainability



Sustainability is at the heart of LSM's mission, as it reflects a commitment to caring for our common home and ensuring justice for future generations. It helps the Catholic community lead by example by embracing the "Less is More" paradigm and seeking to reduce our footprint to zero, in response to the urgency of the climate and ecological crises. This vision aligns deeply with the spirit of Lent, a time of reflection, conversion, and sacrifice, where we are called to live simply, fast from excess, and renew our relationship with God, our neighbors, and creation. As we transform our hearts, let's also work to transform the Earth, making it a place that reflects the justice, peace, and healing that Christ has promised for all of creation. By embracing sustainability, we turn Lenten practices into lasting habits that foster ecological conversion and a more just and harmonious world.

## Prophetic advocacy


















































As part of LSM's mission, advocacy is a call to action and a central part to how we mobilize the Church to raise a prophetic voice for climate and ecological justice. The season of Lent is a time to reflect, repent, and act. As pilgrims of hope, we act by calling for bold policies to accomplish the Paris Agreement's goal of limiting global heating to 1.5°C and halt biodiversity collapse, and we bring hope walking in solidarity with marginalized communities who suffer the most from the climate crisis, despite having contributed the least to it.

Let this Lent be a journey of deeper awareness and meaningful action. Use this calendar to guide your reflection and actions across the weeks of Lent into your Easter celebration. May the Creator Spirit lead us as we embrace this season with intention, hope, and a renewed commitment to bring Laudato Si' to life.



# LENT CALENDAR 2025

## CONVERSION OF HEART FOR THE EARTH

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
<b>March 5</b> Ash Wednesday 	<b>March 6</b> 	<b>March 7</b> Memorial of Saints Perpetua and Felicity, martyrs 	<b>March 8</b> 	<b>March 9</b> First Sunday of Lent 	<b>March 10</b> 	<b>March 11</b> 
<b>March 12</b> 	<b>March 13</b> 	<b>March 14</b> 	<b>March 15</b> 	<b>March 16</b> Second Sunday of Lent 	<b>March 17</b> 	<b>March 18</b> 
<b>March 19</b> Solemnity of Saint Joseph, husband of the Blessed Virgin Mary 	<b>March 20</b> 	<b>March 21</b> 	<b>March 22</b> 	<b>March 23</b> Third Sunday of Lent 	<b>March 24</b> 	<b>March 25</b> 
<b>March 26</b> 	<b>March 27</b> 	<b>March 28</b> 24 hours for the Lord 	<b>March 29</b> 	<b>March 30</b> Fourth Sunday of Lent 	<b>March 31</b> 	<b>April 1</b> 
<b>April 2</b> 	<b>April 3</b> 	<b>April 4</b> 	<b>April 5</b> 	<b>April 6</b> Fifth Sunday of Lent 	<b>April 7</b> 	<b>April 8</b> 
<b>April 9</b> 	<b>April 10</b> 	<b>April 11</b> 	<b>April 12</b> 	<b>April 13</b> Palm Sunday of the Lord's Passion 	<b>April 14</b> Monday of Holy Week 	<b>April 15</b> Tuesday of Holy Week 
<b>April 16</b> Wednesday of Holy Week 	<b>April 17</b> Holy Thursday 	<b>April 18</b> Holy Friday 	<b>April 19</b> Holy Saturday 	<b>April 20</b> Easter Sunday 		

# LENT CALENDAR <sup>2025</sup>

## CONVERSION OF HEART FOR THE EARTH

March

Wednesday

**March 5**

Ash Wednesday



Almsgiving: Think critically about the life you want to live and what you want to give to our community and then consider making a donation to make this a reality [link to donation page.](#)

Thursday

**March 6**



Go through the day without complaining, and instead, write or share one positive story or testimonial about faith, creation care and resilience.

Friday

**March 7**

Memorial of Saints Perpetua and Felicity, martyrs



Almsgiving: Think critically about the life you want to live and what you want to give to our community and then consider making a donation to make this a reality [link to donation page.](#)

Saturday

**March 8**



Find out how you can help local groups that work to provide education to frequently under-represented groups (such as girls and women, migrants, and people living in poverty).

March

Sunday

**March 9**

First Sunday of Lent



Almsgiving: Think critically about the life you want to live and what you want to give to our community and then consider making a donation to make this a reality [link to donation page.](#)

Monday

**March 10**



Find out if your bank is fuelling [the climate crisis](#). If so, pledge to switch to an ethical bank and let us know.

Tuesday

**March 11**



Speak to elders to learn about the history of community challenges and collective practices that have helped to overcome them (such as shared prayer, community organizing, community gardens, etc.)

Wednesday

**March 12**



Find out if your bank is fuelling [the climate crisis](#). If so, pledge to switch to an ethical bank and let us know.

Thursday

**March 13**



Share this calendar on social media to inspire others in their ecological conversion journey.

Friday

**March 14**



Pray the Ecological Way of the Cross found in the [LSM prayer book](#).

Saturday

**March 15**



Check with your parish, diocese, or community if you can include a Laudato Si' message in their next newsletter.

Sunday

**March 16**

Second Sunday of Lent



Celebrate the gift of creation by taking a walk with a loved one.

Monday

March 17



Has your local diocese or religious congregation divested from fossil fuel companies? [Find out more](#) and write to decision makers.

Tuesday

March 18



Do an audit of the community to identify challenges caused by failing social systems (such as hunger, homelessness, lack of employment) and who is likely to be most vulnerable (such as migrants, children, laborers, indigenous communities, etc.)

Wednesday

March 19



Solemnity of Saint Joseph, husband of the Blessed Virgin Mary

Find out if [your bank is fuelling the climate crisis](#). If so, pledge to switch to an ethical bank and let us know.

Thursday

March 20



Replace 30 minutes of daily secular media consumption with a spiritual podcast, Scripture reading, or watch [The Letter](#).

Friday

March 21



Pray the [Ecological Examen](#).

Saturday

March 22



Plant a native tree.

Sunday

March 23  
Third Sunday of Lent



Pray outside with creation using the Laudato Si' Chaplet in the LSM Prayer Book.

Monday

March 24



Join a local campaign on ending fossil fuel expansion.

Tuesday

**March 25**



Find out about the Indigenous people in your country and how they are fighting to retain the rights to their lands and waters.

Wednesday

**March 26**



Almsgiving: Give to honor the indigenous land we live on and rights of the indigenous people [link to donation page.](#)

Thursday

**March 27**



Write one handwritten note, email, or message each day to someone in your community, thanking them or offering a prayer for them.

Friday

**March 28**

24 hours for the Lord



Read the international news to hear the cry of the earth and the poor.

Saturday

**March 29**



Purchase from retailers that use recycled materials in their production of goods.

Sunday

**March 30**

Fourth Sunday of Lent



Pray outside with creation by visiting a new place.

Monday

**March 31**



Ask your diocese or religious congregation to join the hundreds of faith institutions [endorsing the Fossil Fuel Non-Proliferation Treaty](#)



April

Tuesday

April 1



Reduce food waste (before and after market).

Wednesday

April 2



Almsgiving: Buy only what you need and donate the money you would've spent [link to donation page](#)

Thursday

April 3



Write and send an uplifting message (via email, text, or social media) to someone in need of encouragement.

Friday

April 4



Pray the Ecological Way of the Cross found in the [LSM prayer book](#).

Saturday

April 5



Explore how to transition your diet from a meat-based to plant-based as much as possible. If you already live plant-based, share a special recipe with a loved one.

Sunday

April 6

Fifth Sunday of Lent



Pray outside with creation with St. Francis' Canticle of Creatures.

Monday

April 7



Become a Laudato Si' Animator: Find out more and sign up for the [Laudato Si' Animators program](#), starting this April.

April

Tuesday

April 8



See how you can eliminate the use of disposable plastic and styrofoam.

Wednesday

April 9



Almsgiving: Give in memory of the millions of animals that die from plastic and styrofoam [link to donation page.](#)

Thursday

April 10



Curate a Lenten playlist with worship music, hymns, or reflective songs, to prepare yourself for the upcoming days.

Friday

April 11



Pray the [Ecological Examen.](#)

Saturday

April 12



Develop opportunities for community members to learn about local ecology by holding a local clean-up.

Sunday

April 13



Palm Sunday of the Lord's Passion

Pray outside with creation.

Monday

April 14

Monday of Holy Week



Read more about the work of campaigners [challenging the harmful East Africa Crude Oil Pipeline \(EACOP\)](#)

Tuesday

April 15

Tuesday of Holy Week



Protect pollinators (such as birds, bats, bees, and butterflies).

April

Wednesday

**April 16**

Wednesday of Holy Week



Almsgiving: Give to protect our smaller friends who provide their sweet sounds, beauty, and more to the world [link to donation page.](#)

Thursday

**April 17**

Holy Thursday



Participate in the Holy Thursday celebration and contemplate the gift of Sister Water.

Friday

**April 18**

Holy Friday



Read the international news to hear the cry of the earth and the poor.

Saturday

**April 19**

Holy Saturday



Participate in the Holy Saturday vigil with your local community and contemplate the gift of Brother Fire.

Sunday

**April 20**  
**Easter Sunday**



Christ is risen, hallelujah! Praise be God!

May the joy of Easter and our faith in the resurrection renew our missionary spirit and rekindle the flame of our commitment to care for creation.

This Lenten season has prepared our hearts to become more like Christ, converting us to care for the Earth that He has redeemed.

During this new Easter season that begins now, we invite you to celebrate Christ's resurrection by taking bold actions for eco-conversion, sustainability, and advocacy, embracing the hope of renewal.

Let us go forth into this year of Jubilee and celebrations witnessing the Christian vocation to care for our common home.

Laudato Si'!

## COMMUNITY CONNECTION

This year, this calendar was specially crafted thanks to the work of Alonso de Llanes, Special Projects Program Manager; James Buchanan, Climate Finance Campaign Manager; Suzana Moreira, Eco-conversion Program Manager; Susana Salguero, Director of Communication; Christina Leaño, Associate Director; Marco Vargas, Graphic Designer; as well as our team of translators from across the world.

If you want to get involved with the Laudato Si' Movement, or if you're making things happen where you live, we'd love to hear from you.

Stay tuned to the special celebrations taking place this year through the [Raising Hope website](#), and consider signing up for the [Laudato Si' Animators program](#), joining a [Laudato Si' Circle](#), or following us on social media: [Facebook](#), [Instagram](#), [X](#), [YouTube](#)