

Action Calendar for Creation Season (September)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | 1 Participate in A Day of Prayer for the Care of Creation at the Holy Family Church(8PM) | 2 Go vegetarian / vegan for one day and pray for animals | 3 Take a shorter shower of around 5 minutes |
| 4 Go outdoors and get in touch with nature | 5 Take the stairs, do not use the elevator | 6 Greet the homeless wandering in the street and pray for them | 7 Turn off air conditioner at night | 8 Pay attention to labels of consumer products, select local, non-GMO or fair trade | 9 Disable phone at night, gather with family members, read Psalm 8 together | 10 Think through how to reuse old things; swap clothes and items with friends and relatives |
| 11 Visit parental home and cook for parents or relatives | 12 Bring own drinking bottle, refrain from buying bottled water | 13 Set air-conditioning temperature at 25.5 C | 14 Pray for the poor and hungry | 15 Share the joy of Mid-Autumn Festival with the weak and those who are lacking of family warmth | 16 Go hiking or for a run | 17 Watch the sunrise or sunset and express gratitude to God |
| 18 Bring children to the beach or the country park to pick up litter | 19 Limit watching television or access Internet to only one hour in the evening | 20 Pray instead of listening to songs while doing physical exercise | 21 Bring own cutlery when dining out, and eat with gratitude | 22 Support local products, brands or agricultural products | 23 Skip one meal, donate money saved, read through Mt 6:25-34 before bed | 24 Visit the needy, the elderly who are living alone, or do volunteer work |
| 25 Grow small potted plant at home | 26 Enjoy delicious vegetarian meal with friends | 27 Express sympathy to sick colleagues, friends or neighbours | 28 Turn off air conditioner much prior to leaving office or home | 29 Pray for the war-torn region, share war-related news or clips with family | 30 Read Psalm 104 | 1/10 Let the kids be the domestic environmental protection picket and monitor the saving of water and electricity at home for one day |
| 2/10 Do reading on a grass field for half a day and collect leaf samples with kids | 3/10 Keep pleasant feelings the whole day and render assistance to someone on this day | 4/10 Participate in environmental protection activities to be held at St. Francis of Assisi Church(7PM) | | | | |