

Ash Wednesday reminds us to be faithful in action even when no one is paying attention. If we were all living in harmony with the rest of God's Creation, especially when no one is looking, our households, our churches, and our society would also be transformed.

MARCH 1 - 14

Ash Wednesday

01|

Remove one light bulb or unplug one light and live without its light for the next 40 days. This will decrease your energy use and act as a reminder of your Lenten Carbon Fast.

08|

Minimize disposables today. Bring a reusable mug to a campus café (you might even get a discount on your coffee)! Use silverware rather than plastic utensils.

02|

Reduce plastic and paper waste by bringing reusable bags to get groceries or Grab 'n Go meals.

09|

Clean your room today. Find out what's recyclable and make sure to recycle everything you can!

03|

Trayless

Avoid eating meat today and every Friday during Lent. Choosing meat-free meals is a powerful choice you can make to reduce your carbon footprint.

10|

Trayless

04|

Make an effort to have zero food waste in the dining hall and in restaurants. Take only the amount of food that you will eat.

11|

Drink only water today. It takes 600 cups of water to produce a single cup of coffee, and 125 cups of water to produce a cup of tea.

05|

Show reverence for life and the planet by obeying the speed limit when driving. Every 10 mph increase in speed reduces fuel economy by 4 mpg and increases the risk of getting into an accident.

12|

Take a shower rather than a bath. Showers use less water than filling a bathtub, but remember to keep it short- even a 5-minute shower uses almost 13 gallons of water.

06|

Stop using bottled water for the rest of Lent. 200 billion plastic water bottles are consumed worldwide every year - about 31 bottles for every person on the planet.

13|

Walk, bike, carpool, or use public transportation when traveling today. You can save money and help the environment.

07|

Unplug the chargers for your cell phone and laptop when you leave your room today to minimize vampire energy.

14|

Purchase more mindfully today. Every dollar you spend is a statement about the kind of world you want and the quality of life you value. Buy wisely, asking yourself: Do I need this & do I need it now? Was it made sustainably? Is it worth the money?

"Yet all is not lost. Human beings, while capable of the worst, are also capable of rising above themselves, choosing again what is good, and making a new start."
- Pope Francis, *Laudato Si'*

MARCH 15 - 28

15 | Refresh your memory on what items can be recycled on campus. Place a recyclable that you usually don't recycle into one of the receptacles on campus and remind your friends to do the same.

22 | Air dry your clothes and let your dryer rest. Dryers consume a lot of energy and shorten the lifespan of your clothes.

16 | Save paper today: print double-sided and use hand dryers rather than paper towels in the restrooms.

23 | Use Recycled Content - if you buy paper or paper towels for your dorm room, make sure they're made from recycled materials.

17 | Trayless

24 | Trayless

18 | Pick up at least one piece of litter today and dispose of it properly.

25 | Turn down your thermostat by at least one degree. Aim for 68 degrees during the day and 60 degrees at night during the winter. Turn the heat down when you leave home.

19 | If you're driving back to campus from Spring Break, make sure to use cruise control in your car. You could increase your mileage by 15%.

26 | Take shorter showers/use a shower timer to reduce excessive water usage. Aim to finish your shower in under 5 minutes.

20 | Don't leave taps running excessively, especially when brushing your teeth or washing dishes.

27 | Turn off your laptop/personal computer tonight and any other time when you won't be using it for more than an hour.

21 | Check your car today to see if it needs any maintenance. A car that is well maintained will have better mileage and a longer lifespan.

28 | Only charge electronics when battery is in the red (under 20% left) and charge to full. Unplug the charger when you're finished.

"So whenever you give alms, do not sound a trumpet before you...so that your alms may be done in secret; and your Father who sees in secret will reward you."
- Matthew 6:2-4

MARCH 29 - 31 APRIL 1 - 11

29

Save energy by turning off the TV today. Read a book or go for a walk outside instead.

05

Plug all chargers into a powerstrip and turn the powerstrip off when you leave your room. Many electronics draw power even when the item is turned off.

30

Combine your errands when leaving your room/apartment. By combining your errands into a single outing, you will save time and reduce the amount of gas your car consumes driving back and forth across town.

06

Check windows and doors for drafts with a ribbon or feather. If it flutters, put in a request for maintenance to seal the leaks. Sealed doors and windows save energy and money.

31

Trayless

Keep your windows shut during the winter and close your blinds at night to help capture heat.

07

Trayless

01

Pray and fast today. Join with others around the world who pray and fast for the environment on the 1st of each month.

08

Run the washing machine with only full loads on the "cold/cold" setting. Washing clothes in cold water uses half the energy and gets them just as clean as using hot water.

02

Recycle batteries, light bulbs, and printer cartridges in the proper receptacles around campus.

09

Celebrate Spring! Take a walk around campus to appreciate the Earth's, and Notre Dame's, natural beauty.

03

Replace all incandescent light bulbs with CFLs or LEDs. Replacing one incandescent saves hundreds of pounds of climate pollution a year.

10

Change the settings on your computer so it hibernates automatically if you haven't used it in 15 minutes.

04

Have a "Buy Nothing Day" today - or all weekend.

11

Do your homework in common areas so you're not using the lights in your room.

APRIL 12-16

12 | Turn off lights that you aren't using. You can put reminders on your switch plates!

13 | Holy Thursday

Read the Canticle of the Sun by St. Francis of Assisi and reflect on it with friends and family.

14 | Good Friday

Think about the role of our church in its local environment. Could our community better care for Creation and the environment?

15 | Holy Saturday

Replace the bulb/light from Ash Wednesday with a more efficient bulb/light. Just as the Light of the world appeared, let this light serve as a reminder that you too are making a difference!

16 | Easter Sunday

Take some time today to reflect on all of the activities that you have performed during Lent, and how they have brought you into greater harmony with the Earth and with all life. Conclude your Carbon Fast by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life. "Jesus' appearance changed the world. His disciples were being asked: speak truth to power, love your enemies, but most of all love God and your neighbor. This was a new way of being in relationship. Today's seemingly 'impossible appearance' is that humans are changing the climate. This calls for a new way of being in the world, to relate differently to each other and to nature. There are great glimmers of hope on the horizon."

The Rev. Canon Sally G. Bingham
president and founder, Interfaith Power & Light