During this Lenten season, we invite you into a deeper thought of our relationship with the Earth, our home, remembering that we are so intimately interwoven with the Earth that we will return to it as dust. Take some time today to think about a change you could make during Lent, being mindful of its impact on the world.

Ash Wednesday

During your spring break, make an effort to have zero food waste in the dining hall and when eating out in restaurants. Take only the amount of food that you will eat.

In today’s Gospel, we’re reminded that our earthly possessions do not define who we are. In the spirit of almsgiving, consider giving your dorm room a good “spring cleaning” and getting rid of what you don’t need, being particularly mindful of food that might go bad over the break.

On this first Friday of Lent, our dining halls will be going vegetarian. We abstain from eating meat as an act of self-denial, remembering that it is God who sustains us, and as a reminder that Jesus gave up his body for us.

In today’s Gospel, Jesus reminds us that we need only give and we shall receive. This applies not only to our interactions with other people, but also our relationship to the earth. Our planet gives us good food to eat, natural medicines, places to live, and so many other great gifts! What do we do for it in return?

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As you head back to campus, refreshed and relaxed after the break, think about how you can make your travels more sustainable. Pack a lunch in reusable containers instead of buying overwrapped meals on the road!

Slow the pace of your break by walking or biking wherever you need to go instead of traveling by car. Taking an extra couple of minutes saves a few pounds of CO2 emissions, and gives you some time to reflect on the world around you.

Spring Break Begins

During this Lenten season, we invite you into a deeper thought of our relationship with the Earth, our home, remembering that we are so intimately interwoven with the Earth that we will return to it as dust. Take some time today to think about a change you could make during Lent, being mindful of its impact on the world.

Spring break is a great time to let our hair down, and save water and energy in the process! Take this week to reduce the amount of energy and water you use in your daily routine. Try taking a shorter shower every other day, or go au natural by letting your hair dry naturally.

When Jesus taught his disciples to pray the Our Father, he told them to ask for their daily bread – no more and no less than they need. Today, remember to take only what you need, be that in terms of food, water, time, or anything else.

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. Try only using a reusable beverage container for your water refills.

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 more water than most people have access to for an entire day.

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

Part of Lent involves becoming more mindful of ourselves. Joseph heard God’s call to be Mary’s spouse, but some calls are smaller, everyday challenges that we can take up. Today, try to make one healthier choice in your meals. Taking care of our own bodies is the first step towards a fuller understanding of how we impact the world.