

# MARCH 6 - 19

## Ash Wednesday

**6** | 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.

**13** | 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

**7** | In today's Gospel, we're reminded that our earthly possessions do not define who we are. In the spirit of almsgiving, consider doing some "spring cleaning" and donating the things you no longer want or need.

**14** | 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?

## Meatless

**8** | On this first Friday of Lent, let us remind ourselves that we abstain from eating meat as an act of self-denial, remembering that it is God who sustains us, and that Jesus gave up his body for us.

**15** | **Meatless**  
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 over-wrapped meals on the road!

**9** | During this season of Lent, make an effort to have zero food waste at home and when eating out in restaurants. Take only the amount of food that you will eat.

**16** | 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.

**10** | Spend some time today being mindful of the ways we care for our common home, which includes taking care of yourself and the creation of life around you. Giving up single-use plastics during Lent is a one way to help take care of the home we all live in.

**17** | 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.

**11** | 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.

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

**12** | 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.

**19** | Part of Lent involves becoming more mindful of ourselves. Joseph heard God's call to be Mary's spouse, but some calls are smaller, every day 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.

# LentenCalendar

"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 20 - 31 APRIL 1 - 2

20

Celebrate Spring! The word Lent is a form of the Old English word Lenten, meaning spring season. Take a walk around campus to appreciate the Earth's and Notre Dame's natural beauty, and think of things you can do to help take care of God's creation.

27

Today's Scripture readings remind us of our responsibility to care for the land that we live on and use every day. This Saturday is Earth Hour, and we ask that you join with others around the world in turning off your lights from 8:30-9:30 pm.

21

Today, we hear about Lazarus, a hungry man who longs to eat the scraps of the rich people nearby. What kind of scraps do we create? ND's Campus Dining donates safe, unused food to our local Center for the Homeless, so taking smaller portion sizes and avoiding food waste helps to feed the hungry of our community. Avoid trays in the dining hall, and go back for seconds, so that you take only what you will eat, and prevent food waste.

28

If you buy paper or paper towels for your dorm room, make sure they're made from recycled materials.

22

Join the Office of Sustainability for the second Sustainability Seminar in the series featuring Dr. Patrick Regan as he speaks on Climate Vulnerability: Measurement and Implications for Knowledge

22

### Meatless

It's Friday, so don't forget to eat meatless meals today! Also, mark your calendars for Michiana's VegFest on April 14th at South Bend's Century Center. VegFest is an event for all ages that celebrates a plant-based lifestyle. Visit <https://green.nd.edu/events/2019/04/14/michiana-vegfest/> for more details!

23

Recycle batteries, light bulbs, and printer cartridges in the proper receptacles around campus. Visit [green.nd.edu/topics/waste/recycling-faqs/](http://green.nd.edu/topics/waste/recycling-faqs/) for an updated list of recycling collection sites on campus

30

### #Connect2Earth

Join us as we turn out the lights on the Golden Dome and the Word of Life Mural and the Hesburgh Library for Earth Hour. Last year, over 10, 400 landmarks worldwide turned off their lights for Earth Hour - join the charge and hit your light switch!

24

Pray and fast today. Join with others around the world who pray and fast for the environment.

31

Remove one light bulb or unplug one light and live without its light for the rest of Lent. This will decrease your energy use and serve as a reminder of the impact we have on our common home.

25

### Meatless

We give up meat on Fridays, but have you considered a Meatless Monday? Not eating meat twice a week saves double the amount of CO2 as abstaining from meat once a week. Go Figure!

1

Breaking news: Penguins are flying to new locations because the ice caps are shrinking! APRIL FOOLS! The penguins may not be flying, but the ice caps are indeed shrinking. Today, think about how you can reduce your own carbon footprint by biking or using public transportation.

26

Jesus tells us to continue to forgive our neighbors, even if they sin against us seventy-seven times. The Earth forgives a lot of our pollution with built-in buffer systems, such as wetlands for filtering out water pollution, but it is still our responsibility to reduce our impact. Today, add reusable utensils to your backpack, briefcase, or purse so that you do not have to use disposable plastic!

2

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.

"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

# LentenCalendar

## APRIL 3 - 16

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

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

4 | 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.

11 | **World Water Day**  
Check windows and doors for 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.

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

12 | **Meatless**

6 | Check your car today to see if it needs any maintenance. A car that is well maintained with clean air filters and correctly inflated tires will have better mileage and a longer life span.

13 | **#EarthHour #Connect2Earth**  
Every year, millions of people around the world join the Earth Hour movement and switch off their lights for one hour to show support for protecting our planet and stopping climate change. Join us as we turn out the lights on the Golden Dome and the Word of Life Mural on Hesburgh library.

7 | 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% which saves you money and decreases pollution.

14 | **Palm Sunday**  
Today is the final Sunday of Lent, the beginning of Holy Week, and the commemoration of Jesus' triumphant entrance into Jerusalem. As we reflect on the sacrifices made for us, think about the sacrifices we can make for others.

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

15 | **Holy Week**  
In this most holy week of the year, we remember God's ultimate act of love for us, Jesus' passion and death on the cross. Today, we invite you to contemplate the intersection of the physical world and the spiritual world present in you, your body, and your soul.

9 | **Trayless**  
Try eating your lunch today without a tray. Going trayless not only saves water and reduces food waste – by taking only what you can carry, it could even save you a few extra calories.

16 | As we enter into the final week of this Lenten season and we reflect on the transformational changes to come, think of the changes you were able to make that will leave a lasting, positive impact on the world.

# APRIL 17 - 21

17|

Read the Canticle of the Sun by St. Francis of Assisi and reflect on it with friends and family. Think about the role of our church in its local environment. Could our community better care for Creation and the environment?

18| Holy Thursday

This is the day Jesus had given instructions to the disciples on how to prepare for this most holy meal, which would be his last supper. As you make preparations for your meal, think about how you can keep from having your efforts go to waste by only preparing what you will eat.

19| Good Friday

Make today a time to gather quietly in your parish churches, entering into meditation as we reflect on Jesus' death on the cross, praying for the needs of the world and asking for guidance on how you might help those who are food insecure.

20| Holy Saturday

In celebration of the resurrection of the Lord, take time to listen to the stories describing God's saving work of the past, consider the changes you have made during your Lenten journey, and realize old things can be made new again.

21| 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 this Lenten season by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.

"All-powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists. Pour out upon us the power of your love, that we may protect life and beauty".

A prayer for our earth, Laudato Si', Pope Francis