

FEB 26 - MARCH 10

Ash Wednesday

- | | | | |
|-----------------|--|-----------------|--|
| 26 | 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. | 4 | Think about giving up your use of bottled water for the rest of Lent. Annual consumption of plastic water bottles is set to top half a trillion by 2021, far outstripping recycling efforts. |
| 27 | In today's Gospel, we are reminded that God has set before us life and prosperity, death and adversity. You are asked to choose life so that you and your descendants may live in the land that the Lord swore to give your ancestors. Find time today to reflect on the changes you can make during this season of Lent that will leave a positive impact on the land we all share. | 5 | 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 | | Meatless | |
| 28 | 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. | 6 | As we enter another Friday of Lent, we are reminded of the sacrifices that were made on our behalf. Giving up single use plastics is a small sacrifice to make, yet can go a long way in making our common home better for future generations. |
| 29 | During this season of Lent, make an effort to have zero food waste at home and when eating out in restaurants. Ask the servers about the dish size and split a meal with a friend if you don't think you will be able to finish it all. | 7 | 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. |
| 1 | Reflect on the environmental impact you're making on the Earth by calculating your carbon footprint. Visit https://www.footprintcalculator.org/ . Is there anything you could change to decrease your impact? | 8 | 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. |
| 2 | In today's Gospel, we are prompted that as Disciples of Christ, we are to share what we have with those around us. Feeding those in need is as if we are doing it unto Jesus. Pope Francis reminds us, throwing away food is like stealing from those who are poor and hungry. | 9 | Walk, bike, carpool, or use public transportation when traveling today. You can save money and help the environment. |
| 3 | 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. | 10 | 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. |

MARCH 11 - 24

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'

11 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.

18 Today's Scripture reading reminds us that we are to take care and be on guard lest we forget what we have seen and heard and to teach those things to our children and our children's children. Teaching them to respect and take care of our common home, and setting the example is a wonderful way to ensure our planet will be around for years to come.

12 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 donates safe, unused food to Cultivate Culinary, where it is repurposed into meals for those who are food insecure in our area.

19 Some individuals are blessed with abundant food and water, but others do not have enough to meet their daily needs. Think about how you can donate your time, talents, and resources to your local food bank.

13 **Meatless**
Purchase more mindfully today as every dollar you spend makes a statement. Buy wisely, asking yourself: Do I need this and do I need it now? Was it made sustainably? Is it worth the money?

20 **Meatless**
It's Friday, so don't forget to eat meatless meals today! Also, make sure to join the Office of Sustainability for the second seminar featuring Dr. Laura Walls' talk on "Earthise: How Earth Became a Planet and Why It Matters"

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

21 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.

15 Pray and fast today. Join with others around the world who pray and fast for the environment and allow yourself to be nourished by the Word.

22 **World Water Day**
Today is #WorldWaterDay. Think of some easy habits you can add to your daily routine that can help protect this valuable resource. Eating organic reduces the amount of chemical pollution that ends up in the water.

16 **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!

23 Today, think about how you can reduce your own carbon footprint by biking or using public transportation instead of Ubering or driving. This will help us conserve our natural resources.

17 Jesus tells us to forgive our neighbors, even if they sin against us seventy times seven. 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!

24 Refresh your memory on what items can be recycled on campus. Rinse out a recyclable that you usually throw in the trash and place it in a recycle bin on campus. Remind your friends and co-workers to do the same.

MARCH 25 - 31

APRIL 1 - 7

25

In today's Gospel, we are reminded that we all need help, which includes the Earth we all call home. Helping each other take care of creation and committing to making changes that will leave the planet in better condition than it was in when we arrived can impact our community for generations to come.

1

Think about how your purchasing impacts your environment. Buying materials made from recycled content is an easy step to take in caring for our planet.

26

Carry a bag in your backpack or purse so when you see some trash floating around, you can pick it up and throw it out at the next trash can. These little actions are just as important, or maybe more so, than big protests or marches. Remember, Jesus did not act as he did for glory in this life, but rather he knew what God called him to do.

2

"If today, you hear God's voice, harden not your hearts" (Psalm 95:8). This psalm reminds us to keep our eyes and ears open for the voice of God in the most unexpected places. Go for a walk in the beautiful spring weather and look for God present in the world. You may be surprised by what you find.

27

Meatless

As we observe another Lenten Friday, eating less meat is not just about subtracting something from your diet but rather adding to it. Eating more whole grains and substituting other foods high in protein like beans and lentils offer many health as well as environmental benefits.

3

Meatless

Avoid eating meat on Friday during this Lent season. Choosing meat-free meals is a powerful choice you can make to leave a positive impact.

28

#Connect2Earth #EarthHour

This Saturday is Earth Hour. Plugging your chargers into a powerstrip and turning them off when you leave for an extended period of time is an easy way to save energy. Many electronics draw power when the item is turned off.

4

Combine your errands when leaving your home. 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.

29

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.

5

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.

30

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 one way to help take care of the home we all live in.

6

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.

31

In the Gospel today, Jesus says that he knows where he is from and where he is going, just like we were reminded on Ash Wednesday that we come from the earth and will return to it. Today, reflect on the commitments that you made at the beginning of the Lenten season and readjust those commitments if needed.

7

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 8 - 12

8

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?

9

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.

10

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.

11

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.

12

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.

"Fill us with peace, that we may live as brothers and sisters, harming no one. O God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in your eyes. Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction".

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