

FEB 17 - MARCH 2

Ash Wednesday

17 | 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.

24 | Consider signing up for ND-ECI's virtual seminar with Provost Marie Lynn Miranda. A distinguished scholar in the field of children's environmental health, Miranda is especially well-known for her research on childhood lead exposure. Her interest in the joint effects of social and environmental exposures has led her to study the impact on health of racial residential segregation in particular. Visit <https://environmentalchange.nd.edu/news-events/events/2021/02/26/nd-eci-virtual-seminar-provost-marie-lynn-miranda/> to register.

18 | In today's Gospel, Moses asks us to "choose life" for ourselves and our descendants by loving God and walking in God's ways. In Covid times, going for a walk is not only a great way to release stress and connect with nature, but it is also a safe way to spend time with friends. Today, bundle up and go for a walk around the lakes or your neighborhood. Maybe call a friend and catch up, or simply spend some time with the birds and the trees. How else do we walk with others and with God every day?

25 | 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

19 | On Fridays during Lent, we abstain from eating meat. This simple act is a reminder that it is God who sustains us, and that Jesus gave up his body for us. Our dining halls will be going vegetarian today, and if you pack a lunch, consider swapping your turkey sandwich for peanut butter and jelly or another vegetarian option.

26 | **Meatless**
As we enter another Friday of Lent, we are reminded of the sacrifices that God made on our behalf. Make an effort to avoid single-use plastics today. This is a small sacrifice that we can all make and will go a long way in making our common home better for generations to come.

20 | Today's Gospel commands us to remove oppression from our midst and give our bread to the hungry. One of the most important things we can do to address systemic injustice and oppression is listen to the needs of those around us. If someone is hungry, give them bread; if they are underrepresented, cede your place at the table. How can we invite others in who have long been kept out of our common spaces?

27 | Part of Lent includes becoming more mindful of ways that we need help or can improve. Today, take note of the amount of electricity you use in your lights. Which lights do you leave on accidentally when no one is in the room? Can you use natural light instead of turning on the lights? Making note of these small changes can accumulate into a larger impact.

21 | If you have not yet done so, commit today to one small change in your daily life that will make a difference in your footprint. This could be giving up single-use plastics, or committing to zero food waste for these 40 days. Whatever it is for you, this one change will help you be aware of the ways that we impact the earth, our home.

28 | Today's first reading tells us that Abraham was prepared to offer up his only son to God. In a similar way, each of us is called to offer up the best of our gifts and talents for the glory of God, and part of this includes helping to reduce our impact on our common home. Take some time to think about one way that you can use your vocation, passion, or hobbies to live more sustainably.

22 | Today's Psalm reads, "The Lord is my shepherd; there is nothing I shall want." The world around us is incredibly beautiful, but that beauty sometimes gets lost in the hustle and bustle of our day to day lives. Spend a few minutes in prayer today thanking God for the glistening snow coating the ground, the climbing tree in your backyard, and all of the other blessings that God bestows upon us each day.

1 | As we strive towards a sustainable lifestyle, we must consciously center voices that have long been silenced. Search your local library for Colville Confederated Tribes' member Dina Gilio-Whittaker's book *As Long as Grass Grows: The Indigenous Fight for Environmental Justice from Colonization to Standing Rock*. This book is a great starting point for learning about the complicated history of the sustainability and environmental movements, and how these movements have contributed to the oppression of Indigenous peoples.

23 | 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. Moderation and protecting our planet go hand in hand.

2 | During today's mini-break, check out Student Gov's website for a list of local places to spend time outside (<https://studentgovernment.nd.edu/south-bend-adventure-guide/natural-sites-to-see/>). Going for a hike, visiting the zoo, or walking along the river is a great way to recenter yourself and evaluate how you are doing physically, mentally and spiritually.

MARCH 3 - 16

3 Taking care of our bodies is the first step towards a fuller understanding of how we impact the world. Today, try to make one healthier choice in your meals, like adding in a vegetable side dish.

10 Waste reduction is not only about food waste; we can also choose to wear hand-me-down clothes, or swap outfits with a friend! Get creative about transforming your old t-shirts into rags or using them for a craft so that they do not end up in the landfill.

4 In the Gospel 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? Notre Dame Campus Dining donates safe, unused food to Cultivate Culinary, so taking smaller portion sizes and avoiding food waste helps to feed the hungry of our community. Taking only what you will eat is the best way to divert food waste from the landfill.

11 Many small businesses have been impacted by Covid-19. One way to love your neighbor and support your friends is to shop local. Swing by the South Bend Farmer's Market today from 7AM-3PM to buy your produce, baked goods, and other items!

Meatless

5 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 or another organization.

Meatless

12 Happy Friday! Don't forget to eat meatless meals today!

6 Slow your pace this weekend by walking or biking wherever you need to go instead of driving a car. This extra couple of minutes saves a few pounds of CO2 emissions, and gives you some time to reflect on the world around you.

13 Although fasting, almsgiving, and prayer are very important during Lent, today's Gospel reminds us that what really matters is mercy, humility, and love of God and our neighbor. At the end of this third week of Lent, reflect on whether your practices thus far have led you closer to God, and feel free to make mid-course corrections.

7 "Whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life" (Jn 4:14). The past year has been a year of searching for new sources of spiritual nourishment in the light of the pandemic, but in today's Gospel, Jesus reminds us that God sustains us both physically and spiritually. Spend a few moments in prayer giving thanks to God for the blessings of physical and spiritual nourishment.

14 If you have the means, consider supporting Just Goods, a local business that promotes regionally-made, eco-friendly goods from companies that pay their workers fair wages. Learn more at <https://www.justgoods.mobi/> or find Just Goods at Purple Porch Coop.

Meatless

8 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!

15 Jesus performed many miracles on earth, such as healing the royal official's son in today's readings, but small miracles surround us every day. On your commute or walk, pause and look at the beautiful blue sky or grass poking up from the ground. Search for signs that spring is coming!

9 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!

16 Be intentional about your recycling today. We are still adjusting to our new recycling system, so check our website for a refresher about which materials can be recycled and where. Make sure your recycling is clean and your boxes are broken down before tossing them in totes!

MARCH 17 - 30

“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

17

In today's Gospel, we are reminded that we all need help, including the Earth that 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.

24

We often do not think about the impact that technology can have on the earth. One way of learning to be stewards of this planet is to keep our electronics as long as we can. Instead of buying the next iPhone as soon as it comes out, consider using your old one for another year in order to reduce electronic waste.

18

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.

25

“It is often difficult to discern what exactly God is calling us to do, but talking with someone else can help things become clearer, like God's wishes are revealed to Mary through Gabriel. Today, talk to a trusted friend about the efforts you have been making to live more sustainably, and encourage each other to continue in your efforts even after this Lenten season is over.

Meatless

19

Today, we hear about how Joseph said yes to God's call to be Christ's earthly father. Spend some time in prayer reflecting on how God calls each of us, and specifically how God calls us to be stewards of our common home.

26

Our actions speak louder than our words. Our children and our children's children will learn from what we do today. Teaching them to respect and care for our common home, and setting the example is a wonderful way to ensure our planet will be around for years and years to come.

20

The weekend is a great time to let your 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. Maybe take a quick shower every other day, or go au naturel instead of curling or straightening your hair in the morning. This will reduce the amount of energy and water you use in your daily routine and give you the chance to try out some new styles!

27

This weekend, do some research into the history of the land you live on. Which Native peoples lived here pre-colonization? Seek out perspectives that challenge your point of view. Learning about this country's past from many different perspectives is critical in transforming our relationship with the land and with each other.

21

Jesus tells us that in order to live eternally with Him in heaven, we must give our lives away here on earth. How can we give of our lives here? If you have the means, consider donating to a local charity, or volunteer your time. This can even be as simple as volunteering to shovel your neighbor's driveway free of charge.

28

Palm Sunday

As we enter into the final week of this Lenten season and we reflect on the transformational changes to come, remind yourself of the changes you were able to make that will leave a lasting, positive impact on the world. Think of at least one sustainable change that you can carry forward from this Lenten season.

22

Today is World Water Day! Water is a blessing that many of us take for granted, and it is time to start talking about it like the precious resource it is. Visit <https://www.worldwaterday.org/> to join the conversation!

29

Holy Week

In this most holy week of the year, we remember God's ultimate act of love for us, Jesus's passion and death on the cross. Christ offered up his Body and his Blood so that we, his disciples, might become one with him. How can we share this life with others? Although we may not be able to gather in person to share a meal, share love by calling a friend or family member and reminding them how grateful you are for their presence in your life.

23

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. During this last full week of Lent, reflect on the commitments that you made at the beginning of the season. What has worked and what hasn't worked? Readjust your commitments if needed, or maybe think of one more small sacrifice to make, such as avoiding plastic bags at the grocery store for this week.

30

“God is my strength,” we pray today with Isaiah, reminding ourselves that God sustains both our bodies and our souls. Today, we invite you to contemplate the intersection of the physical world and the spiritual world present in you.

MARCH 31

APRIL 1 - 4

31 | 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?

1 | 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 or freezing your leftovers for another meal.

2 | Good Friday

Spend some quiet moments today entering into the meditation of Jesus' death on the cross. Pray for the needs of the world and ask for guidance on how you might hear, listen to, and amplify those whose voices have long been suppressed and overlooked.

3 | 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, and realize old things can be made new again. It is never too late to change our habits and live more sustainable lives.

4 | Easter Sunday

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