

# LENTEN CALENDAR 2022

## LENTEN REFLECTIONS

### QUESTIONS TO ASK YOURSELF:

- What do I do on a daily basis to take care of all of God's creation?
- How can I reduce wasteful consumption of the Earth's resources to improve life for current and future generations?
- All of my everyday actions impact the rest of Creation. How can I work to have a better impact?

### TEXTS TO READ:

- [Laudato Si': Care for our Common Home](#)
- [Catholic Climate Covenant "Season of Lent" Webpage](#)
- [UCCSB: "Environmental Quote: On Caring for God's Creation"](#)

### ACTIONS TO TAKE:

- Commit to a carbon fast.
- Reduce meat consumption, ensure that any food products bought adhere to the highest ethical standards.
- Support non-profits and charities that support faith life and sustainability.
- Learn more about where the produce you buy comes from, the agricultural practices accompanying it, and the laborers who produce it.
- Join the [Ignatian Solidarity Network Laudato Si' Lent](#) with weekly explanations of the Laudato Si' Action Platform Goals and suggestions on what you can do to meet them.

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## ASH WEDNESDAY

March 02 Wed. "Return to me with your whole heart, with fasting, and weeping, and mourning" Joel 2:12

How do your actions unintentionally harm the Earth? What can you fast from? Do you use too much single use plastic, drive excessively short distances, waste water throughout the day?

March 03 Thurs. "Fasting makes sense if it questions our security, and if it also leads to some benefit for others." Pope Francis

Think of how you can fast to best benefit your relationship with God and Creation. For example, you can use Lent to fast from meat consumption to cut out carbon emissions and also to save the lives of animals, which are important members of God's creation.

March 04 Fri. "For many of us, a life less focused on material gain may remind us that we are more than what we have." USCCB: Global Climate Change

Consider fasting from unnecessary purchases for Lent. Everything you purchase has a carbon cost, allowing material gain but externalizing costs onto the environment. Try buying only what you need for the duration of Lent.

March 05 Sat. "If you bestow your bread on the hungry and satisfy the afflicted; Then light shall rise for you in the darkness" Isaiah 58:10

30-40% of food in the US goes to waste. Today, think of an actionable way to reduce your own food waste to help distribute food in sustainable and equitable ways.

March 06 Sun. "In Lent, may we be increasingly concerned with speaking words of comfort, strength, consolation and encouragement, and not words that demean, sadden, anger or show scorn." Pope Francis

This Lent, think of how you can foster the spirit of Christ in yourself, in how you treat the people around you, and in how you treat all natural beings.

March 07 Mon. "Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me." Matthew 25:40

Who do we think of when we speak of our brothers and sisters? We are all members of Creation, not just humans but the plants and animals we interact with every day. Treat even the least of these the way you would treat the Lord.

March 08 Tues. "From the heaven the rain and snow come down, And do not return there till they have watered the earth, making it fertile and fruitful" Isaiah 55:10

Water is a gift from Heaven meant to make the earth fruitful, but we waste it every day. Learn about the global water crisis at [NDI's Global Dialogue Series](#). Reduce your waste of potable water by turning off your showerhead when you are shampooing and conditioning.

March 09 Wed. "The emptier a person's heart is, the more he or she needs things to buy, own and consume. It becomes almost impossible to accept the limits imposed by reality. In this horizon, a genuine sense of the common good also disappears." Laudato Si'

Earth and all materials on Earth are a gift from God to be shared by everyone. How do your purchasing habits affect people you don't see, like the farmers who grow your food, factory workers who produce your goods, and the trash collectors who manage your waste? Do your desires for material goods come before your care for those who produce them?

March 10 Thurs. "Once we start to think about the kind of world we are leaving to future generations, we look at things differently; we realize that the world is a gift which we have freely received and must share with others." Laudato Si'

Do you work to share Earth's resources? Limit your personal energy use by unplugging your appliances when they're not in use.

March 11 Fri. "He shall live because of the virtue he has practiced." Ezekiel 18:22

How are you living sustainably today? Think of five things that you have done to reduce your consumption or work for the equitable treatment of all members of Creation.

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<p>March 12 Sat.</p>	<p>"Changes in lifestyle based on traditional moral virtues can ease the way to a sustainable and equitable world economy in which sacrifice will no longer be an unpopular concept." Centesimus Annus, no. 38</p> <p>Caring for Creation will require sacrifices. Take Lent as a time to consider what you can sacrifice to reduce your energy and material consumption or to better foster biodiversity and improvement of conditions for all members of Creation.</p>	<p>March 13 Sun.</p>	<p>"Fasting involves choosing...a way of life that does not waste, a way of life that does not 'throw away'. Fasting helps us to attune our hearts to the essential and to sharing." Pope Francis</p> <p>Challenge yourself for the rest of Lent not to buy replacements for anything you can mend, even if it means learning how to sew a patch or repair a broken item. Reducing the amount you throw away and replace has a huge impact on your environmental footprint.</p>
<p>March 14 Mon.</p>	<p>"Creation and all created things are inherently good because they are of the Lord." 1 Corinthians 10:26</p> <p>How can you treat all created things better? Join <a href="#">Beef Free ND</a> and cut out beef today, helping to care for more members of Creation and reduce your carbon footprint. Beef is the single most carbon intensive food product.</p>	<p>March 15 Tues.</p>	<p>"For human beings to contaminate the earth's waters, its land, its air, and its life - these are sins." Patriarch Bartholomew</p> <p>Watch <a href="#">Patriarch Bartholomew's convocation speech</a> from his visit to Notre Dame, where he speaks to the power we have to create a more sustainable world.</p>
<p>March 16 Wed.</p>	<p>"Authentic human development has a moral character. It presumes full respect for the human person, but it must also be concerned for the world around us and 'take into account the nature of each being and of its mutual connection in an ordered system.'" Laudato Si'</p> <p>Attend the Keough School's <a href="#">Dignity and Development Forum</a> to understand the realities of global development to create a just and sustainable future.</p>	<p>March 17 Thurs.</p>	<p>"Blessed is the man who trusts in the LORD, whose hope is the LORD. He is like a tree planted beside the waters that stretches out its roots to the stream: It fears not the heat when it comes, its leaves stay green; In the year of drought it shows no distress, but still bears fruit." Jer 17:7-8</p> <p>The Bible repeatedly uses natural metaphors to describe humanity and those who trust in the Lord. Reflect on the way that the Bible speaks of nature and how to think about our relationship to nature in accordance with it.</p>
<p>March 18 Fri.</p>	<p>"The Bible speaks again and again of the goodness and beauty of creation, which is called to glorify God." Pope JP II</p> <p>In Genesis, God saw that all creatures of the Earth were good, even before He created humans. Do we treat the Earth as something that is good because it was created by God? Do we value it as something that itself glorifies God?</p>	<p>March 19 Sat.</p>	<p>"In his desire to have and to enjoy rather than to be and to grow, man consumes the resources of the earth and his own life in an excessive and disordered way." Pope John Paul II, Centesimus Annus</p> <p>If we focus too much on material goods, we can forget the gifts and good that God gives us. Find a way to focus less on material goods that consume resources wastefully, like not spending money on unnecessary items for the rest of Lent.</p>
<p>March 20 Sun.</p>	<p>"When it comes to the natural world, we are subject not only to biological laws but also to moral ones, which cannot be violated with impunity." Pope John Paul II, Sollicitudo rei Socialis</p> <p>We cannot consume with no regard to our role as humans to take care of the rest of nature. One way to cut out wasteful use of the natural world during Lent is by reducing food waste, which wastes not only the food itself but the labor, soil nutrients, water, and transportation emissions it took to get to your table. Get only things you will eat and save any excess for leftovers.</p>	<p>March 21 Mon.</p>	<p>"All nature is at the disposal of humankind. We are to work with it. For without we cannot survive." St. Hildegard of Bingen</p> <p>St. Hildegard reminds us of our reliance on the rest of the natural world and that we cannot use nature for our own good without caring for it as well. You can directly help care for nature on campus by picking up litter wherever you walk so it does not end up in our lakes. Carry a bag with you to store trash and dispose of it at your next stop.</p>

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March 22 Tues.	<p>"The day will come when, after harnessing space, the winds, the tides, and gravitation, we shall harness for God the energies of love. And on that day, for the second time in the history of the world, we shall have discovered fire." Pierre Teilhard de Chardin</p> <p>Human technology and culture have brought us far, but it is important to remember how we can use our energies to demonstrate God's love. Show this love by reducing your consumption of unclean energies by carpooling and reducing your driving distances or air-drying your clothes.</p>	March 23 Wed.	<p>"Look at the birds in the sky; they do not sow or reap, they gather nothing into barns, yet your heavenly Father feeds them. Are you not more important than they?" Matthew 6:25-29</p> <p>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? This week, check the labels on every piece of food you buy-- look for USDA Organic, Demeter Certified Biodynamic, Certified Humane, Animal Welfare Approved, and Fair Trade Certified Labels.</p>
March 24 Thurs.	<p>"Obedience to the voice of the earth is more important for our future happiness than the voices of the moment, and the desires of the moment." Pope Benedict XVI</p> <p>One of the biggest ways we fulfill our daily happiness at the sake of the future is by purchasing new things. As you go through Lent, think about the carbon cost of the items you buy, from food to clothing to appliances, and consider if you will use this purchase long-term and if it is possible to buy second-hand instead of new.</p>	March 25 Fri.	<p>"Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus." Luke 1:30</p> <p>Don't let fear of the unknown keep you from moving forward in your journey to be more sustainable. Climate change presents a lot of unknowns, but we are learning more and more how to implement more sustainable actions in our life. If you have thought of a way to make your life more sustainable during Lent, commit to it and know that God is with you as you work to take even the smallest steps toward better caring for Creation.</p>
March 26 Sat.	<p>"He will come to us like the rain, like spring rain that waters the earth." Hosea 6:3</p> <p>This is the first week of spring, a time for new beginnings. What is a habit you can pick up to become more sustainable? Create a sustainability goal and use a journal, paper, or online doc to track how well you're doing every day in meeting this goal.</p>	March 27 Sun.	<p>"If you were blind, you would have no sin; but now you are saying, 'We see,' so your sin remains." John 9:14</p> <p>If we ask our Heavenly Father for forgiveness of our sins, he grants it. The Earth forgives a lot of our pollution with buffer systems like wetlands, but it's still our responsibility to reduce our impact. Today, add reusable utensils to your backpack so that you do not have to use disposable plastic.</p>
March 28 Mon.	<p>"No longer shall the sound of weeping be heard there, or the sound of crying." Isaiah 65:19</p> <p>Read Cry of the Earth, Cry of the Poor to better understand the urgent needs of the Earth and how we as Catholics can serve to help.</p>	March 29 Tues.	<p>"Wherever the river flows, every sort of living creature that can multiply shall live." Ezekiel 47:9</p> <p>Water is essential to life on our planet, but safe drinking water is limited. Agriculture constitutes 80-90% of the nation's consumptive water use. Research the water footprint of some of your favorite foods and drinks and cut out those with the highest water costs--for example, it takes 674 gallons of water to produce one 6 oz. steak and 37 gallons of water to make one cup of coffee.</p>
March 30 Wed.	<p>"I have kept you and given you as a covenant to the people, To restore the land and allot the desolate heritages." Isaiah 49:8</p> <p>Jesus came in part to restore the land. Modern agriculture often deteriorates the land it uses. When shopping this week, research the sustainable growing practices of the brands you buy. Are they restoring the land or destroying it?</p>	March 31 Thurs.	<p>"Faith . . . by revealing the love of God the Creator, enables us to respect nature all the more, and to discern in it a grammar written by the hand of God and a dwelling place entrusted to our protection and care." Pope Francis</p> <p>We as humans, made in God's image, have a responsibility to care for the Earth. Our modern habits of consuming energy and material goods often go against this. As one way to better care for creation, prepare your food at home and package it in reusable containers instead of buying food and drinks to-go that often come in throw-away plastic.</p>

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<p>April 01 Fri.</p>	<p>"Our mistreatment of the natural world diminishes our own dignity and sacredness, not only because we are destroying resources that future generations of humans need, but because we are engaging in actions that contradict what it means to be human." <i>Renewing the Earth</i></p> <p>When taking steps to reduce your impact on the world around you, you are taking steps to help combat climate change and the threat it is to human health, life, and community.</p>	<p>April 02 Sat.</p> <p>"It is to the Creator of the universe, then, that we are accountable for what we do or fail to do to preserve and care for the earth and all its creatures" <i>USCCB: Renewing the Earth</i></p> <p>Remember the reason for taking sustainable action that may not be convenient but can reduce your emissions of toxic chemicals or reduce your consumption of resources that are God's gift to all. Every mile not driven, plastic bottle not wasted, and piece of food not sent to the landfill is preserving and caring for God's creation.</p>
<p>April 03 Sun.</p>	<p>"I will put my spirit in you that you may live, and I will settle you upon your land." <i>Ezekiel 37:14</i></p> <p>The Lord placed us on the land to care for it. Reduce the pressure that you place on the land by buying local, sustainably grown, or organic food products.</p>	<p>April 04 Mon.</p> <p>"Created things belong not to the few, but to the entire human family." <i>Renewing the Earth</i></p> <p>Most things on Earth are limited. How can you reduce your consumption of limited resources--energy, textiles, plastic, etc.--to stop supporting systems that unequally distribute the costs of energy and goods?</p>
<p>April 05 Tues.</p>	<p>"A true ecological approach always becomes a social approach; it must integrate questions of justice in debates on the environment, so as to hear both the cry of the earth and the cry of the poor." <i>Laudato Si'</i></p> <p>Attend "<a href="#">New Frontiers for Materials for Health, Energy, and the Environment</a>" to learn how technology can be used to approach global issues of health and sustainability in an integrated way.</p>	<p>April 06 Wed</p> <p>"Responsibility for God's earth means that human beings, endowed with intelligence, must respect the laws of nature and the delicate equilibria existing between the creatures of this world." <i>Laudato Si'</i></p> <p>One of the best things we can learn from nature is how to work together in regenerative cycles. While our economy is largely not set up as a circular economy, do what you can to shop secondhand, reuse water bottles, and buy food in reusable or returnable containers.</p>
<p>April 07 Thurs.</p>	<p>"Environmental degradation makes the life of the poor intolerable." <i>Pope Benedict XVI</i></p> <p>The negative effects of climate change are unevenly dispersed. In the US, we can all do our part to reduce our emissions and pollutions. For the rest of the week, reduce your emissions by walking, biking, or using public transport for any trips less than 2 miles instead of driving.</p>	<p>April 08 Fri.</p> <p>"Water continues to be wasted, not only in the developed world but also in developing countries which possess it in abundance. This shows that the problem of water is partly an educational and cultural issue." <i>Laudato Si'</i></p> <p>Beyond just what comes from your tap, producing other goods uses a lot of water. It takes about a gallon and a half to produce a single use plastic bottle. Remember to bring your reusable water bottle with you today and try not to drink anything that requires you to buy a plastic bottle to reduce this hidden consumption.</p>
<p>April 09 Sat.</p>	<p>"We are convinced that everyone has a capacity to contribute to overcome climate change and to choose sustainable lifestyles." <i>Catholic Bishops' Statement in Lima on the Road to Paris</i></p> <p>Sustainability needs global action, but we can all work to have a positive impact on the world. As Lent comes to a close, think of habits you can take with you for the rest of the year. Assess your carbon footprint and where you can improve periodically and make any changes you need to be more sustainable.</p>	 <p><b>SUSTAINABILITY</b> UNIVERSITY OF NOTRE DAME</p>

# LENTEN CALENDAR 2022

## APRIL 10-PALM SUNDAY

"'Fruit of the earth,' 'fruit of the vine' and 'work of human hands.' With these words, the rite not only includes in our offering to God all human efforts and activity, but also leads us to see the world as God's creation, which brings forth everything we need for our sustenance." Pope Benedict XVI

Palm Sunday commemorates Jesus' entrance into Jerusalem, preparing us to remember Christ's Passion. Pope Benedict reminds us that God provides us sustenance in body and blood as well as from the fruit of the earth, emphasizing the importance of the way that we treat the Earth not only as God's creation but a means of sustaining us and our connection with Christ.

## MONDAY, APRIL 11

"Every action taken in favour of a just and more sustainable environment, no matter how small, has an intrinsic value." The Cry of the Earth, Statement by the Irish Bishops' Conference

It is easy to lose hope in doing sustainable action. Even when it feels like you can't make big change, remember the reason for sustainable action is to care for and do justice to every beloved member of God's creation.

## TUESDAY, APRIL 11

"In nature, the believer recognizes the wonderful result of God's creative activity" Pope Benedict XVI

As the season of Lent comes to a close, spend time today walking through a natural space and looking at other members of God's creation. Remember the commitments you have made during Lent to better care for God's creation and see the beauty in the natural world, and carry them with you after Easter.

## WEDNESDAY, APRIL 13

"Lent is precisely the season of hope, when we turn back to God who patiently continues to care for his creation which we have often mistreated." Pope Francis

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?

## APRIL 14-HOLY THURSDAY

"The environment is God's gift to everyone, and in our use of it we have a responsibility towards the poor, towards future generations and towards humanity as a whole." Pope Benedict XVI

On Holy Thursday, Jesus gives 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 and making conscious decisions when grocery shopping or going out to eat.

## APRIL 15-GOOD FRIDAY

"For this I was born and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice." John 18:37

Pray today to discern how you can help better understand the truth and voice of Christ, especially as it comes to making your actions count toward creating a more sustainable and just world. Make today a time to gather in your 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 facing food insecurity or suffering from floods, fires, and other extreme weather events worsened by climate change.

## APRIL 16-HOLY SATURDAY

"God blessed them, saying: 'Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all the living things that move on earth.'...God looked at everything he had made, and found it very good." Genesis 1:28-31

All the fish of the sea, the birds of the air, and all the living things are under our dominion as humans, and we have a responsibility to care for the world that God so loves. Take note of the lessons you have learned this Lent, of what actions you can take to stop wasting and polluting the gifts that God gave to all or to better appreciate the beauty, wonder, and glory of the world that God created and found good.

## APRIL 17-EASTER SUNDAY

"For our paschal lamb, Christ, has been sacrificed. Therefore, let us celebrate the feast, not with the old yeast, the yeast of malice and wickedness, but with the unleavened bread of sincerity and truth." 1 Corinthians 5:7-8

Today we celebrate the salvation that Jesus died on the cross for. Celebrate also the work that you have done during Lent and how it has brought you into greater harmony with the Earth and 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.