

Lenten “Carbon Fast”

“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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 “The brutal consumption of Creation begins where God is not...” (Pope Benedict XVI)	25 Bring a reusable mug to a campus café (you might even get a discount on your coffee!)	26 <i>TED Talk Tuesday</i> Learn about solutions to achieve a sustainable future	27 Recycle batteries, light bulbs, and printer cartridges in your dorm receptacles	28 Go for a run outside instead of using the treadmill (bundle up!)	March 1 <i>Follow Friday</i> Catholic Climate: updates and stories on climate change and theology @catholicclimate	2 Go “trayless” at the dining hall
3 Take the St. Francis pledge to commit to caring for the environment through a Catholic lens	4 Walk or bike everywhere today instead of driving	5 <i>TED Talk Tuesday</i> Admire the intricacy of nature with biomimicry	6 Power hour! Turn off and unplug all electronics in your room for 1 hour	7 Flying somewhere for break? Try to get paperless tickets and boarding passes.	8 <i>Follow Friday</i> EPA: posts about the regulatory and legal aspects of sustainability @EPAgov	9 Avoid eating meat today and choose environmentally-friendly foods
10 Reflect on St. Francis of Assisi’s “The Canticle of the Sun”	11 Clean your room today: find out what’s recyclable and make sure to recycle everything you can!	12 <i>TED Talk Tuesday</i> Reconsider product life cycles with cradle to cradle design thinking	13 Research renewable energy technologies	14 Use the stairs today	15 <i>Follow Friday</i> NYT Green Blog: read energy and environment news from the New York Times @nytimesgreen	16 As you travel back from Spring Break, be conscious of your transportation choices and their environmental effects
17 Reflect on Psalms 104 and 148 with a friend	18 Wash your clothes on cold and hang dry your clothes instead of using the dryer	19 <i>TED Talk Tuesday</i> Learn about our food system and its potential to change	20 Celebrate Spring! Take a walk around campus to appreciate the earth’s natural beauty	21 Do your homework in common areas so you’re not using the lights in your room	22 <i>Follow Friday</i> Environmental Leader: news on business and the environmental @ELDaily	23 Use the computers in one of the labs to get your work done
24 Read and pray on the poem “God’s Grandeur” by Gerard Manley Hopkins, S.J.	25 Plan ahead: bring reusable bags to Grab & Go	26 <i>TED Talk Tuesday</i> Learn about generating clean wind power with the help of kites	27 Make an effort to have zero waste in the dining hall	28 <i>Holy Thursday</i> Read and reflect on Pope Benedict XVI’s “If You Want to Cultivate Peace, Protect Creation”	29 <i>Good Friday</i> Reflect and pray on Pope John Paul II’s “Peace with God the Creator, Peace with all of Creation”	30 <i>Holy Saturday</i> Reflect on Nehemiah 9:6 in anticipation of Easter Sunday

EASTER:

Reflect on your environmental accomplishments during Lent and how they have brought you into greater harmony with God’s plan for Creation and all life.

“At a time of world food shortage, of financial turmoil, of old and new forms of poverty, of disturbing climate change ... of growing fears over the future, it is urgent to rediscover grounds for hope. Let no one draw back from this peaceful battle that has been launched by Christ’s Resurrection. ... Christ is looking for men and women who will help him to affirm his victory using ... justice and truth, mercy, forgiveness and love.”

(Pope Benedict XVI, Urbi et Orbi, Easter 2009)