

Lenten Calendar

Ash Wednesday reminds us to be faithful in action even when no one is paying attention. If we were all living in harmony with the rest of God's especially when no one is looking, our households, our churches, and our society would also be transformed.

MARCH 02 - 15		Lenten Carbon Fast
<i>Ash Wednesday</i>		
02	Remove one light bulb or unplug one light and live without its light for the next 40 days. This will decrease your energy use and act as a reminder of your Lenten Carbon Fast.	
03	Try making a meal using only 1 pot or pan; search online if you need recipe ideas. You can save water and time by having fewer dishes.	10 Clean your office today. Drop off items like batteries in the specialty recycling containers.
04	Avoid eating meat today and every Friday during Lent. Choosing meat-free meals is a powerful choice you can make to reduce your carbon footprint.	11 Purchase more mindfully today. Every dollar you spend is a statement about the kind of world you want and the quality of life you value. Buy wisely, asking yourself:
05	Make an effort to have zero food waste. Serve yourself only what you'll eat and save the leftovers.	12 • Do I need this & do I need it now? • Was it made sustainably? • Is it worth the money?
06	Show reverence for life and the planet by obeying the speed limit when driving. Every 10 mph increase in speed reduces fuel economy by 4 mpg and increases the risk of getting into an accident.	13 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.
07	Stop using bottled water for the rest of Lent. 200 billion plastic water bottles are consumed worldwide every year – about 31 bottles for every person on the planet.	14 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 a person in a slum uses in a whole day.
08	Avoid using disposable items for your morning coffee. Brew a small pot of coffee rather than using a K-Cup or bring a reusable coffee mug to your favorite coffee shop.	15 Walk, bike, carpool, or use public transportation when traveling today. You can save money and help the environment.
Refresh your memory on what items can be recycled in your home/work. Place a recyclable that you usually don't recycle into one of the recycle bins and remind your co-workers and family to do the same.		

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“ Yet all is not lost. Human beings, while capable of worst, are also capable of rising above themselves, choosing again what is good, and making a new - Pope Francis, Laudato Si

Lenten Carbon Fast



MARCH 16 - 29

16 |

Avoid using Styrofoam products. Opt for the paper, plastic, aluminum option, and recycle it after.

23 |

Air dry your clothes and let your dryer rest. Dryers consume a lot of energy and shorten the lifespan of your clothes.

17 |

Save paper today: print double-sided and use hand dryers rather than paper towels in the restrooms.

24 |

Buy paper products that are made using recycled content.

18 |

Have a “Buy Nothing Day” today - or this weekend.

25 |

Wanting to read a new bestseller? Check out the book from the library or try the eBook version.

19 |

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

26 |

Turn down your thermostat by at least one degree. Aim for 20 C during the day and 15.5 C at night during the winter. Turn the heat down or off when you leave home.

20 |

Recycle batteries, light bulbs, and printer cartridges in the proper receptacles around campus.

27 |

Take shorter showers/use a shower timer to reduce excessive water usage. Aim to finish your shower in under 5 minutes.

21 |

Don’t leave taps running excessively, especially when brushing your teeth or washing dishes.

28 |

Minimize how many paper towels and napkins you use today. Swap out your paper napkins for cloth napkins and use a dish towel rather than a paper towel to dry your hands and clean up messes.

22 |

Bring lunch to work today. You will save money, reduce the waste from to-go containers, and use up leftovers from dinner the night before.

29 |

Only charge electronics when battery is in the red (under 20% left) and charge to full.

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“So whenever you give alms, do not sound a before you...so that your alms may be done in secret; and your Father who sees in secret will reward - Matthew 6:2-4

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Green Lent:

DOING ENVIRONMENTAL JUSTICE TOGETHER

MARCH 20 - APRIL 12

30 |

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

31 |

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.

01 |

Pray and fast today. Join with others around the world who pray and fast for the environment on the 1st of each month.

02 |

Open your blinds this morning to allow the sun to help heat your home. Close the blinds at night to help capture the heat.

03 |

Spend a few minutes today going through your mail. Make a stack of catalogues you don't read then call those companies and ask to be removed from their mailing list.

04 |

Replace 2 of your incandescent light bulbs with CFLs or LEDs. Replacing one incandescent saves hundreds of pounds of climate pollution a year.

05 |

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 lifespan.

06 |

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

07 |

Check windows and doors for drafts with a ribbon or feather. If it flutters, you'll know there is a leak that needs to be sealed.

08 |

Work or read near a window so you can use natural light rather than turning on the lights.

09 |

Have an “embrace the silence” Saturday: Turn off everything and spend time with friends and family.

10 |

Celebrate Spring! Take a walk around campus to appreciate the Earth's, and Notre Dame's, natural beauty.

11 |

Use cruise control on your commute today. You could increase your mileage by 15% which saves you money and decreases pollution.

12 |

Run the washing machine with only full loads on the “cold/cold” setting. Washing clothes in cold water uses half the energy and gets them just as clean as using hot water.

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APRIL 13-17

13 |

Turn off your laptop/personal computer and change the settings so it hibernates automatically if you haven't used it in 15 minutes.

14 |

Holy Thursday

Read the Canticle of the Sun by St. Francis of Assisi and reflect on it with friends and family.

15 |

Good Friday

Think about the role of our church in its local environment. Could our community better care for Creation and the environment?

16 |

Holy Saturday

Replace the bulb/light from Ash Wednesday with a more efficient bulb/light. Just as the Light of the world appeared, let this light serve as a reminder that you too are making a difference!

17 |

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 your Carbon Fast by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life. "Jesus' appearance changed the world. His disciples were being asked: speak truth to power, love your enemies, but most of all love God and your neighbor. This was a new way of being in relationship. Today's seemingly 'impossible appearance' is that humans are changing the climate. This calls for a new way of being in the world, to relate differently to each other and to nature. There are great glimmers of hope on the horizon."

LET US ASK THE LORD
TO HELP US
UNDERSTAND THE LAW

OF Love. How good
IT IS TO HAVE THIS
LAW! How much

Good IT DOES US TO
LOVE ONE ANOTHER,
IN SPITE OF
EVERYTHING. YES, IN
SPITE OF EVERYTHING!
-Pope Francis

