

# LENTEN CARBON FAST 2014

LENT IS A TIME FOR REPENTENCE, FASTING AND REFLECTION.

AS PART OF YOUR MINDFUL TO THE ENVIRONMENT, THE LENTEN CARBON FAST AIMS TO TRANSFORM NOT ONLY OUR RELATIONSHIP WITH GOD, BUT TO ALL OF HIS CREATION.

SUN	MON	TUES	WED	THU	FRI	SAT
<p><i>“Let us be protectors of God’s Creation, protectors of God’s plan inscribed in nature, protectors of one another and of the environment.”</i> (POPE FRANCIS)</p>			<p>MARCH 5</p> <p><b>Begin with prayer and reflection.</b> Think about your stewardship of our Earth. How can you change your home and lifestyle to reflect your commitment to and respect for God’s creation?</p>	<p>6</p> <p><b>Remove one light bulb from your home and live without its light for the next 40 days.</b> This will decrease your energy use and act as a reminder of your commitment.</p>	<p>7</p> <p><b>Meat-free Friday.</b> Choosing meat-free meals is one of the most powerful things you can do to reduce your carbon footprint. Find vegetarian recipes online: <a href="http://www.veggienum.com/">http://www.veggienum.com/</a></p>	<p>8</p> <p><b>Choose a Fair Trade coffee.</b> Changing your regular coffee shop will help encourage retailers to use more sustainable brands. Find fair trade near you: <a href="http://search.fairtrade.com.au/">http://search.fairtrade.com.au/</a></p>
			<p>9</p> <p><b>Support restaurants that source their food locally and sustainably.</b> Find places to eat and buy sustainably <a href="http://www.localharvest.org.au/">http://www.localharvest.org.au/</a></p>	<p>10</p> <p><b>Meat-free Monday.</b> Extend this challenge to two days a week to the benefit of the environment and your own health.</p>	<p>11</p> <p><b>Start taking 4 min showers.</b> Consider installing a more efficient showerhead. Using less water will save money, reduce emissions and keep our waterways healthy.</p>	<p>12</p> <p><b>Be informed.</b> Put your Lenten commitment into perspective by learning about climate change. Read widely and visit websites like: <a href="http://climatecrisis.net/">http://climatecrisis.net/</a></p>

SUN	MON	TUE	WED	THU	FRI	SAT
<p>16</p> <p><b>Think about the role of your church in its local environment.</b></p> <p>Does your parish have an environmental group? What more could your faith community do?</p>	<p>17</p> <p><b>Wash your dishes by hand tonight.</b></p> <p>Use this activity to reflect on your carbon fast so far – what have you learnt about climate change, and what more can you do to help?</p>	<p>18</p> <p><b>Keep it cool.</b></p> <p>Fridges a major energy user in the home, responsible for 15% of emissions. Think about making yours more efficient: <a href="http://www.efslarninghub.net.au">www.efslarninghub.net.au</a></p>	<p>19</p> <p><b>Tell one friend about your Lenten Carbon Fast.</b></p> <p>Explain the importance of cutting emissions so that we can continue to enjoy the Earth's gifts.</p>	<p>20</p> <p><b>Say no to plastic bags.</b></p> <p>Take re-usable bags when you do your grocery shopping. A moment's preparation can make a world of difference.</p>	<p>21</p> <p><b>Think green in the kitchen.</b></p> <p>When heating water on the stove, use a pot with a lid to conserve energy. If you use two fridges or freezers, try to make do with just one.</p>	<p>22</p> <p><b>Consider composting your food waste.</b></p> <p>Put the nutrients from food waste back into the soil with a composter. Ask for help at your local nursery or hardware store.</p>
<p>23</p> <p><b>Pray for those most affected by climate change.</b></p> <p>Go to <a href="http://www.catholicclimatecovenant.org">www.catholicclimatecovenant.org</a> and watch the video 'Who's Under Your Carbon Footprint?'</p>	<p>24</p> <p><b>Pick up at least one piece of litter from the ground today.</b></p> <p>Help contribute to a greener world and set a positive example for those around you.</p>	<p>25</p> <p><b>Sweep your driveway or path instead of hosing.</b></p> <p>Reducing consumption is essential to ensure future supplies of fresh, clean water, and will save you money on bills.</p>	<p>26</p> <p><b>Minimise your disposables.</b></p> <p>Take out your own mug or thermos. Carry a fork with you for when you buy take away food. Use cloth napkins at meals and clean with a washable sponge.</p>	<p>27</p> <p><b>Buy products, not packaging!</b></p> <p>Refuse to buy products that use excessive packaging, and only bag fruit &amp; veg when necessary. Where possible, buy fresh instead of canned.</p>	<p>28</p> <p><b>Develop a green thumb.</b></p> <p>Growing a veggie patch is a great way to decrease CO2 and food waste. If you don't have a garden, ask about joining your local community garden.</p>	<p>29</p> <p><b>Give the dryer a rest this weekend.</b></p> <p>Hang your clothes on an indoors rack. Not only are dryers energy intensive, they are expensive to run. The sun and wind can dry your clothes for free!</p>
<p>30</p> <p><b>Silent Sunday.</b></p> <p>Turn off all of your electronic devices and unplug them. No TV, no radio, no ringtones. Stay home after Church. It will be good for your soul and an vital step in your Lenten journey.</p>	<p>31</p> <p><b>Make your journey more eco-friendly.</b></p> <p>Could you carpool or take public transport? Visit <a href="http://131500.com.au">131500.com.au</a> to plan, or download the <b>TripGo</b> app for your mobile.</p>	<p>APRIL 1</p> <p><b>Be aware of your food waste this week.</b></p> <p>Plan well, eat leftovers, and do your shopping with a list so that everything you buy will be used.</p>	<p>2</p> <p><b>Speak out!</b></p> <p>Ask our leaders to take action on climate change today. Your voice is as powerful as your deeds. Visit <a href="http://www.getup.org.au">www.getup.org.au</a> or <a href="http://www.oxfam.org.au">www.oxfam.org.au</a></p>	<p>3</p> <p><b>Turn off the lights you're not using.</b></p> <p>Flick light switches off as you leave a room. Install motion sensors, or simply put reminders on your switch plates.</p>	<p>4</p> <p><b>Keep warm with care this winter.</b></p> <p>Installing insulation, wearing extra layers and cuddling a hot water bottle are all ways to warm up before you resort to air conditioning.</p>	<p>5</p> <p><b>Support those worst affected by climate change.</b></p> <p>The world's poor, who have contributed least to climate change, are those being affected first. <a href="http://www.erc.org.au">www.erc.org.au</a></p>

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6 <b>If all countries consumed as much energy as Australia does, it would take <i>three planet Earths</i> to support all of us.</b> Reflect on this fact as you continue to find ways to live more simply.	7 <b>Check your car's tyre pressure.</b> At any petrol station you can check and fill tyres at the 'air' station. Cars with low tyre pressure require much more petrol per kilometre.	8 <b>Donate unneeded items to your local Vinnies or Salvos.</b> While you're there, remember that buying recycled clothes and furniture is also a great way to reduce your footprint.	9 <b>Turn off appliances.</b> If you're leaving an appliance for an hour, shut it down. Even on a 'sleep' setting, a TV or computer wastes more energy than when properly turned off.	10 <b>Green journey.</b> Making travel plans? Try getting there without flying. If you have to fly, buy carbon offsets – these prevent one ton of greenhouse gases for each ton that your trip creates.	11 <b>Recycle all your paper.</b> Print double-sided and in a smaller font when printing documents. For a brand of recycled toilet paper that is also a fantastic charity, check out <a href="http://www.au.whogivesacrap.org/">http://www.au.whogivesacrap.org/</a>	12 <b>Buy fair trade Easter Eggs.</b> Check out World Vision's fair trade chocolate guide: <a href="http://worldvision.com.au">worldvision.com.au</a> and buy your Easter chocolates at independent stores where possible.
13 <b>Respect all life and the Earth by obeying the speed limit.</b> The faster you drive the more petrol you burn per kilometre. You also increase your risks of harming yourself and others.	14 <b>Learn more about energy sources.</b> Coal is the primary source of power in Australia and one of our biggest exports. Do some research about how the coal industry affects our environment and communities.	15 <b>Support clean energy.</b> Call your energy provider and switch to renewable energy. Most providers will allow you to select the percentage of your energy you would like to be supplied from a clean source.	16 <b>Celebrate growth!</b> While Australia prepares for Winter, Easter means Spring for many others. Support tree-planting movements like Planet Ark, or simply pick up a few pieces of rubbish from the street.	17 <b>HOLY THURSDAY</b> <b>Today, replace the light bulb you removed on Ash Wednesday with an energy-saving CFL light bulb.</b> Set aside some time to pray, and to reflect on the meaning of light in your life.	18 <b>GOOD FRIDAY</b> <i>"Now is the time, God's reign is present, change your life, and believe some very good news"</i> (MARK 1:15) <b>Reflect on your role in the care of creation.</b>	19 <b>EASTER SATURDAY</b> Australians discard up to 20% of the food that they purchase. Planning an Easter lunch? Think about how much your body really needs, and choose foods that can be used as leftovers through the week.

20 APRIL  
**EASTER SUNDAY**

**As you rejoice in Christ's resurrection, take some time to reflect on the activities you have performed during Lent.**

How have they brought you into greater harmony with the Earth and life? Conclude your Carbon Fast by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.



The CLRI(NSW) Social Justice Committee would like to acknowledge that this calendar has been sourced and adapted from the Environmental Outreach Committee in the Archdiocese of Washington, which in turn was adapted from Tearfund and other sources with help from Greater Washington Interfaith Power & Light ([www.GreenMyChurch.com](http://www.GreenMyChurch.com)).