

LENTEN CARBON FAST 2020



SUN MON TUE


1 March
Capture your joy in creation. Start a daily or weekly journal to reflect on how creation strengthens your spirit and how you can protect it.

2
Start a meat-free Monday pledge. Eating less meat is the single most effective way to reduce your carbon footprint.

3
Each Tuesday night in Lent, tape over one light switch in your home to avoid using it and to remind you of your commitment.

4
Could you eliminate single-use plastics from your life? Visit myplasticfreelife.com/plasticfreeguide for inspiration.

5
Before throwing something out, consider if it can be recycled or used by someone else.



6
Are there any leaks in your home or workplace? Report them to the property manager for repair.

7
Do an audit of your bins to work out where you're creating the most rubbish. Consider where you can make waste free swaps.

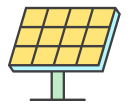
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26 February
Start your Lenten journey with a reflection. What does it mean to be "guardians of creation"? How can you rise to this role?

27
Transport makes up 18% of all greenhouse gas pollution in Australia. Commit to having one car-free day each week.

28
Time how long it takes you to shower. Set a goal of reducing that time, and use an alarm to make sure you're on track.

29
Wash dishes wisely. Keep the water you've used to wash vegetables in a dishpan or plugged sink and re-use it.



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Start your own veggie garden. Simple plants like tomatoes, squash, basil and rosemary are a good start.

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Use your own water bottle. Plastic bottles and other disposable containers will not decompose for thousands of years.

10

Turn off any lights in rooms you're not using.



11

When you pass a piece of recyclable litter, pick it up and put it in the correct bin.

12

Say no to plastic bags when shopping. According to Greenpeace, the average plastic bag has a lifespan of only 20 minutes.

13

Select the proper pan size when you cook. Large pans may require more heat and cooking water than necessary.



14

Compost food waste. Food waste is overrepresented in landfill, where it rots and creates methane, a potent greenhouse gas.

15

How long could you go without buying any new clothing? Make a pledge for 3 months, 6 months or a year, and encourage friends or family to join you.

16

Eat local and native. Choosing foods grown close to home and in-season means fewer miles and less disruption of natural cycles.

17

Go renewable. Commit to getting one piece of solar equipment in 2020, such as solar panels for your home or parish.

18

Reduce food waste. Buy only the food you need. Eat or share all the food you buy.



19

Instead of buying cleaning products, research homemade solutions like lemon and vinegar. It's better for the environment and your health.

20

Use tele- or video-conferencing such as Skype/ Facetime to reduce car and plane trips wherever possible.

21

Research your bank on www.marketforces.org.au, and consider divesting your money if they support fossil fuels.

22

What actions could your parish take? Suggest holding a "walk to Church Sunday".



23

Whenever possible, line-dry your clothes. A little planning and a mobile drying rack means you'll rarely need the energy-intensive dryer.

24

Challenge yourself to use more public transport. Share lifts, catch public transport and walk as much as possible.

25

Wash your clothing in cold water. Switching two loads of laundry per week from hot to cold water can save up to 200kg of carbon dioxide each year.

26

In Australia we use around 230kg of paper per person per year. Consider, do you really need to use the printer?

27

If shopping for appliances, lighting, office equipment or electronics, look for the energy ratings on products. The more stars, the better.



28

Switch off your computer at home and at work. A computer turned off uses at least 65% less energy than a computer left on or idle.

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Climate change is the single biggest threat in the global fight against hunger. Reflect on this in your prayers today.

30

Do you have travel plans coming up? Make sure to purchase carbon offset for your flights.



31

Do you need new clothes? Try thrift or second hand shopping to avoid the negative impacts of fast fashion.

1 April

How could you green-proof your home? Check out yourhome.gov.au for tips on better insulation, water use and conserving energy.

2

Plan how you will warm your home this winter in a more energy-efficient way. Only use the heater when absolutely necessary.

3

Thinking about buying some new clothes online? Consider whether you could buy it in store to save on plastic packaging and reduce your carbon footprint.

4

Buying drinks on the go? Bring a reusable mug or straw with you.



5

Reflect on a recent news story about extreme weather or changes in climate. What have been the impacts? Who has suffered as a result?

6

Planning an Easter meal? Use the opportunity to go meat-free, shop for ingredients locally and use minimal waste. Discuss this with your guests.

7

Make sure any Easter chocolate you purchase is fairtrade, supporting cocoa farmers in less wealthy parts of the world.

8

Dealing with leftovers? Put them into a reusable container rather than covering in single-use plastic.



9

Today, try to enjoy an electricity-free day. Turn off your TV, computer, mobile phone and radio, and take time to reflect.

Holy Thursday

10

Reflect on the experience of your carbon fast and renew your pledge to care for creation. Pledge to pray, act, and advocate for the Earth.

Good Friday

11

Plan a community clean-up day. Get community members involved in a clean up at a local park, beach or public place.

Holy Saturday

12

Rejoice, for Christ has risen! Take today to celebrate your achievement this Lent and share your learnings with friends and family.

Easter Sunday

The way humanity treats the environment influences the way it treats itself, and vice versa. This invites contemporary society to a serious review of its life-style ... what is needed is an effective shift in mentality which can lead to the adoption of new life-styles.

Pope Benedict XVI, Caritas in Veritate