

LENTEN CARBON FAST 2018



This Lent, we reflect on and transform our relationship with all of God's creation. Through mindful consumption and simple daily gestures, we make a renewed commitment to stewardship of the Earth and its gifts.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>"You are called to care for creation not only as responsible citizens, but also as followers of Christ."</i></p> <p>POPE FRANCIS</p>			14 Start your journey by reflecting on your current habits. Where could you improve? Write down a few goals for the season.	15 Spend some time researching climate change. Resources such as www.climatenetwork.org are a great place to start.	16 Each Friday in Lent, tape over one light switch in your home to avoid using it and to remind you of your commitment.	17 Don't use the dryer when washing clothes this weekend.
18 Cover garden beds with mulch . This will help reduce water loss through evaporation.	19 This week, catch public transport to work. A full bus produces 377x less carbon monoxide than a full car.	20 Select the proper pan size when you cook. Large pans may require more cooking water than necessary.	21 Wash your clothes in cold water , using your machine's 'eco' setting.	22 In Australia we use around 230kg of paper per person per year. Consider, do you really need to use the printer?	23 Turn off any lights in rooms you're not using.	24 Say no to plastic bags when shopping. According to Greenpeace , the average plastic bag is used for only 20 minutes.
25 Any travel plans coming up? Make sure to purchase carbon offset for your flights.	26 Challenge yourself not to purchase anything new in March (apart from food and essentials).	27 When you pass a piece of recyclable litter , pick it up and put it in the correct bin.	28 Invest in a reusable cup for your takeaway coffees.	1 MARCH Cut down your shower time to 3-4 min. The bathroom makes up around 40% of your home water use.	2. Don't use the dishwasher this weekend.	3 Trawl through your wardrobe - are there any items you could donate to a charity shop?

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<p>4</p> <p>Visit the farmer's market instead of a supermarket, and be sure to take your own bags to carry your goods home.</p>	<p>5</p> <p>Is your home suitable for a water tank? Do some research at www.yourhome.gov.au/water/rainwater</p>	<p>6</p> <p>Share your carbon fast with friends and family. You could encourage those around you to reduce their emissions, too.</p>	<p>7</p> <p>Rethink bottled water. Invest in a sturdy reusable water bottle if you haven't already.</p>	<p>8</p> <p>Wash your fruits and vegetables in a pan of water instead of running water from the tap.</p>	<p>9</p> <p>Turn off your computer, monitor and printer when you finish using them or when you leave work at the end of the day.</p>	<p>10</p> <p>Free range eggs are better for animals and the environment. Find out which brands are best on www.choice.com.au</p>
<p>11</p> <p>Challenge yourself to go meat-free this week. It takes 3900L of water to produce 1kg chicken, and just 900L for 1kg corn.</p>	<p>12</p> <p>Next time you need to wrap a present, use recycled paper and make your own gift card.</p>	<p>13</p> <p>Call your energy provider and ask how to switch to renewable energy. Most providers have programs in place.</p>	<p>14</p> <p>Are there any water leaks in your home or workplace? Report them to the property manager for repair.</p>	<p>15</p> <p>Minimise your food waste by shopping with a list and a rough plan for each meal.</p>	<p>16</p> <p>Before throwing something out, consider if it can be recycled or used by someone else.</p>	<p>17</p> <p>Start your own veggie garden. Simple plants like tomatoes, squash, basil and rosemary are a good start.</p>
<p>18</p> <p>Climate change is the single biggest threat in the global fight against hunger. Reflect on this in your prayers today.</p>	<p>19</p> <p>Take your own cutlery with your lunches to avoid non-recyclable disposable cutlery.</p>	<p>20</p> <p>Use tele- or video-conferencing such as Skype/ Facetime to reduce car and plane trips wherever possible.</p>	<p>21</p> <p>Check your tyres. Correctly inflated tyres are safer and improve your fuel efficiency.</p>	<p>22</p> <p>Say no to packaging. Don't buy any fruit or vegetables pre-chopped or wrapped in plastic.</p>	<p>23</p> <p>Research your bank on www.marketforces.org.au, and consider divesting your money if they support fossil fuels.</p>	<p>24</p> <p>Start a compost bin, Bokashi bucket or a worm farm and reduce your organic household waste by up to 40%</p>

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<p>25</p> <p>Make sure any Easter Eggs you purchase are fairtrade, supporting cocoa farmers in less wealthy parts of the world.</p>	<p>26</p> <p>Make one of your journeys more environmentally friendly today by walking or combining two trips.</p>	<p>27</p> <p>Stop using disposable paper towels. Instead, make rags out of old towels or clothing.</p>	<p>28</p> <p>Plan how you will warm your home this winter in a more energy-efficient way, e.g. installing insulation.</p>	<p>29 HOLY THURSDAY</p> <p>Today, try to enjoy an electricity-free day. Turn off your TV, computer, mobile phone and radio, and take time to reflect.</p>	<p>30 GOOD FRIDAY</p> <p>On this day of reflection and repentance take time to think about your role in preserving God's creation and how your small changes can make a difference.</p>	<p>31 HOLY SATURDAY</p> <p>Do you have a celebration meal planned for tomorrow? Remember all the tips from this calendar when preparing your meal and reducing any waste.</p>
<p>1 APRIL EASTER SUNDAY</p> <p>Rejoice, for Christ has risen! Take today to celebrate your achievement this Lent and share your learnings with friends and family.</p>	<p><i>“Living our vocation to be protectors on God’s handiwork is essential to a life of virtue: It is not an optional or a secondary aspect of our Christian experience.”</i></p> <p>LAUDATO SI’, PARAGRAPH 217</p>					

