

LENTEN CARBON FAST 2019



This Lent, reflect on and transform your relationship to God's creation through simple daily gestures and commitments. Take this time as an opportunity to live more wisely, think more deeply and love more generously.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

“Living our vocation to be protectors of God’s handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience.”

POPE FRANCIS

6 MARCH
Start your Lenten journey with a reflection. What does it mean to be “guardians of creation”? How can you rise to this role?

7
 Transport makes up 18% of all greenhouse gas pollution in Australia. Commit to having one **car-free day** each week.

8
 Each Friday in Lent, tape over one **light switch** in your home to avoid using it and to remind you of your commitment.

9
 Could you eliminate **single-use plastics** from your life? Visit myplasticfreelife.com/plasticfreeguide for inspiration.

10
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.

11
 Start a **meat-free Monday** pledge. Eating less meat could be the single most effective way to reduce your carbon footprint.

12
 Before throwing something out, consider if it can be recycled or used by someone else.

13
Are there any leaks in your home or workplace? Report them to the property manager for repair.

14
Wash dishes wisely. Keep the water you’ve used to wash vegetables in a dishpan or plugged sink and re-use it.

15
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.

16
 Free range eggs are better for animals and the environment. Find out which brands are best on www.choice.com.au

17
Start your own veggie garden. Simple plants like tomatoes, squash, basil and rosemary are a good start.

18
Eat local and native. Choosing foods grown close to home and in-season means fewer miles and less disruption of natural cycles.

19
Call your energy provider and ask how to switch to renewable energy. Most providers have programs in place.

20
Water your garden in the evening or early morning, when the water evaporates less. Use a drip hose instead of a large nozzle.

21
Do your shopping at the farmer’s market instead of a supermarket, and be sure to take your own bags to carry your goods home.

22
 Select the proper pan size when you cook. Large pans may require more heat and cooking water than necessary.

23
Compost food waste. Food waste is overrepresented in landfill, where it rots and creates methane, a potent greenhouse gas.

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<p>24</p> <p>Cover garden beds with mulch. This will help reduce water loss through evaporation.</p>	<p>25</p> <p>Challenge yourself to a car-free week. Share lifts, catch public transport and walk as much as possible.</p>	<p>26</p> <p>Use your own water bottle. Plastic bottles and other disposable containers will not decompose for thousands of years.</p>	<p>27</p> <p>Turn off any lights in rooms you're not using.</p>	<p>28</p> <p>When you pass a piece of recyclable litter, pick it up and put it in the correct bin.</p>	<p>29</p> <p>Say no to plastic bags when shopping. According to Greenpeace, the average plastic bag has a lifespan of only 20 minutes.</p>	<p>30</p> <p>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.</p>
<p>1 APRIL</p> <p>What actions could your parish take? Suggest holding a "walk to Church Sunday".</p>	<p>2</p> <p>Go renewable. Commit to getting one piece of solar equipment in 2019, such as solar panels for your home or parish.</p>	<p>3</p> <p>Reduce food waste. Buy only the food you need. Eat or share all the food you buy.</p>	<p>4</p> <p>Instead of buying cleaning products, research homemade solutions like lemon and vinegar. It's better for the environment, your wallet and your health.</p>	<p>5</p> <p>Use tele- or video-conferencing such as Skype/ Facetime to reduce car and plane trips wherever possible.</p>	<p>6</p> <p>Research your bank on www.marketforces.org.au, and consider divesting your money if they support fossil fuels.</p>	<p>7</p> <p>Whenever possible, line-dry your clothes. A little planning and a mobile drying rack means you'll rarely need the energy-intensive dryer.</p>
<p>8</p> <p>Climate change is the single biggest threat in the global fight against hunger. Who could be underneath your carbon footprint? Reflect on this in your prayers today.</p>	<p>9</p> <p>Do you have travel plans coming up? Make sure to purchase carbon offset for your flights.</p>	<p>10</p> <p>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.</p>	<p>11</p> <p>In Australia we use around 230kg of paper per person per year. Consider, do you really need to use the printer?</p>	<p>12</p> <p>If shopping for appliances, lighting, office equipment or electronics, look for the energy ratings on products. The more stars, the better.</p>	<p>13</p> <p>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 on a screen saver.</p>	<p>14</p> <p>How could you green-proof your home? Check out yourhome.gov.au for tips on better insulation, water use and conserving energy.</p>

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15

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

16

Plan how you will **warm your home** this winter in a more energy-efficient way. Could you dress more warmly or add more blankets instead of switching on the heater?

17

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

18

Planning an Easter meal? Use the opportunity to go meat-free, shop for ingredients locally and use minimal waste. This could be a talking point with your guests.

19 HOLY THURSDAY

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

20 GOOD FRIDAY

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

21 HOLY SATURDAY

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

22 EASTER SUNDAY

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

“Our very contact with nature has a deep restorative power; contemplation of its magnificence imparts peace and serenity ... Even cities can have a beauty all their own, one that ought to motivate people to care for their surroundings.”

POPE JOHN PAUL II

MESSAGE FOR WORLD DAY OF PEACE, 1990

