

“The environment is God’s gift to everyone, and in our use of it we have a responsibility towards the poor, towards future generations, and towards humanity as a whole.” Benedict XVI, *Caritas in Veritate*

## Lenten Carbon Fast 2010

Lent is traditionally a time of preparation for Easter; a time of letting go in order to prepare for new life. We have a responsibility to care for God’s creation, and each of us must decide how we can improve the way we do that, now and for future generations. We offer you a calendar containing 40 carbon fasting actions. Each of these actions will reduce our production of climate change pollution and help to preserve God’s gift of Creation.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>“Remember that you are earth and unto earth you will return.”</b></p> <p><b>Ash Wednesday reminds us to be faithful in action even when no one is paying attention. If we are all living in harmony with the rest of God’s creation, our households, our society and our planet will be transformed.</b></p> <p><b>Remove one light bulb from your home 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.</b></p>				<p><b>18</b> Give the dryer a rest. Dry your clothes on a rack or clothesline.</p>	<p><b>19</b> Go without meat today. Choosing meat-free meals is one of the most powerful things you can do reduce your carbon footprint.</p>	<p><b>20</b> Make one of your journeys more environmentally friendly today e.g. carpool, rather than driving solo, bike, walk, or take public transport.</p>
<p><b>21</b> <i>1st Sunday of Lent</i> Remember your Baptism and the power of water. Collect and recycle water from your kitchen, laundry, and shower.</p>	<p><b>22</b> Run your washing machine only with full loads. Wash in cold water. This gets them just as clean as washing in hot water, and uses half the energy</p>	<p><b>23</b> If you’re not using an appliance for over an hour, turn it off as you leave the room.</p>	<p><b>24</b> Be aware of your hot water use today. Take a shower instead of a bath, and try to take a shower that lasts half as long as usual.</p>	<p><b>25</b> Let your dishwasher breathe. Use only with a full load.</p>	<p><b>26</b> Aim to buy locally made and grown food. Plan to visit a farmer’s market this weekend, or join a group that delivers local produce.</p>	<p><b>27</b> Take your reusable bags with you when you go shopping. Purchase or reuse biodegradable plastic bags.</p>
<p><b>28</b> <i>2nd Sunday of Lent</i> “Look up to the heavens and count the stars.” Gen 15,5</p>	<p><b>1</b> Sign a petition advocating action on climate change.</p>	<p><b>2</b> Turn off lights as you leave a room, and any others that you are not using,</p>	<p><b>3</b> Be aware of how much food you throw out this week. Plan how to avoid wasting food.</p>	<p><b>4</b> Compost your food waste. Put the nutrients from food waste back into soil, not into landfill. Learn more about composting option for indoors and outdoors.</p>	<p><b>5</b> Pick up at least one piece of litter on the ground when you are out walking and dispose of it properly</p>	<p><b>6</b> If making travel plans, consider getting there without flying. If you have to fly, balance out the carbon impact by buying carbon offsets.</p>

<p><b>7</b> <i>3rd Sunday of Lent</i> Take off your shoes and walk on the grass. This is holy ground.</p>	<p><b>8</b> Many electronic devices draw power even when off. Unplug these appliances today.</p>	<p><b>9</b> Put up a No Junk Mail sign on your mailbox.</p>	<p><b>10</b> Check the tyre pressure of your car today. Cars with low tyre pressure give better mileage.</p>	<p><b>11</b> Save paper today: print double-sided, wrap your next present in colour pages or a reusable gift bag.</p>	<p><b>12</b> Minimise disposables today. Bring your own coffee mug. Use cloth serviettes instead of paper ones.</p>	<p><b>13</b> Plan to grow some organic food, either in the garden, or in pots.</p>
<p><b>14</b> <i>4th Sunday of Lent</i> The world's poor will be hardest hit by climate change. Contribute to Project Compassion.</p>	<p><b>15</b> Find a green organisation today, and sign up for their newsletter.</p>	<p><b>16</b> Are you recycling everything you can? Refresh your memory on what items you can recycle.</p>	<p><b>17</b> Consider purchasing Green Power from your energy supplier.</p>	<p><b>18</b> When heating water on the stove, use a pot with a lid to conserve energy.</p>	<p><b>19</b> Celebrate Autumn. Be aware that day and night are of almost equal length.</p>	<p><b>20</b> It's hard to open ourselves up to the realities of climate change. Today, learn something new about climate change.</p>
<p><b>21</b> <i>5th Sunday of Lent</i> Embrace the Sabbath with silence. Turn off everything, and unplug it if you can-No TV, radio or phones.</p>	<p><b>22</b> Purchase more mindfully today. Avoid excess packaging.</p>	<p><b>23</b> Find out if your organisation is investing ethically.</p>	<p><b>24</b> Research how climate change is affecting our Pacific neighbours.</p>	<p><b>25</b> Buy recycled toilet paper.</p>	<p><b>26</b> Learn about the negative impact of new coal mines in Qld.</p>	<p><b>27</b> Help your kitchen fridge function efficiently by checking seals. Turn off any fridges that are underutilised.</p>
<p><b>28</b> <i>Palm Sunday</i> Find out what is happening in your parish about care for creation.</p>	<p><b>29</b> Show reverence for life and for the earth today by being mindful of the speed limit when driving.</p>	<p><b>30</b> Book a consultation with the Qld Government Climate Smart Home Service.</p>	<p><b>31</b> Review the last 40 days and repeat one action.</p>	<p><b>1</b> <i>Holy Thursday</i> Replace the light bulb you removed at the beginning of Lent with an energy-saving light bulb.</p>	<p><b>2</b> <i>Good Friday</i> 'The brutal consumption of Creation begins where God is not...' Pope Benedict XVI</p>	<p><b>3</b> <i>Holy Saturday</i> It can be difficult to contemplate our own end. Think today about greening you funeral arrangements.</p>

Easter "At a time of world food shortage, of financial turmoil, of old and new forms of poverty, of disturbing climate change ... of growing fears over the future, it is urgent to rediscover grounds for hope. Let no one draw back from this peaceful battle that has been launched by Christ's Resurrection ... Christ is looking for men and women who will help him to affirm his victory using ... justice and truth, mercy, forgiveness and love."

Pope Benedict XVI, *Urbi et Orbi*, Easter 2009

Make a pledge to pursue a more sustainable way of life.