

# Lenten Carbon Fast 2010

**“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.”**

**Pope Benedict, Encyclical Caritas in Veritate**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>During Lent we are asked to reflect upon Jesus’ suffering and sacrifice. The 40 solemn days that lead to the joy of Easter provide an opportunity for us all to practice our own form of sacrifice. This year we invite you to take up a “carbon fast” as your sacrifice. This calendar provides an action for each day of Lent, which will help you to cut down on carbon dioxide (CO2) emissions. While we reflect on Christ’s passion and death, we also remember God’s gifts of Creation and life. By embracing our duty to be “wise stewards of Creation” we can come to a deeper understanding of our role in life, and a deeper appreciation of Christ’s ultimate sacrifice of His.</b></p>			<p>Begin your Lenten journey with a quiet prayer. As both a symbolic and a practical act, <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 Lenten Carbon Fast. <b>17</b></p>	<p><b>Choose to buy products with less packaging.</b> Plastic uses a lot of fossil fuel in its production. By reducing the amount of plastic packaging you consume you are not only reducing your carbon footprint, but reducing your contribution to landfill. <b>18</b></p>	<p><b>Go meat-free today.</b> Christians have been eating less meat during Lent for generations. Choosing meat-free meals is one of the most powerful things you can do to reduce your carbon footprint. <b>19</b></p>	<p><b>Make one of your journeys more environmentally friendly today.</b> Could you combine two trips? Carpool rather than driving solo? Bike or walk? Have you tried taking the bus or train instead of driving? <a href="http://www.131500.com.au/">http://www.131500.com.au/</a> <b>20</b></p>
<p><b>Remember your baptism today, and the power of water.</b> Leave a bucket in the shower or kitchen sink to collect drips. Consider installing a grey water system, or a rain water tank, so that you can water your garden with recycled or rain water. <b>21</b></p>	<p><b>Check windows and doors for drafts.</b> Hold a ribbon near the cracks arounds your doors and windows, if it flutters, use a “door snake” or plug gaps with sealant or weatherstripping. This will increase the efficiency of your heating devices in the cooler months. <b>22</b></p>	<p><b>Turn off appliances.</b> If you’re going to be away from an appliance for over an hour, turn it off as you leave the room. Even on an “energy-saver” or “sleep” setting, a computer, game console, or TV wastes more energy when it’s on than if you really turn it off. <b>23</b></p>	<p><b>Be aware of your hot water use today.</b> Turn off the water while scrubbing dishes. Take a shower instead of a bath, and challenge yourself to take a shower that lasts 3 minutes or less. <b>24</b></p>	<p><b>Let your dishwasher breathe.</b> Run the dishwasher only when you have a full load. Skip the energy-intensive drying cycle by choosing the “air-dry” option. Or simply stop your machine once the water has drained and leave the door open overnight. <b>25</b></p>	<p><b>Look to purchase locally-grown food today.</b> Plan to walk or catch public transport to a farmers’ market this weekend. Not only are you reducing CO2 emissions by buying local food, it’s fresh and tastes great! <a href="http://www.tradewatch.org.au/localfood/">http://www.tradewatch.org.au/localfood/</a> <b>26</b></p>	<p><b>Plan ahead to bring reusable bags with you to get your groceries today.</b> If you already use reusable shopping bags, purchase a set of reusable bags for fruit and veg. <a href="http://www.thegreendirectory.com.au/green-business/house-and-home/eco-friendly-carry-bags/">http://www.thegreendirectory.com.au/green-business/house-and-home/eco-friendly-carry-bags/</a> <b>27</b></p>

The CLRI(NSW) Social Justice Committee would like to acknowledge that this calendar has been sourced and adapted from one created by 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)).



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<p><b>Only run your washing machine when you have a full load.</b> <b>28</b></p> <p>Always wash your clothes in cold water. Cold water gets them just as clean as washing in hot water, but uses half the energy.</p>	<p><b>Speak out!</b> Ask our leaders to take action on climate change today. Your voice can be just as powerful as your actions. <a href="http://www.getup.org.au/">http://www.getup.org.au/</a> Or <a href="http://www.oxfam.org.au/explore/climate-change/what-you-can-do">http://www.oxfam.org.au/explore/climate-change/what-you-can-do</a></p>	<p><b>Turn off the lights you're not using.</b> <b>2</b></p> <p>Flick light switches off as you leave a room. You can put reminders on your switch plates or install motion sensors that turn lights off automatically.</p>	<p><b>Be aware of your food waste this week.</b> <b>3</b></p> <p>Look for opportunities to avoid discarding food by planning well, and eating leftovers.</p>	<p><b>Consider composting your food waste.</b> <b>4</b></p> <p>Put the nutrients from food waste back into the soil, not into landfill. You can purchase an indoor or outdoor composter depending on your needs. Check your local nursery or hardware store to see what they offer.</p>	<p><b>Pick up at least one piece of litter</b> <b>5</b></p> <p>from the ground today. Not only will you be contributing to a cleaner environment, but you will be setting a positive example to those around you.</p>	<p><b>Green your travel.</b> <b>6</b></p> <p>Making travel plans? Consider getting there without flying. If you have to fly, balance out the carbon impact by buying offsets. Fund a project that prevents one ton of greenhouse gases for each ton that your trip will create.</p>
<p><b>Give the dryer a rest.</b> <b>7</b></p> <p>Hang your clothes to dry on a clothesline or a rack indoors if it's raining. Not only are dryers energy-intensive, they are also expensive to run. The sun and wind can dry your clothes free of charge!</p>	<p><b>Switch appliances off at the power-point.</b> <b>8</b></p> <p>Even once you have switched a device off, it can still draw power if it is plugged into an active powerpoint. Don't forget to unplug your phone charger when it's not charging.</p>	<p><b>End junk mail that wastes resources.</b> <b>9</b></p> <p>Decide to stop receiving catalogues and flyers in the mail. Place a simple "No Junk Mail" sticker on your letterbox and, if you still need your junk mail fix, visit <a href="http://www.junkmail.com.au/">http://www.junkmail.com.au/</a></p>	<p><b>Check your car's tire pressure today.</b> <b>10</b></p> <p>At any petrol or service station you can check your tire pressure at the "air" station and fill as necessary. Cars with low tire pressure require more petrol per kilometre.</p>	<p><b>Save paper today.</b> <b>11</b></p> <p>Print double-sided, or in a smaller font. Wrap your next present in colourful old comics or newspaper, or a reusable gift bag. Think twice before using paper towel in public toilets. <a href="http://papercutz.planetark.org/">http://papercutz.planetark.org/</a></p>	<p><b>Minimize disposables today.</b> <b>12</b></p> <p>Bring your own mug or thermos when you travel. Carry a fork with you for the next time you buy take away food. Use cloth napkins at mealtimes and wipe up with a sponge instead of paper towel.</p>	<p><b>Consider how you will keep warm this Winter.</b> <b>13</b></p> <p>Having insulation installed, wearing extra layers and cuddling a hot water bottle are all ways in which you can keep warm before you resort to the energy-intensive air conditioner.</p>
<p><b>Support those worst affected by climate change.</b> <b>14</b></p> <p>The world's poor will be hit hardest by climate change. Those who have contributed least to climate change are those being affected first. <a href="http://www.erc.org.au/pcp/">http://www.erc.org.au/pcp/</a></p>	<p><b>Get down to your grassroots!</b> <b>15</b></p> <p>Sign up to receive free e-newsletters from an environmental organisation. This way you can always be in touch with the grassroots movement in your area. <a href="http://www.cana.net.au/">http://www.cana.net.au/</a></p>	<p><b>Re-assess your recycling.</b> <b>16</b></p> <p>Visit your council website to find out what can be placed in your recycling bins (it might be more than you think!). If there is a recyclable item that your council doesn't accept see if you can recycle it at a friend's place or at work.</p>	<p><b>Support clean energy.</b> <b>17</b></p> <p>Call your energy provider and consider switching to a renewable energy source. Most providers will allow you to select what percentage of your energy you would like to be supplied from a clean source.</p>	<p><b>Think green in the kitchen.</b> <b>18</b></p> <p>When heating water on the stove, use a pot with a lid to conserve energy. Keep jugs of water in your fridge to retain the cool air more effectively, and try not to linger with the door open. Do you have two fridges or freezers? Try to make do with one.</p>	<p><b>Inform yourself.</b> <b>19</b></p> <p>It can be hard to open ourselves up to the realities of the climate crisis. Today, learn something new about climate change. Visit <a href="http://climatecrisis.net/">http://climatecrisis.net/</a> or <a href="http://www.csiro.au/science/Changing-Climate.html">http://www.csiro.au/science/Changing-Climate.html</a></p>	<p><b>Celebrate new life!</b> While Winter approaches in Australia, for many others, Easter means Spring. Support tree-planting movements around the world. <a href="http://treeday.planetark.org/">http://treeday.planetark.org/</a> <a href="http://greenbeltmovement.org/w.php?id=61">http://greenbeltmovement.org/w.php?id=61</a></p>

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<p><b>Have an “embrace the silence” Sunday. 21</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 important step in your Lenten journey.</p>	<p><b>Purchase more mindfully today. 22</b></p> <p>Seek out manufacturers who use organic and sustainable materials and who respect their workers’ rights. <a href="http://www.thegreendirectory.com.au/green-business/clothing-and-fashion/">http://www.thegreendirectory.com.au/green-business/clothing-and-fashion/</a></p>	<p><b>Flex your corporate muscle! 23</b></p> <p>If you own stocks or have superannuation you can affect your company’s practices. Attend shareholder meetings or vote by proxy for greener business practices.</p>	<p><b>Help people on the “front lines” of climate change 24</b></p> <p>while you’re doing your bit to reduce your CO2 emissions at home. <a href="http://energycures.org/">http://energycures.org/</a> <a href="http://www.co2covenant.org/site/pp.aspx?c=lrKMIXPCImE&amp;b=5367279">http://www.co2covenant.org/site/pp.aspx?c=lrKMIXPCImE&amp;b=5367279</a></p>	<p><b>Read responsibly. 25</b></p> <p>If you have a magazine subscription write an email to the publishers today, asking them to switch to environmentally responsible paper and printing practices.</p>	<p><b>Learn more about your energy sources. 26</b></p> <p>Coal is the primary source of power in Australia and one of our biggest exports. Do some research today about how coal mining and burning affect the environment.</p>	<p><b>Shop at your local Vinnies or Charity store. 27</b></p> <p>Buying clothing, books, crockery, and homewares second-hand is not only cheap, it also stops needless production of CO2 from the manufacture and transportation of new goods.</p>
<p><b>Think today about the role of your church in its local environment. 28</b></p> <p>Does your parish have an environmental group? Is there more that your faith community could do to encourage a positive relationship with God’s Creation?</p>	<p><b>Show reverence for life and for the Earth today by obeying the speed limit when driving. 29</b></p> <p>The faster you drive, the more petrol you burn per kilometre. You also increase your risks of causing an accident, injuring yourself or others.</p>	<p><b>Place an insulating cover over your hot water heater. 30</b></p> <p>You can find a “blanket” at most hardware stores. It should be a DIY job if you have an electric water heater, but you may need the help of a plumbing professional if you have an oil or gas-powered heater.</p>	<p><b>Replace the incandescent light globes in your house with CFL bulbs. 31</b></p> <p>You may have had this done for you, but make sure the installers haven’t missed one! Replacing one incandescent light bulb with a CFL saves almost 70 kilograms of CO2 per year.</p>	<p><b>HOLY THURSDAY 1</b></p> <p>Today, replace the light bulb you removed on Ash Wednesday with an energy-saving CFL lightbulb. Set aside some time to pray, and to reflect on the meaning of light in your life.</p>	<p><b>GOOD FRIDAY 2</b></p> <p>“The brutal consumption of Creation begins where God is not ... .” —Pope Benedict XVI. How do you see God reflected in His Creation? <b>Find a quiet place outdoors to pray and meditate on this thought.</b></p>	<p><b>HOLY SATURDAY 3</b></p> <p>It may be difficult, but <b>think today about greening your “final arrangements,”</b> for when the time comes. <a href="http://www.greenburials.org">http://www.greenburials.org</a> <a href="http://planetgreen.discovery.com/go-green/funerals/funerals-tips.html">http://planetgreen.discovery.com/go-green/funerals/funerals-tips.html</a></p>
<p><b>EASTER SUNDAY 4</b></p> <p>As you rejoice in Christ’s resurrection and gift of salvation, take some time today to reflect on all of the activities that 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.</p>		<p><b>“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.”</b></p> <p><b>Pope Benedict XVI, Urbi et Orbi, Easter 2009</b></p>				



This Lent Carbon Fast 2010 calendar has been adapted by the CLRI(NSW) Social Justice Committee. [www.clrinsw.org](http://www.clrinsw.org).