

LENTEN CARBON FAST 2013

LENT IS ABOUT TRANSFORMATION.

BY LIVING IN A WAY THAT IS MORE MINDFUL TO THE ENVIRONMENT, THE LENTEN CARBON FAST AIMS TO TRANSFORM NOT ONLY OUR RELATIONSHIP WITH GOD, BUT TO ALL OF HIS CREATION.

SUN	MON	TUES	WED	THU	FRI	SAT
<p><i>"Now is the time, God's reign is present, change your life, and believe some very good news"</i> (MARK 1:15)</p>			<p>FEBRUARY 13</p> <p>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 commitment.</p>	<p>14</p> <p>Switch to the local grocer. Help lower CO₂ emissions by supporting your local grocery store or farmer's market. http://www.tradewatch.org.au/localfood</p>	<p>15</p> <p>Meat-free Friday. Choosing meat-free meals is one of the most powerful things you can do to reduce your carbon footprint. Find vegetarian recipes online: http://www.veggienum.com/</p>	<p>16</p> <p>Make your coffee Fair Trade. Changing your regular coffee shop will help encourage retailers to use more sustainable brands. Find fair trade near you: http://search.fairtrade.com.au/</p>
			<p>17</p> <p>Only run your washing machine with full load. When you do, use cold water, which cleans just as clean as hot water while using half the energy.</p>	<p>18</p> <p>Meat-free Monday. Extend this challenge to two days a week to the benefit of the environment and your own health.</p>	<p>19</p> <p>Be informed. Put your Lenten commitment into perspective by learning more about climate change. Visit: http://climatecrisis.net/</p>	<p>20</p> <p>Pick up at least one piece of litter from the ground today. Help contribute to a greener world and set a positive example for those around you.</p>

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<p>24</p> <p>Think about the role of your church in its local environment.</p> <p>Does your parish have an environmental group? What more could your faith community do?</p>	<p>25</p> <p>Be aware of your food waste this week.</p> <p>Plan well, eat leftovers, and do your shopping with a list so that everything you buy will be used.</p>	<p>26</p> <p>Speak out! Ask our leaders to take action on climate change today. Your voice is as powerful as your deeds. Visit www.getup.org.au or www.oxfam.org.au</p>	<p>27</p> <p>Turn off the lights you're not using. Flick light switches off as you leave a room. Install motion sensors, or simply put reminders on your switch plates.</p>	<p>28</p> <p>Make your journey more eco-friendly. Could you carpool or take public transport? Visit 131500.com.au to plan, or download the TripGo app for your mobile.</p>	<p>MARCH 1</p> <p>Turn off appliances. If you're leaving an appliance for an hour, shut it down. Even on a 'sleep' setting, a TV or computer wastes more energy than when properly turned off.</p>	<p>2</p> <p>Consider composting your food waste. Put the nutrients from food waste back into the soil with a composter. Ask for help at your local nursery or hardware store.</p>
<p>3</p> <p>Reflect on those most affected by climate change.</p> <p>Go to www.catholicclimatecovenant.org and watch the video 'Who's Under Your Carbon Footprint?'</p>	<p>4</p> <p>Think green in the kitchen. 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, and try not to linger with the door open.</p>	<p>5</p> <p>Check for drafts. Hold a ribbon near cracks around your doors & windows. If it flutters, use a 'door snake' or plug gaps with sealant. This will increase the efficiency of your heating in winter.</p>	<p>6</p> <p>Read responsibly. If you have a magazine subscription, write an email to the publishers asking them to switch to environmentally friendly paper & printing methods.</p>	<p>7</p> <p>Purchase more mindfully today. Find manufacturers who use organic and sustainable materials and who respect their workers' rights. www.thegreendirectory.com.au</p>	<p>8</p> <p>Develop a green thumb. Growing a veggie patch is a great way to decrease CO2 and food waste. If you don't have a garden, ask about joining your local community garden.</p>	<p>9</p> <p>Give the dryer a rest this weekend. Hang your clothes on a clothesline or a rack indoors. Not only are dryers energy intensive, they are expensive to run. The sun and wind can dry your clothes for free!</p>
<p>10</p> <p>Silent Sunday. 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 vital step in your Lenten journey.</p>	<p>11</p> <p>Minimise your disposables. Take out your own mug or thermos. Carry a fork with you for when you buy take away food. Use cloth napkins at meals and clean with a sponge, not paper towels.</p>	<p>12</p> <p>Let the dishwasher breathe. Run only when you have a full load. Skip the energy intensive drying cycle by choosing the 'airdry' option, or leave the door open overnight.</p>	<p>13</p> <p>Start taking 4 min showers. And think about installing a more efficient shower head. Saving water will save you money, reduce emissions and help to keep our waterways healthy.</p>	<p>14</p> <p>Keep it cool. Fridges a major energy user in the home, responsible for 15% of emissions. Think about making yours more efficient: www.efslearninghub.net.au</p>	<p>15</p> <p>Switch it off at the powerpoint. Even once you switch off a device, it can still draw power if it is plugged into a powerpoint. Don't forget to unplug your idle chargers!</p>	<p>16</p> <p>Check your car's tyre pressure. At any petrol station you can check and fill tyres at the 'air' station. Cars with low tyre pressure require much more petrol per kilometre.</p>

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17 Support those worst affected by climate change. The world's poor, who have contributed least to climate change, are those being affected first. www.erc.org.au	18 How will you keep warm this winter? Installing insulation, wearing extra layers and cuddling a hot water bottle are all ways to warm up before you resort to air conditioning.	19 Green travel. Making travel plans? Try getting there without flying. If you have to fly, buy carbon offsets – these prevent one ton of greenhouse gases for each ton that your trip creates.	20 Learn more about energy sources. Coal is the primary source of power in Australia and one of our biggest exports. Do some research about how the coal industry affects our environment.	21 Help people on the 'front lines' of climate change while you're doing your bit to reduce your CO2 emissions at home. Visit EnergyCures.org or co2covenant.org	22 Save paper. Print double-sided and in a smaller font. Wrap your next present in old comics or newspaper, or a re-usable gift bag. Think twice before using paper towel in public toilets.	23 Buy fair trade Easter Eggs. Check out World Vision's fair trade chocolate guide: worldvision.com.au and buy your Easter chocolates at independent stores where possible.
24 Show reverence for life and for the Earth by obeying the speed limit. The faster you drive the more petrol you burn per kilometre. You also increase your risks of causing an accident, or harming yourself and others.	25 Get down to your grassroots! Sign up to receive free e-newsletters from an environmental organization to stay in touch with the grassroots movement in your area. Cana.net.au	26 Support clean energy. Call your energy provider and switch to renewable energy. Most providers will allow you to select the percentage of your energy you would like to be supplied from a clean source.	27 Celebrate new life! While winter approaches in Australia, for many others, Easter means Spring. Support tree planting movements around the world. treeday.planetark.org	28 HOLY THURSDAY Today, replace the light bulb you removed on Ash Wednesday with an energy-saving CFL light bulb. Set aside some time to pray, and to reflect on the meaning of light in your life.	29 GOOD FRIDAY <i>"We are all responsible for the protection and care of the environment. This responsibility knows no boundaries."</i> – Pope Benedict XVI. Reflect on your role in the care of creation.	30 EASTER SATURDAY It may be difficult, but think today about greening your 'final arrangements' for when the time comes. greenburials.org

31 MARCH
EASTER SUNDAY

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.



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).