



Lenten Carbon Fast 2015

This lent let us all aim to transform not only our relationship with god, but with all of his creation. It is our duty as stewards of this beautiful earth to do our best to protect it and care for it.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><i>"Creation is a gift, it is a wonderful gift that God has given us, so that we care for it and we use it for the benefit of all, always with great respect and gratitude."</i></p> <p><i>Pope Francis, 2014.</i></p>		<p>FEBURARY 18 Start your Lenten journey by thinking about what you currently do as part of your stewardship and what commitments you'll make this lent to do more.</p>	<p>FEB 19 Start your own vegie garden with a few simple plants like tomatoes and squash, as well as herbs like basil, coriander and rosemary.</p>	<p>FEB 20 Each Friday during lent either remove one light bulb from your home or work space, or tape over the light switch and live without its light. This will decrease your energy use and act as a reminder of your carbon fast commitment during lent.</p>	<p>FEB 21 Only use your washing machine when you have a full load. Avoid using a clothes dryer and instead hang your clothes on a clothing rack or a clothesline to dry.</p>	<p>FEB 22 Spend some time today to learn about climate change. Sites such as www.climatenetwork.org are a good place to start.</p>
<p>FEB 23 This week catch public transport to work. A full bus produces 377 times less carbon monoxide than a full car. While you're on the bus read CLRI NSW's latest social justice publication <i>Just in Time</i>. www.clrinsw.org</p>	<p>FEB 24 Buy free range eggs. Free range farms are more environmentally and economically sustainable than factory farms and often minimalizes impact on the earth.</p>	<p>FEB 25 Swap your meat for veg. It takes 3900L of water to producer 1kg of chicken and just 900L to produce 1kg of corn.</p>	<p>FEB 26 Say no to plastic bags when shopping. According to Greenpeace on average plastic bags are used for around 20 minutes before being thrown away. A huge waste!</p>	<p>FEB 27 Turn off the power. Before you leave work today turn off any computers, power boards, lights or other appliances that won't be used over the weekend.</p>	<p>FEB 28 Say no to the dryer. This weekend avoid using your dryer and instead hang your clothes out for nature's free sun dryer to do the work for you.</p>	<p>MARCH 1 If each country consumed as much energy as Australia, it would take three Earths to support all of us. Take today to reflect on this and how you can continue to find ways to live more simply.</p>

<p>MARCH 2 This week bring your own keep cup or mug when getting your morning coffee. An estimated 550 million disposable non recyclable cups end up in landfill in Australia every year.</p>	<p>MARCH 3 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.</p>	<p>MARCH 4 Minimize your food waste. Plan your meals ahead this week and shop with a shopping list to avoid buying extras. By planning your meals everything you buy will be eaten. Take your own cutlery with your lunches to avoid using non-recyclable disposable cutlery.</p>	<p>MARCH 5 Wrap creatively. Are there any birthdays coming up that you need gifts for? Try wrapping presents in recycled newspapers. It's a quirky and earth friendly way to decorate.</p>	<p>MARCH 6 Rethink bottled water. Plastic water bottles take thousands of years to decompose. Carry your own reusable bottle with you and use multiple use containers at home.</p>	<p>MARCH 7 For the remainder of lent don't buy any new clothing items. Instead why not visit your local op shop and see what 2nd hand items you can find. You may be surprised at the good quality. While you're there, why not donate some of your unused clothes?</p>	<p>MARCH 8 Visit your local organic farmers' market this weekend. Buying local means fewer chemicals have been used in producing them and they have travelled less distance from ground to table.</p>
<p>MARCH 9 This week try and walk to work or if you need to drive only drive part of the way. Walking is not only great for your own health, but also great for the planet's health too.</p>	<p>MARCH 10 Share your carbon fast with friends and family. Spread the message of the carbon fast and help reduce more emissions this lent.</p>	<p>MARCH 11 Cut down your mail. Speak to your bill providers and banks about sending e-statements as opposed to regular post. The same goes for any promotional mail you may receive, most companies now do online catalogues.</p>	<p>MARCH 12 Travel light. If you're going away and flying why not off set your carbon with a few extra dollars. Most airlines will give you the option when booking your ticket. Packing light will also reduce the overall cargo weight and fuel usage of the plane.</p>	<p>MARCH 13 Check your tyre pressure. Cars with low tyre pressure require much more petrol per kilometre. At any petrol station you can check and fill tyres at the 'air' station.</p>	<p>MARCH 14 Choose matches over lighters. Over 1.5 billion lighters end up in landfills each year. Instead choose cardboard matches, which are made from recycled paper as opposed to wood matches, which come from trees.</p>	<p>MARCH 15 Today reflect how climate change is affecting people around the world. Pray for people in places such as Kiribati and Marshall Islands where climate change is affecting their every day lives.</p>
<p>MARCH 16 This week go Fairtrade. Challenge yourself this week to only use Fairtrade products including tea, coffee, sugar, and chocolate. We are seeing more supermarkets starting to stock Fairtrade products making your Fairtrade shopping easier.</p>	<p>MARCH 17 Telecommute time. Instead of driving to meetings why not organize a teleconference instead. This will save emissions from people not driving. If you need to meet face to face try hosting the meeting somewhere that's accessible by public transport.</p>	<p>MARCH 18 Cut down your shower time. Try and keep your showers to between 3-4 minutes. The bathroom and toilet use on average 40% of a household's water consumption. Find out more at http://www.savewater.com.au</p>	<p>MARCH 19 Refuse to buy products that use excessive packaging. Where possible always buy fresh instead of canned and only use bags for your fruit and veg when absolutely needed. Avoid bread in plastic as well; instead visit your local baker for fresh bread.</p>	<p>MARCH 20 Wash the dishes by hand today at home and your work. Get a friend or family member to help and spend time discussing how your carbon fast has been going so far and what you could do to improve.</p>	<p>MARCH 21 Consider starting a compost bin. Put the nutrients from food waste back into the soil with a composter. Your local nursery or hardware store would have tips on the best way to do this in your area.</p>	<p>MARCH 22 Have a silent Sunday. Today have an appliance and electricity free day by turning off your TV, computer, mobile phone and radio. Take the opportunity to read CLRI NSW's latest environmental publication <i>Watermark</i> http://www.clrinsw.org</p>

<p>MARCH 23</p> <p>Meat Free Week begins today. Take up the challenge of not eating meat this week. Find out more www.meatfreeweek.org</p>	<p>MARCH 24</p> <p>Layer up for autumn and winter. As we start to move into the cooler months instead of turning on the heater start by wearing more clothing layers, taking a hot water bottle to bed, using more blankets or installing insulation.</p>	<p>MARCH 25</p> <p>Turn off the tap while you brush your teeth. A running tap uses about 16 litres of water per minute. It might be a few seconds of inconvenience but it can become very wasteful otherwise.</p>	<p>MARCH 26</p> <p>Using the dishwasher today? Skip rinsing every plate and let the dishwasher do its job. There's no need to double up on water usage.</p>	<p>MARCH 27</p> <p>Spoiling yourself with some Easter chocolate? Make sure it's Fairtrade chocolate that supports cocoa farmers around the world.</p>	<p>MARCH 28</p> <p>Today it's time to speak up. Write a letter to your local MP expressing your concerns about climate change. Visit sites such as www.getup.org.au or www.oxfam.org.au to keep up to date on their campaigns.</p>	<p>MARCH 29</p> <p>Respect all life and the Earth by obeying the speed limit.</p> <p>The faster you drive the more petrol you burn per kilometre. You also increase your risks of harming yourself and others.</p>
<p>MARCH 30</p> <p>Pick up some litter. Go to your local park with a friend for a walk and spend a few minutes looking around for any rubbish that may have been left. You'll also be setting a good example for those around you.</p>	<p>MARCH 31</p> <p>Using cold water can save up to 80 percent of the energy required to wash clothes. Choosing a low setting on the washing machine will also help save water.</p>	<p>APRIL 1</p> <p>Green up your cooking. In the kitchen when heating water on the stove, use a pot with a lid to conserve energy. If you use two fridges or freezers, make adjustments so that you can make do with just one.</p>	<p>APRIL 2 <u>HOLY THURSDAY</u></p> <p>Sweep instead of hose. If you're getting outside today to clean use a broom instead of hosing your path or driveway. This not only saves your water bills but also contributes to ensuring our ongoing water supply.</p>	<p>APRIL 3 <u>GOOD FRIDAY</u></p> <p>On this Holy Day of reflection and repentance take time to think about your role in preserving God's creation and how small changes that you have made have made a difference.</p>	<p>APRIL 4 <u>EASTER SATURDAY</u></p> <p>Do you have a feast planned for tomorrow? Use all you have learned over the past 6 weeks and put it to use: buy Fair trade eggs, use your homegrown vegies in meals, plan your food ahead to minimize leftovers, use only essential electrical items.</p>	<p>APRIL 5 <u>EASTER SUNDAY</u></p> <p>Rejoice for Christ has risen! Take today to celebrate your great achievements in completing the carbon fast.</p> <p>Replace the light bulbs you took out/unseal the light switches and think about the role they play.</p>

"The future starts today, not tomorrow"

Pope John Paul II.

Our earth's future is in our hands and the time to act is now. From today share the knowledge you have gained with others and continue to lead your lives as stewards of God's creation.

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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).