

Lenten Carbon Fast 2011

“Before it is too late, it is necessary to make courageous decisions that reflect knowing how to re-create a strong alliance between man and the earth...A decisive ‘yes’ to the protection of creation is necessary and a firm commitment to reverse those tendencies that run the risk of bringing about situations of unstoppable degradation.”

Pope Benedict XVI speaking in Italy, September 2007



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The tradition of “giving up” something during Lent is a powerful way to prepare ourselves for Easter. This act can also be a good way to kick bad habits or shed unwanted, spiritually destructive parts of our lives. But after Easter has come and gone, those things that we “gave up” often find a way to creep back into our lives.</p> <p>If you participated in the 2010 Lenten Carbon Fast, we encourage you to take the challenge again in 2011, and examine whether or not last year’s eco-friendly habits have stuck. Like our relationship with God, our relationship with the earth requires work. We encourage you to see this Lent as a time for deepening both of these relationships.</p>			<p>Ash Wednesday 9</p> <p>As both a symbolic and a practical act, 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.</p>	<p>Replace the incandescent light globes in your house with CFL bulbs. 10</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>Go meat-free on Fridays. 11</p> <p>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.</p>	<p>Give the dryer a rest. 12</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>Have an “embrace the silence” Sunday. 13</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>Be aware of your food waste this week. 14</p> <p>Look for opportunities to avoid discarding food by planning well, and eating leftovers. www.lovefoodhatewaste.nsw.gov.au</p>	<p>Pick up at least one piece of litter from the ground today. 15</p> <p>Not only will you be contributing to a cleaner environment, but you will be setting a positive example to those around you.</p>	<p>Read responsibly. 16</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>Show reverence for life and for the Earth today by obeying the speed limit when driving. 17</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>Re-assess your recycling. 18</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>Purchase more mindfully today. 19</p> <p>Seek out manufacturers who use organic and sustainable materials and who respect their workers’ rights. http://www.thegreendirectory.com.au/green-business/clothing-and-fashion/</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).



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Think today about the role of your church in its local environment. 20</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>Save paper today. 21</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. http://papercutz.planetark.org/</p>	<p>Switch appliances off at the power-point. 22</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>Think green in the kitchen. 23</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>Speak out! Ask our leaders to take action on climate change today. Your voice can be just as powerful as your actions. http://www.getup.org.au or http://www.oxfam.org.au/explore/climate-change/what-you-can-do 24</p>	<p>Consider how you will keep warm this Winter. 25</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>Shop at your local Vinnies or Charity store. 26</p> <p>Buying clothing, books, crockery, and homewares second-hand is not only cheap, it also stops the needless production of CO₂ from the manufacture and transportation of new goods.</p>
<p>Celebrate new life! While Winter approaches in Australia, for many others, Easter means Spring. Support tree-planting movements around the world. http://treeday.planetark.org/ http://greenbeltmovement.org/w.php?id=61 27</p>	<p>Minimize disposables today. 28</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>Make one of your journeys more environmentally friendly today. 29</p> <p>Could you combine two trips? Carpool rather than driving solo? Bike or walk? Have you tried taking the bus or train instead of driving? http://www.131500.com.au/</p>	<p>Let your dishwasher breathe. 30</p> <p>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.</p>	<p>Inform yourself. 31</p> <p>It can be hard to open ourselves up to the realities of the climate crisis. Today, learn something new about climate change. http://climatecrisis.net/ or http://www.csiro.au/science/Changing-Climate.html</p>	<p>Only run your washing machine when you have a full load. 1</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>Look to purchase locally-grown food today. 2</p> <p>Grocery shop at your nearest farmer's market. Not only are you reducing CO₂ emissions by buying local food, it's fresh and tastes great! http://www.tradewatch.org.au/localfood/</p>
<p>Remember your baptism today, and the power of water. 3</p> <p>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.</p>	<p>Get down to your grassroots! 4</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. http://www.cana.net.au/</p>	<p>Place an insulating cover over your hot water heater. 5</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>End junk mail that wastes resources. 6</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 http://www.junkmail.com.au/</p>	<p>Consider composting your food waste. 7</p> <p>Put the nutrients from food waste back into the soil, not into landfill. You can purchase a compost bin or worm farm depending on your needs. Check your local nursery or hardware store to see what they offer.</p>	<p>Turn off the lights you're not using. 8</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>Green your travel. 9</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 tonne of greenhouse gases for each tonne that your trip will create.</p>

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<p>Support those worst affected by climate change. 10 The world's poor will be hit hardest by climate change. Those who have contributed least to climate change are those being affected first. http://www.erc.org.au/pcp/</p>	<p>Check your car's tire pressure today. 11 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>Flex your corporate muscle! 12 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>Check windows and doors for drafts. 13 Hold a ribbon near the cracks arounds your doors and windows, if it flutters, use a "door snake" or plug gaps with sealant. This will increase the efficiency of your heating devices in the cooler months.</p>	<p>Choose to buy products with less packaging. 14 Plastic uses a lot of fossil fuel in its production. By reducing the amount of plastic packaging you consume you are reducing your carbon footprint and also reducing your contribution to landfill.</p>	<p>Be aware of your hot water use today. 15 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.</p>	<p>Plan ahead to bring reusable bags with you to get your groceries today. 16 Many people have "green bags" but it's easy to forget to actually bring them into the shop. Before you leave the house or car double check that you have enough for all of your groceries.</p>
<p>Turn off appliances. 17 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.</p>	<p>Support clean energy. 18 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>Learn more about your energy sources. 19 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>Help people on the "front lines" of climate change 20 while you're doing your bit to reduce your CO2 emissions at home. http://energycures.org/ http://www.co2covenant.org/site/pp.aspx?c=lrKMIXPCImE&b=5367279</p>	<p>Holy Thursday 21 Develop a green thumb. Having your own veggie patch is a great way to decrease CO₂ and food wastage from buying packaged groceries. If you don't have a garden ask your local council if there is a community garden which you could join.</p>	<p>Good Friday 22 It may be difficult, but think today about greening your "final arrangements," for when the time comes. http://www.greenburials.org http://planetgreen.discovery.com/go-green/funerals/funerals-tips.html</p>	<p>Holy Saturday 23 Find a quiet place outdoors to pray. On this day where we contemplate Christ's absence from the world, find a space in which you can observe and feel God's presence in nature.</p>
<p>Easter Sunday 24 Today, replace the light bulb you removed on Ash Wednesday with an energy-saving CFL lightbulb. Let this light symbolise the light of the resurrected Christ in your life. May it also act as a reminder of your Lenten commitments and encourage you to live in a more eco-friendly way all year through.</p>		<p>"...respond to this great challenge: to rediscover the Face of the Creator in Creation, to rediscover in the Creator's presence our responsibilities for his Creation, which he has entrusted to us, to form the ethical capacity for a lifestyle that we must adopt if we wish to tackle the problems of this situation [of climate change] and if we really want to reach positive solutions." <i>Pope Benedict XVI speaking at World Youth Day, June 2008</i></p>				

