




Lenten Carbon Fast Calendar 2015



**This Lent let us aim to transform not only our relationship with God, but with all his Creation.
It is our duty as stewards of this beautiful Earth to do our best to protect it and care for it.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>“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 the greatest respect and gratitude.” Pope Francis, 2014</p>			<p>18 February Ash Wednesday What will you commit yourself to do this Lent to treat Earth with more respect?</p>	<p>19 Help change lives this Lent. Donate to flood/bushfire relief appeals.</p>	<p>20 Go without meat today. Producing 1kg chicken uses 3900l water; 1kg corn needs 900l.</p>	<p>21 Only use your washing machine when you have a full load.</p>
<p>22 1st Sunday of Lent</p> <p>Spend time today to learn about climate change. Sites like www.climatechange.org are a good place to start.</p>	<p>23</p> <p>Use public transport or share a car with others.</p>	<p>24</p> <p>Buy free range eggs. Free range farms are environmentally sustainable.</p>	<p>25</p> <p>Buy a reusable, non-plastic water bottle.</p>	<p>26</p> <p>Say no to plastic bags when shopping.</p>	<p>27</p> <p>Before you leave work today turn off appliances that won't be used over the weekend.</p>	<p>28</p> <p>Say no to the dryer. Hang your clothes outdoors or on a clothing rack.</p>
<p>1 March 2nd Sunday of Lent</p> <p>Today reflect on how you can continue to find ways to live more simply.</p>	<p>2</p> <p>Drink your tea or coffee from a re-useable cup.</p>	<p>3</p> <p>Save paper today. Print double-sided or in a smaller font.</p>	<p>4</p> <p>Minimise food waste. Plan your meals and take a shopping list.</p>	<p>5</p> <p>Support Australian farmers and manufacturers. Buy Australian!</p>	<p>6 1st Friday Fast</p> <p>Eat less; eat simply.</p>	<p>7</p> <p>Cull what's in your wardrobe. Donate clothes to your local op shop.</p>
<p>8 3rd Sunday of Lent</p> <p>Remember your Baptism and the power of water. Use water sparingly and recycle used water</p>	<p>9</p> <p>Speak out! Ask our leaders to take action on climate change today. www.oxfam.org.au</p>	<p>10</p> <p>Plan your outings. Combine two trips into one.</p>	<p>11</p> <p>Travel light. This reduces the overall cargo weight and fuel usage of the vehicle.</p>	<p>12</p> <p>Check the tyre pressure of your car today to increase mileage and save fuel.</p>	<p>13</p> <p>Choose cardboard matches (made from recycled paper) instead of wood matches that are made from trees.</p>	<p>14</p> <p>Leave the car at home today.</p>

15 4th Sunday of Lent Pray for people in Kiribati and the Marshall Islands where climate change is affecting their everyday lives.	16 This week use Fairtrade tea, coffee, sugar and chocolate.	17 Help your fridge function more efficiently by placing jugs of water inside.	18 Cut down shower time to 3-4 minutes.	19 Refuse to buy products with excessive packaging.	20 Turn off the tap while cleaning your teeth. A running tap uses about 16 litres of water per minute.	21 Spend time discussing with a friend or family member how your carbon fast is going.
22 5 th Sunday of Lent <i>World Water Day</i> Reflect on <i>The Gift of Water</i> * See website below	23 Meat Free week begins today. Take up the challenge of not eating meat this week. Find out more at www.meatfreeweek.org	24 Reflect before you buy today: Do I really need this?	25 Take unneeded medications to the chemist.	26 Learn more about energy sources. Find how coal mining and burning affect the environment.	27 <i>World Water Day</i> Reflect on <i>The Gift of Water</i> See website below	28 Earth Hour  Lights Out!! Turn off radio, TV and computers too.
29 Palm Sunday Have a computer free day. Go outside and discover creation anew. Read a good book.	30 Support Project Compassion	31 Show reverence for life and for Earth today by obeying the speed limit while driving.	1 April Put your next present in a reusable gift bag.	2 Holy Thursday Sweep instead of hosing outdoors. Reflect on your role in preserving God's creation.	3 Good Friday 'The brutal consumption of Creation begins where God is not...' Pope Benedict XVI	4 Holy Saturday Pray for parents who grieve the death of their son or daughter.

5 Easter Sunday

Rejoice for Christ has risen!

"The future starts today, not tomorrow" 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 life as stewards of God's creation.



Take some time today to reflect on all of the activities that you have performed during Lent, and how they have brought you into greater harmony with the Earth and all 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 Gift of Water http://www.catholicearthcare.org.au/pdf/TGOW_Full.pdf