



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Lent is a time for intentional conversion.</b> That means leaving behind an old way of living and acting in order to embrace new life in Christ.</p> <p>Ecological conversion is a change in how we see our relationship with nature and with one another.</p> <p><i>“Blessed are those who protect and care for our common home. Blessed are those who renounce their own comfort in order to help others.”</i> Pope Francis, 1 November 2016</p>			<p>March 1</p> <p><b>ASH WEDNESDAY</b></p> <p><b>STUFF. We can't take it with us.</b> Try not to buy anything new for yourself during Lent except essentials like food. <b>Watch <a href="#">A Story of Solutions</a></b> on YouTube: 9.06 min</p>	<p>March 2</p> <p><b>Use only cold water to do your laundry in Lent and think about a permanent change.</b></p> <p>Use bio-degradable detergent (low phosphate) to keep our waterways free of algal bloom.</p>	<p>March 3</p> <p><b>Women's World Day of Prayer</b></p> <p><b>What is the carbon footprint of your household's food?</b> Buy less packaged food. Eat less processed food. Eat vegetarian once a week. Make meals from scratch.</p>	<p>March 4</p> <p><b>Take reusable bags when you do your grocery shopping.</b> Plastic bags last from 20 - 1,000 years; are a major threat to wildlife in waterways &amp; the ocean. <b>Say no to plastic bags.</b></p>
<p>March 5</p> <p><b>Pray for those most affected by climate change.</b> The world's poor, who have contributed the least to climate change, will be the most affected.</p> <p><b>Learn more here</b> <a href="http://catholicclimatemovement.global/">http://catholicclimatemovement.global/</a></p>	<p>March 6</p> <p><b>Join Meat Free Monday.</b> For centuries Christians have been eating less meat during Lent. Choosing meat-free meals is a significant way to reduce your carbon footprint. <a href="http://www.meatfree Mondays.com/">http://www.meatfree Mondays.com/</a></p>	<p>March 7</p> <p><b>Share the carbon fast challenge with your friends and family by email.</b></p> <p><b>What's new? <a href="#">Blue carbon!</a></b> Save coastal habitats from development to reduce our carbon footprint.</p>	<p>March 8</p> <p><b>International Women's Day</b></p> <p><b>Switch appliances off at the power-point.</b> Even turned off, appliances can still draw power from an active power point.</p>	<p>March 9</p> <p><b>Sort through your bathroom cabinet.</b> Remove products like body &amp; face scrubs and toothpaste that contain micro-beads. <b>Microbeads do not break down; harm the ocean, you and children.</b> <a href="http://www.beatthemicrobead.org">www.beatthemicrobead.org</a></p>	<p>March 10</p> <p><b>Make the change to sustainable tea.</b> Support more environmentally friendly farming practices. <b>For Fair trade tea suppliers in Australia go to:</b> <a href="http://fairtrade.com.au/~media/fairtrade%20australasia/files/business%20and%20workplaces%20resources/fairtrade%20tea%20list-">http://fairtrade.com.au/~media/fairtrade%20australasia/files/business%20and%20workplaces%20resources/fairtrade%20tea%20list-</a></p>	<p>March 11</p> <p><b>Visit your local farmers markets to buy your fruit and vegetables.</b> Purchasing locally grown food saves the resources and fuel spent on long distance transport plus it's fresh and tastes great!</p> <p><b>Eat in season.</b></p>

**Leave your footprints in a local park – get to know the plants and trees - and give thanks to our Creator God for our common home.**



Sunday March 12	Monday March 13	Tuesday March 14	Wednesday March 15	Thursday March 16	Friday March 17	Saturday March 18
<p><b>Remember your baptism and the power of water today.</b></p> <p>Shower with a bucket and pour the captured water onto your garden.</p>	<p><b>Try one week without using single-use disposable plastic.</b></p> <p>Pack a waste-free lunch. Carry a re-useable water bottle. Bring a cup or thermos for your coffee.</p>	<p><b>Reduce your printing.</b></p> <p>Set your printer's default option to double-sided or to print two pages per one page.</p> <p><b>Print what is necessary.</b></p>	<p><b>Make one of your journeys more environmentally friendly today.</b></p> <p>Could you combine two trips? Walk or take public transport instead of drive?</p>	<p><b>Say "yes" to sustainable seafood.</b></p> <p>Look for the Marine Stewardship Council (MSC) certification when you purchase seafood <a href="https://www.msc.org/">https://www.msc.org/</a></p>	<p><i>Close the Gap Day</i></p> <p>Find out about blue carbon potential in northern Australia <a href="http://aboriginalcarbonfund.com.au/blue-carbon/">http://aboriginalcarbonfund.com.au/blue-carbon/</a> <b>St Patrick</b></p>	<p><b>Purchase more mindfully today.</b></p> <p>Find manufacturers who use sustainable materials and who respect their workers' rights. <a href="http://www.ethical.org.au/">http://www.ethical.org.au/</a></p>
<p><b>Enjoy a "switched off" Sunday.</b></p> <p>Turn off all your electronic devices today. Read, reflect and pray in preparation for Easter. <b>St Joseph</b></p>	<p><i>International Day of Happiness</i></p> <p><b>Pick up at least one piece of litter</b> from the ground today. Help the environment and set an example. <b>Smile and see others smile with you.</b></p>	<p><i>National Harmony Day</i></p> <p><b>SHARE.</b> Borrow or rent things you don't use so often like a lawn mower, ladder, sewing machine or camping gear. Share with a neighbor.</p>	<p><i>World Water Day</i></p> <p><b>Using the dishwasher today?</b> Scrape rather than rinse your plates and save water. Remember to only turn the dishwasher on for a full load.</p>	<p><b>Eat kangaroo meat.</b> Kangaroos digest food differently to cattle and sheep so they don't produce much methane. They also don't need land cleared like cattle. <a href="https://www.australianmuseum.net.au/reducing-our-carbon-footprint">https://www.australianmuseum.net.au/reducing-our-carbon-footprint</a></p>	<p><b>Let nature do the drying work.</b></p> <p>Instead of using your energy-intensive clothes dryer, hang your clothes on the clothesline and let the air and sun dry them for you.</p>	<p><i>THE ANNUNCIATION</i></p> <p><i>Earth Hour</i></p> <p><b>Start your own herb garden</b> with simple plants like bush basil, mint and parsley. Use a hanging basket or vertical wall planter.</p>

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# Lenten Carbon Fast 2017



Sunday March 26	Monday March 27	Tuesday March 28	Wednesday March 29	Thursday March 30	Friday March 31	Saturday April 1
<p><b>Consider the role of your church in its local environment.</b> Explore what more you could do - <a href="http://www.ethical.org.au/3.4.2/get-involved/go-ethical-in-your-church/">http://www.ethical.org.au/3.4.2/get-involved/go-ethical-in-your-church/</a></p>	<p><b>Toss coffee grounds in the compost bin- not in the garbage.</b> Use as a pest repellent or fertilizer. <a href="http://www.naturallivingideas.com/14-genius-ways-recycle-used-coffee-">http://www.naturallivingideas.com/14-genius-ways-recycle-used-coffee-</a></p>	<p><b>Work your computer.</b> Power down and use the battery. Enable the power management function as screen saver does not save energy.</p>	<p><b>Stop using disposable paper towel.</b> Instead, make rags out of old towels and clothing and use them to mop up spills in the home.</p>	<p><b>Say no to palm oil.</b> Widely used in food and cleaning goods, palm oil plantations cause deforestation and smoke haze in Southeast Asia. <a href="http://www.saynotoalmoil.com/thechallenge">http://www.saynotoalmoil.com/thechallenge</a></p>	<p><b>Check your tyre pressure.</b> Cars with low tyre pressure use more petrol per kilometre. You can drive to any petrol station and fill tyres at the “air station”.</p>	<p><b>Donate items to your local Vinnies.</b> While you are there, remember that buying second hand items is a great way to reduce your footprint.</p>
<p><b>Leave your footprints on a beach or river walk.</b> Take away some plastic litter and bin it. Watch <b>The Plastic Ocean</b> film trailer (2.06 mins) <a href="https://www.youtube.com/watch?v">https://www.youtube.com/watch?v</a></p>	<p><b>Unused tech devices piling up?</b> Upcycle phones at <a href="#">Mobile Muster</a> via Australia Post. <b>Council e-waste collections</b> will take everything with an electrical cord.</p>	<p><b>Check your fridge.</b> Worn out door seals mean that your fridge will be working overtime to maintain its temperature. Turn up the fridge temperature.</p>	<p><b>Get creative with leftovers.</b> Instead of throwing out last night’s leftovers, make or bake them into something else – find inspiration at <a href="http://www.lovefoodhatewaste.com/">http://www.lovefoodhatewaste.com/</a></p>	<p><b>Switch to toilet paper that builds toilets.</b> Super soft and made with 100% recycled paper, bamboo and sugarcane. Home and workplace delivery. <a href="https://au.whogivesacrap.org">https://au.whogivesacrap.org</a></p>	<p><i>World Health Day</i> <b>Take drugs and medicines to a pharmacy for free, safe disposal.</b> Protect our streams, soils and aquatic wildlife.</p>	<p><b>Buy Fairtrade or organic Easter Eggs.</b> Haigh’s Chocolates and the Oxfam Shop are manufacturers selling ethical chocolate alternatives this Easter.</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 9	April 10	April 11	April 12	April 13	April 14	April 15
<p><b><i>PALM SUNDAY</i></b></p> <p><b>Switch your TV off and switch your voice on.</b></p> <p>Join in the Palm Sunday Rally for Refugees at Belmore Park, Sydney starting at 2 pm.</p>	<p><b>Go dairy free for the week.</b></p> <p>Dairy emissions contribute to 2% of total national emissions.</p> <p>Help reduce this by using alternatives such as soy products or rice milk.</p>	<p>In reducing our “stuff” beyond Lent, learn about <b>The Freecycle Network.</b></p> <p>Find the local non-profit group in your area. They re-use and recycle to reduce “good stuff” going to landfill.</p>	<p><b>Reduce your book-print.</b></p> <p>Instead of buying new books, find your literary treasures at a second hand store or borrow them from your local library.</p> <p><b>Share books with your staff and friends.</b></p>	<p><b><i>HOLY THURSDAY</i></b></p> <p><b>Turn down the temperature on your water heater.</b></p> <p>Take a brisk shower, not a leisurely bath, to save water and energy.</p>	<p><b><i>GOOD FRIDAY</i></b></p> <p><b>Find some quiet time outside today</b> to pray and reflect on your role in preserving God’s creation and the difference you have made this Lent.</p>	<p><b><i>HOLY SATURDAY</i></b></p> <p>It may be difficult, but <b>think today about greening your “final plans”</b> for when the time comes. <a href="http://www.greenburials.org/">http://www.greenburials.org/</a></p>
<p><b><i>EASTER SUNDAY</i></b>      <b>April 16</b></p> <p><b>His friends knew the risen Jesus in the blessing and breaking of bread.</b></p> <p>Make a shared meal today an opportunity to talk about your Lenten experiences and be encouraged to live more environmentally friendly all through the year.</p> <p><i>“Peace I leave with you, my own peace that the world cannot give.”</i> <i>John 14: 27</i></p>			<p style="text-align: center;"><i>“We need to take up an ancient lesson, found in different religious traditions and also in the Bible. It is the conviction that <b>“less is more”</b>.</i></p> <p style="text-align: center;"><i>When lived freely and consciously, it is liberating. It is not a lesser life or one lived with less intensity. On the contrary, it is a way of living life to the full.”</i></p> <p style="text-align: right;"><b>– Pope Francis, Laudato Si (Praise Be) On the Care of our Common Home, #222, #223</b></p>			

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