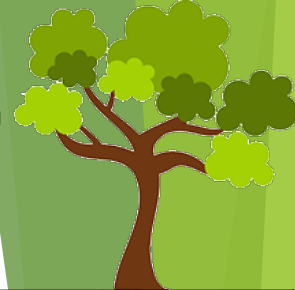




The Global Catholic Climate Movement

Carbon Fast for Lent



#carbonfast2016

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| <p>Lent is the time when we remember the 40 days that Jesus spent in the wilderness, facing challenge and temptation. It is a time when we reflect on God's purpose for our life. This year we challenge you to join the Global Catholic Climate Movement and our partners Green Anglicans by taking a carbon fast to reduce the actions which damage God's Creation.</p> <p>For more details visit us at: http://bit.ly/lentenfast</p> | | | | | | | |
| <p>Ash Wednesday Reflect on your impact on the Earth. Write a letter to yourself from your great great grandchild, what have we done to our Earth?</p> | | | | | | | |
| <p>11th Feb Today, take a moment to watch the sunrise or the sunset, and fully absorb the miracle of light and life!</p> | | | | | | | |
| <p>12th Feb Think about all living creatures that rely on the Earth to survive. "Hear the cry of the Earth".</p> | | | | | | | |
| <p>13th Feb Take a walk in your area. Listen, notice and feel your environment. What are its needs?</p> | | | | | | | |
| FOOD | <p>14th Feb How is your community showing LOVE for the Environment? Job 12:7-10 <i>Earth Keepers Day</i></p> | <p>15th Feb Reduce your meat consumption, starting with a Meat Free Monday</p> | <p>16th Feb Live Locally! Buy only local products this week.</p> | <p>17th Feb Aim for zero waste! Look at your food this week, what are you wasting?</p> | <p>18th Feb Fix your fridge! Set the temperature around 3°C (38°F).</p> | <p>19th Feb Fish Friday: Commit to weekly fish bought from sustainable stock.</p> | <p>20th Feb Share a favourite Vegetarian recipe with friends and neighbours.</p> |
| | ENERGY | <p>21st Feb How is your community saving energy? Are lightbulbs energy saving, what kind of heating is used? 2 Sam 22:29</p> | <p>22nd Feb Visualise the millions of people taking action for our Earth - together we have Power! <i>(Meat Free Monday)</i></p> | <p>23rd Feb Map your movement - when can you share a lift/ take public transport/or walk?</p> | <p>24th Feb Analyse your clothes washing - what can you do to save water and energy?</p> | <p>25th Feb Save your cents - Unplug appliances to save electricity.</p> | <p>26th Feb Have dinner by candlelight, talk, play games and enjoy! <i>(Fish Friday)</i></p> |
| WASTE | | <p>28th Feb Does your community recycle? What happens to your waste? John 6:12-14</p> | <p>29th Feb Gratitude is the attitude - Write down the 20 things you are most grateful for. <i>(Meat Free Monday)</i></p> | <p>1st March #fastfortheclimate - Join people around the world fasting for the planet on the 1st of every month.</p> | <p>2nd March Reduce rubbish! On bin day, look at the size of your rubbish and commit to reducing it by half.</p> | <p>3rd March Clean Green! Create your own green cleaning spray with water and white vinegar solution.</p> | <p>4th March Plastic Free! Begin your plastic free journey - what can you reduce? <i>(Fish Friday)</i></p> |
| | WATER | <p>6th March Water is sacred: How 'water-savvy' is your community? Look at bathrooms and kitchens. John 4:7-15</p> | <p>7th March Think about the Christian rituals of baptisms and Eucharist - how is water sacred? <i>(Meat Free Monday)</i></p> | <p>8th March Ban the Bottle! Commit to no bottled water from today onwards. Buy a strong bottle and drink tap water.</p> | <p>9th March Turn off taps: Do you ever leave a tap running? Brushing teeth? Rinsing veggies? Washing up?</p> | <p>10th March Water wise - Only fill the kettle with as much water as you need.</p> | <p>11th March Fix leaks at home & report public water leaks to the Municipality. <i>(Fish Friday)</i></p> |
| PLANTS | | <p>13th March How Green is your community? Walk around & dream of what could be grown. Genesis 1:11-12</p> | <p>14th March Ponder this: What does it mean to be "of the Earth?" <i>(Meat Free Monday)</i></p> | <p>15th March Create a natural weed-killer with vinegar and a squirt of dishwashing liquid.</p> | <p>16th March Plant a tree! Think of a place to plant a tree and make it happen this month!</p> | <p>17th March Green Gifts - Choose plants as birthday or other gifts this year.</p> | <p>18th March Be a Gardener - Grow herbs, veggies or plants in your home. <i>(Fish Friday)</i></p> |