



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

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Sunday March 12	Monday March 13	Tuesday March 14	Wednesday March 15	Thursday March 16	Friday March 17	Saturday March 18
<p>Remember your baptism and the power of water today.</p> <p>Shower with a bucket and pour the captured water onto your garden.</p>	<p>Try one week without using single-use disposable plastic.</p> <p>Pack a waste-free lunch. Carry a re-useable water bottle. Bring a cup or thermos for your coffee.</p>	<p>Reduce your printing.</p> <p>Set your printer's default option to double-sided or to print two pages per one page.</p> <p>Print what is necessary.</p>	<p>Make one of your journeys more environmentally friendly today.</p> <p>Could you combine two trips? Walk or take public transport instead of drive?</p>	<p>Say "yes" to sustainable seafood.</p> <p>Look for the Marine Stewardship Council (MSC) certification when you purchase seafood https://www.msc.org/</p>	<p><i>Close the Gap Day</i></p> <p>Find out about blue carbon potential in northern Australia http://aboriginalcarbonfund.com.au/blue-carbon/ St Patrick</p>	<p>Purchase more mindfully today.</p> <p>Find manufacturers who use sustainable materials and who respect their workers' rights. http://www.ethical.org.au/</p>
<p>Enjoy a "switched off" Sunday.</p> <p>Turn off all your electronic devices today. Read, reflect and pray in preparation for Easter. St Joseph</p>	<p><i>International Day of Happiness</i></p> <p>Pick up at least one piece of litter from the ground today. Help the environment and set an example. Smile and see others smile with you.</p>	<p><i>National Harmony Day</i></p> <p>SHARE. 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>Using the dishwasher today? Scrape rather than rinse your plates and save water. Remember to only turn the dishwasher on for a full load.</p>	<p>Eat kangaroo meat. Kangaroos digest food differently to cattle and sheep so they don't produce much methane. They also don't need land cleared like cattle. https://www.australianmuseum.net.au/reducing-our-carbon-footprint</p>	<p>Let nature do the drying work.</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>Start your own herb garden 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>Consider the role of your church in its local environment. Explore what more you could do - http://www.ethical.org.au/3.4.2/get-involved/go-ethical-in-your-church/</p>	<p>Toss coffee grounds in the compost bin- not in the garbage. Use as a pest repellent or fertilizer. http://www.naturallivingideas.com/14-genius-ways-recycle-used-coffee-</p>	<p>Work your computer. Power down and use the battery. Enable the power management function as screen saver does not save energy.</p>	<p>Stop using disposable paper towel. Instead, make rags out of old towels and clothing and use them to mop up spills in the home.</p>	<p>Say no to palm oil. Widely used in food and cleaning goods, palm oil plantations cause deforestation and smoke haze in Southeast Asia. http://www.saynotoalmoil.com/thechallenge</p>	<p>Check your tyre pressure. 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>Donate items to your local Vinnies. While you are there, remember that buying second hand items is a great way to reduce your footprint.</p>
<p>Leave your footprints on a beach or river walk. Take away some plastic litter and bin it. Watch The Plastic Ocean film trailer (2.06 mins) https://www.youtube.com/watch?v</p>	<p>Unused tech devices piling up? Upcycle phones at Mobile Muster via Australia Post. Council e-waste collections will take everything with an electrical cord.</p>	<p>Check your fridge. Worn out door seals mean that your fridge will be working overtime to maintain its temperature. Turn up the fridge temperature.</p>	<p>Get creative with leftovers. Instead of throwing out last night’s leftovers, make or bake them into something else – find inspiration at http://www.lovefoodhatewaste.com/</p>	<p>Switch to toilet paper that builds toilets. Super soft and made with 100% recycled paper, bamboo and sugarcane. Home and workplace delivery. https://au.whogivesacrap.org</p>	<p><i>World Health Day</i> Take drugs and medicines to a pharmacy for free, safe disposal. Protect our streams, soils and aquatic wildlife.</p>	<p>Buy Fairtrade or organic Easter Eggs. Haigh’s Chocolates and the Oxfam Shop are manufacturers selling ethical chocolate alternatives this Easter.</p>

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<p style="text-align: right;">April 9</p> <p>PALM SUNDAY</p> <p>Switch your TV off and switch your voice on.</p> <p>Join in the Palm Sunday Rally for Refugees at Belmore Park, Sydney starting at 2 pm.</p>	<p style="text-align: right;">April 10</p> <p>Go dairy free for the week.</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 style="text-align: right;">April 11</p> <p>In reducing our “stuff” beyond Lent, learn about The Freecycle Network.</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 style="text-align: right;">April 12</p> <p>Reduce your book-print.</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>Share books with your staff and friends.</p>	<p style="text-align: right;">April 13</p> <p>HOLY THURSDAY</p> <p>Turn down the temperature on your water heater.</p> <p>Take a brisk shower, not a leisurely bath, to save water and energy.</p>	<p style="text-align: right;">April 14</p> <p>GOOD FRIDAY</p> <p>Find some quiet time outside today to pray and reflect on your role in preserving God’s creation and the difference you have made this Lent.</p>	<p style="text-align: right;">April 15</p> <p>HOLY SATURDAY</p> <p>It may be difficult, but think today about greening your “final plans” for when the time comes. http://www.greenburials.org/</p>
<p style="text-align: right;">EASTER SUNDAY April 16</p> <p>His friends knew the risen Jesus in the blessing and breaking of bread.</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 “less is more”.</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;">– Pope Francis, Laudato Si (Praise Be) On the Care of our Common Home, #222, #223</p>			

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