

**40
earth-saving
ways to FAST
this LENT**



CARBON FASTING

Lenten Carbon Fast 2014

“The vocation of being a “protector”, however, is not just something involving us Christians alone; it also has a prior dimension which is simply human, involving everyone. It means protecting all creation, the beauty of the created world, as the Book of Genesis tells us and as Saint Francis of Assisi showed us. It means respecting each of God’s creatures and respecting the environment in which we live.”

Pope Francis, Inaugural Mass, 19 March 2013

How heavy is your carbon footprint?

Each of us has a ‘carbon footprint’ - a lifestyle that causes release of carbon dioxide into the atmosphere - which has a direct impact on global warming and climate change. Creation is a beautiful gift from God that we must nurture and protect in order that this gift be available for generations to come. Now is the time for us to realise our responsibility towards nature which provides us with all the needs of life. The Season of Lent invites us to reflect on Jesus’ suffering, passion, death and resurrection which

He willingly underwent to give us fullness of life. The 40 days of Lent (all the weekdays from Ash Wednesday to Holy Saturday) are an opportunity for us to practice a little sacrifice ourselves.

This year, we invite you to take up a '**Carbon Fast**' – daily actions that will help you cut down on carbon dioxide emissions. This booklet will suggest small, measurable daily tasks flowing from a Sunday reflection that will bring us closer to Creation and to God, and deepen our appreciation of God's wonderful gift.



5 March

Ashes remind us of carbon residue. Reflect on ways to reduce your personal/family carbon footprint. Type "how to reduce my carbon footprint at home" in 'Google Search' for ideas.



6 March

Commit to lifestyle changes. Decide on simple, easy to implement changes in your life. Make a written list so that you keep a record and a reminder.



7 March

Most changes that benefit the environment benefit us too.

Decide to walk more,
eat less meat,
use less electricity,
save water,
avoid plastic.



8 March

Set aside time for daily prayer.

As an individual and as a family,
come together to thank God for
the gift of this good Earth which we
have to protect and nurture.

9 March

Reflect on the Gospel
passage about Jesus
being tempted.



Lent is usually a time to 'go veg'.
Learn how over-eating meat is bad
for health and for the environment.

10 March

Be aware of food wastage.

Plan so as to avoid wasting food.
Eat leftovers. Buy smaller portions
to avoid waste. Cook only the
quantity required.

11 March

Grow veggies in your home.



Even in a small house, a terrace, windowbox or ledge can be used to grow coriander, curry leaves, mustard or even some vegetables. Get the community involved.



12 March



Compost food waste. Each house can have a small compost bin or a community can do it together. All wet waste can be made into useful manure instead of being dumped.

13 March

Buy local produce and from nearby.

It's fresh, you reduce CO₂ emissions from travel and save on transport costs. Take turns to buy in bulk for your community and share costs – it works out cheaper.



14 March

Go completely meat-free today.

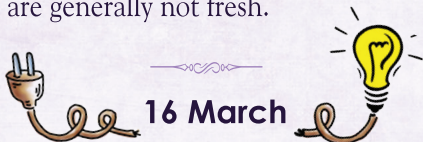


Meat production releases greenhouse gases. Going off meat greatly reduces your carbon footprint and improves your health.

15 March

Check for packaging while shopping.

Avoid plastic-wrapped food products or canned foods. They add non-biodegradables to waste and are generally not fresh.



16 March

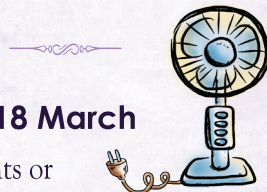
The passage on the Transfiguration speaks of power and light.

Electricity is power that gives light, heat and much more. Reflect on how saving electricity reduces bills and helps the Earth.

17 March

Use only the lighting you need.

If possible, remove one light bulb/tube from any room and do without it for the rest of Lent. You will save on bills and may discover you don't even need it!



18 March

Turn off lights or fans when not needed.

When entering a room temporarily, switch on the light only if needed. Only switch on what is required.

19 March

Turn off appliances not in use.

Switch off appliances like TV or computers, if idle-time is an hour or more. Even on energy- saver or sleep mode, they consume electricity!

20 March

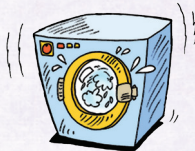
Switch off at the mains.



Even after switching off the TV or AC or computer, the little red light still draws power. Switch off at the mains to save electricity.

21 March

Run the washing machine with cold water.



You will save power, and today's detergents are quite capable of washing clean without hot water!

22 March

Enjoy the silence.



Turn off all your electronic devices for a day: TV, phone, players and computers. Chat face to face with friends, spend time with family, go for a quiet walk.

23 March

The Samaritan woman asks for living water.

Water is a precious, but limited resource; it exists for ALL – animal, plant, insect and human life. Reflect on this God- given gift.

24 March

Collect the drips.

If you have a leaking tap, place a bucket under it to collect the drops till you get the tap fixed. The amount you save will amaze you!



25 March

Reduce the flush.

Even if you have a water-saver flush, place a brick or a tightly corked bottle of water in the flush tank. Every flush will save that much more water.

26 March

Wash vessels with care.

A basin with warm soapy water to wash plates, dishes and cutlery will save litres daily.

Another basin with clean water to rinse will save even more.



27 March



Shower wisely, bathe well.

If using a shower, do not use it at full power and turn off when soaping.

Fill a bucket three fingers below full, to save litres while bathing.



28 March

Run the washing machine at full load only.

You will save water, soap and power, when running the washing machine at full load, and time - a precious resource!

29 March

Use waste water well.

Wash veggies in a basin and use the water to water plants. Water from washing clothes can be used to flush the toilet.



30 March

The story of the blind man helps us reflect on how we close our eyes to harm we cause the Earth.



Vehicles pollute the air which in turn harms us and the Earth greatly.

31 March

Make your journeys environmentally friendly.



Share a ride, take the bus, walk to the station, use the train, give a lift to someone.



1 April

Do a pressure check!

If you have a personal vehicle, check tyre pressure.

Optimum tyre pressure saves fuel, reducing CO₂ output.



2 April

Learn about alternate fuels.

Today, electric or hybrid vehicles that reduce carbon emissions are available. Perhaps you could make the choice.



3 April

Prefer local shopping outlets.

Rather than driving long distances to a favourite store for a few items, buy them locally and save on the commute and fuel costs.

4 April

Observe speed limits.

Driving faster burns more fuel per kilometre and increases the risk of accidents. Drive moderately and carefully.



5 April

Pedal your way around.

A bicycle will not only help you trim tummy flab and burn fat, it will greatly reduce your carbon footprint.



6 April

The story of Lazarus is one of new life and regeneration.

Let us think of how plastics kill the Earth and so many of its creatures. We can do much to reduce this menace.



7 April

Carry a cloth bag everywhere.

A small lightweight cloth bag is the ideal companion. Politely refuse a plastic bag when shopping anywhere.

8 April

Avoid commercial bottled water.



Bottled water is no better than home- filtered or boiled water. Avoiding buying bottled water prevents plastic waste.



9 April

Choose products with less plastic packaging.

When shopping, opt for products with minimum plastic wrap to minimise plastic waste.

10 April

Collect plastic waste at home.

Rather than disposing of plastic waste, collect it and sell it to the recycler. You will receive some income and the plastic will not end up in landfills.



11 April

Petition local leaders.



Use community pressure on leaders to get shops and vendors to replace plastic bags with greener alternatives.

12 April

Green celebrations make a difference.

Use non-disposable plates, cutlery and glasses for home and office celebrations.

13 April

Palm Sunday: Jesus is welcomed with green branches.

Spend time to reflect on how our excessive use of paper causes deforestation and prevents CO₂ absorption.



14 April

Use cloth, not paper.

Use reusable cloth handkerchiefs and napkins instead of paper tissues and paper napkins.



15 April

Print only what is essential.

Don't waste paper and ink printing jokes and forwards!

Make optimal use of your computer to promote the paperless culture.



16 April

Print on both sides of the paper.

Many printers have the double-side print option. Use it to print matter on both sides to avoid paper over-use.



17 April

Use water, not paper.

Avoid toilet paper rolls wherever possible. Water and soap are more hygienic and you will reduce paper waste.

18 April

Segregate your garbage.

Separate bins for dry and wet waste will enable paper waste to be sold for recycling rather than ending up in landfills.



19 April

Organise a litter-free community programme.

Get together to pick up paper and plastic litter in your community. You will have a cleaner area and can sell the waste to recyclers.

20 April

EASTER SUNDAY

is a celebration of life. Rejoice!



Lent has been a time of conversion and change. We are given these 40 days for the cleansing of the mind and body – a ‘cleaning up’ which

refreshes us and makes way for the renewal of the spirit. If you have reflected on the Gospel messages, and participated in the Carbon Fasting, you will have discovered that you have the power to be an agent for change.

We must now spread this good news: all it requires is a series of small, do-able steps to make concrete and measurable change happen. And this change will lead us to new life - the promise of Easter.

May the blessings of the Risen Lord be with you.

A couple of helpful websites for reference:

<http://www.whatsmycarbonfootprint.com/reduce.htm>

<https://www.carbonfund.org/reduce>

**Do not end your
Carbon Fast!**

Instead, live green always.



Take the pledge.
(See back cover)

*This Lenten Booklet
is provided by:*

**THE ARCHDIOCESAN
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from various sources.)*



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MY PLEDGE

(Keep this pledge with you at all times as a reminder of your commitment. Get others to join you in making a similar pledge)

I, (your name) pledge to continue to practice Carbon Fasting in as many ways as possible. I will lead by example in my family, in my community and at my workplace. I will, at all times, be grateful to God, the Maker of all that is good and wonderful in this world, for all the benefits that I have enjoyed, and I will endeavour to ensure that His legacy is passed on to the generations to come.

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