

## SPC Lenten Carbon Fast 2022

**Help SPC Go Plastic & Waste Free! Help the Earth, Help Humanity!**

<p><b><i>“There can be no renewal of our relationship with nature without a renewal of humanity itself.”</i></b> (Pope Francis)</p> <p>Lent is a time for intentional conversion. <i>That means leaving behind an old way of living and acting in order to embrace new life in Christ.</i></p> <p>Ecological conversion is a change in how we see our relationship with nature and with one another.</p>			<b>Wed 2 March</b>	<b>Thurs 3 March</b>	<b>Fri 4 March</b>	<b>Sat 5 March</b>
			<p>Have a meat free day! Sit and consider where you are at and how you can improve your connection to the earth.</p>	<p>Cover a light switch in your home every week to remind you of your commitment to the fast.</p>	<p>Meat-free Friday. Avoid meat in all your meals today.</p>	<p>When shopping take your own containers and bags to take goods home in.</p>
<b>Sun 6 March</b>	<b>Mon 7 March</b>	<b>Tues 8 March</b>	<b>Wed 9 March</b>	<b>Thurs 10 March</b>	<b>Fri 11 March</b>	<b>Sat 12 March</b>
<p>Visit a Farmers’ Market to purchase your goods for the week; take an enviro-friendly bag with you.</p>	<p>Try to avoid individually packaged goods – go bulk and use sustainable packaging.</p>	<p>Avoid using any wrappings for your lunch. Attempt to do this for the remainder of Lent / year.</p>	<p>Avoid pre-rinsing items before putting them in the dishwasher, and ensure it is full before running it.</p>	<p>Turn off the lights that are not being used in the home.</p>	<p>Pick up at least one piece of litter from the ground; more if possible. Also make sure all of your own rubbish goes in the correct bin.</p>	<p>Plant at least one pot or space in the garden with vegies and/or new life.</p>

Sun 13 March	Mon 14 March	Tues 15 March	Wed 16 March	Thur 17 March	Fri 18 March	Sat 19 March
Start a compost bin or worm farm to reduce excessive food wastage.	Leave the car at home and only catch public transport today.	Avoid using packaging – don't buy fruit, veggies and the like in plastic wrapping. (You don't need to put something in plastic to take it home and then throw out the plastic.)	Take a shorter shower.	Avoid using your mobile phone today. (If not all day then use it for an hour or less)	Don't use the clothes dryer after washing. Dry washing on the line.	Buy local when shopping for groceries.
Sun 20 March	Mon 21 March	Tues 22 March	Wed 23 March	Thur 24 March	Fri 25 March	Sat 26 March
Switch off Sunday. Avoid using electrical goods throughout the day and focus on prayer, rest and time with loved ones.	Invest in a sustainable water bottle, keep cup, lunchbox and wrappings.	Swap out single-use coffee pods for coffee plunger or coffee machine. If using pods look for companies that offer reusable coffee pods. Reuse coffee grounds for things like body scrub or in the garden.	Contribute goods to the Terracycle recycling program through school or elsewhere.	Visit a second-hand store or online site to purchase goods such as clothes, books and furnishings.	Put your used toothbrushes and toothpaste tubes in the SPC Terracycle recycling bins (near the sustainability gardens).	Earth Hour Turn off all electricity from 8.30 to 9.30pm, and try to minimize your use throughout the rest of the day. Use candle light if needed.

<b>Sun 27 March</b>	<b>Mon 28 March</b>	<b>Tues 29 March</b>	<b>Wed 30 March</b>	<b>Thur 31 March</b>	<b>Fri 1 April</b>	<b>Sat 2 April</b>
Pray for those most affected by climate change - namely the poor and the people of the pacific islands such as Kiribati and Tuvalu.	Use a bucket in the shower to collect the excess water. Then use it to water your garden.	Share your carbon fast with family and friends; encourage them to follow your lead.	Turn off your computer and monitor, as well as other electrical items in the home at the power point. Don't leave on stand-by.	Avoid using plastic cutlery, cups and so on. Take your own items to work / school each day.	Put bottles and cans in the Return & Earn bins (located outside Bangawarra Room, Breen Changerooms & Junior Playground)	Buy Fair Trade / Plastic Free Easter Eggs ready for Easter.
<b>Sun 3 April</b>	<b>Mon 4 April</b>	<b>Tues 5 April</b>	<b>Wed 6 April</b>	<b>Thurs 7 April</b>	<b>Fri 8 April</b>	<b>Sat 9 April</b>
Reject plastic bags when shopping. Take your own reusable bags.	Stop using single use paper towels and the like. Invest in recyclable cloths or create your own rags from old unused goods.	Put tea leaves on plants not in the bin. They are full of nutrients.	Don't buy anything from the Canteen or shops that comes in plastic – make a stand. Don't take a plastic fork, straw or similar.	Before throwing something out consider if it can be recycled or repurposed.	Make your own wrapping paper and gift cards from recycled goods.	Research shops / companies who send compostable packaging when online orders are placed. (They are out there!) Think about how and where you shop for clothes as well as food. (So many cheap clothes contain plastics etc)

Sun 10 April	Mon 11 April	Tues 12 April	Wed 13 April	Thurs 14 April	Fri 15 April	Sat 16 April
Sort through your wardrobe and donate unwanted items to a second-hand store like SVDP.	Challenge yourself to not buy anything new during April (apart from food and essentials).	Plant something green that will grow or get an indoor plant.	Trace the journey of the food on your plate for one meal today. Reflect on what and who has enabled you to be nourished by this meal. Consider the carbon footprint made by imported food.	<i>Holy Thursday</i> Reject social media today as you reflect on Holy Week and focus on reality rather than online image.	<i>Good Friday</i> Reflect on your role in the care of creation.	<i>Holy Saturday</i> Ensure that your celebration for tomorrow is as waste-free as possible.

***“The Climate is a common good, belonging to all and meant for all.”*** (Pope Francis)

Happy Easter – enjoy the Resurrection of the Son while caring for our common home!!