



# Laity of the Chevalier Family Australia

Spirituality of the Heart in an Australian Lay Context

## Lenten Calendar

**CARBON FAST FOR LENT**



Challenge yourself to reduce your carbon footprint. Use a "carbon footprint tracker". Track your consumption patterns, and find what in your life creates the most greenhouse gases.

ASH WEDNESDAY  
Laudato Si'



**CARBON FAST FOR LENT**




Remember to carry your own reusable shopping and produce bags. Using plastic bags is a huge environmental issue because they never fully break down or decompose.

DAY 2  
Laudato Si'




**CARBON FAST FOR LENT**



Consider making Meat Free Fridays a regular part of your life. Cows and animals (like goats and sheep) emit methane, a potent greenhouse gas, as they digest grasses and plants.

DAY 3  
Laudato Si'



**CARBON FAST FOR LENT**



Shop at local produce markets and try to buy what is in season. Locally grown food is fresher, more nutritious, and helps to reduce environmental impact.

DAY 4  
Laudato Si'



**CARBON FAST FOR LENT**




Leave the car at home today. Try to carpool, bike, walk, or take public transport instead. Transport makes up 18% of all greenhouse gas pollution in Australia.

DAY 5  
Laudato Si'




**CARBON FAST FOR LENT**



Carry a reusable water bottle with you. Most plastic bottles end up in landfill or wash into the sea where they break up in small pieces, killing marine life that mistake them for food.

DAY 6  
Laudato Si'





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### CARBON FAST FOR LENT



Unplug your mobile phone charger after use. Unplug as many electronics as practical when not in use. Many electronic devices and appliances consume electricity even when they're turned off.

DAY 7

Laudato Si'



### CARBON FAST FOR LENT



Repair items rather than replacing them. Repairing and maintaining what you have can be very satisfying and diverts it from ending up in landfill.

DAY 8

Laudato Si'



### CARBON FAST FOR LENT



It's World Wildlife Day. Plant some flowers or create an insect hotel to help support your local insect populations.

DAY 9

Laudato Si'



### CARBON FAST FOR LENT



Start collecting your soft plastics rather than putting them in your garbage. You'll be surprised how many soft plastics you are sending to landfill.

DAY 10

Laudato Si'



### CARBON FAST FOR LENT



Start your own compost or worm farm. When food waste ends up in landfill, it decomposes anaerobically and releases methane emissions, a greenhouse gas that is 28 times more potent than carbon dioxide.

DAY 11

Laudato Si'



### CARBON FAST FOR LENT



Reduce your carbon footprint dramatically by switching your home electricity provider. See [greenelectricityguide.org.au](https://greenelectricityguide.org.au) for a guide to finding the greener electricity providers.

DAY 12

Laudato Si'





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### CARBON FAST FOR LENT



Keep bottles of water in your fridge. Not only will you have cold water to drink, but water retains cold better than air helping your fridge run more efficiently.

DAY 13

Laudato Si'



### CARBON FAST FOR LENT



Pay carbon offsets. When you can't reduce your carbon footprint (i.e., flying), buying carbon offsets will support CO2 reduction projects including reforestation, renewable energy, and carbon-storing agricultural practices.

DAY 14

Laudato Si'



### CARBON FAST FOR LENT



Google a vegetarian recipe. Meat Free Fridays helps your heart, and also reduces deforestation that result from land clearing for livestock.

DAY 15

Laudato Si'



### CARBON FAST FOR LENT



All those soft plastics you have been collecting need to go into the bin as they cannot be recycled. Now is a good time to assess what you buy with soft plastic that could be replaced with less packaging.

DAY 16

Laudato Si'



### CARBON FAST FOR LENT



Take your own cutlery and containers next time you order take-away. Plastic containers can't be recycled easily and often end up in our environment, harming wildlife, waterways, and oceans.

DAY 17

Laudato Si'



### CARBON FAST FOR LENT



Pre-cycle before you buy. Choose products that have the least amount of packaging. Opt for cans and tins over plastic as aluminium is 100 percent recyclable.

DAY 18

Laudato Si'





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## CARBON FAST FOR LENT



Plant a tree or buy a plant to put in your home. As trees grow they absorb carbon dioxide, a major greenhouse gas in the atmosphere, reducing your carbon footprint.

DAY 19

Laudato Si'



## CARBON FAST FOR LENT



"We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly."  
- Anne Marie Bonneau, Zero Waste Chef

DAY 20

Laudato Si'



## CARBON FAST FOR LENT



Go Green for St Patrick's Day. Many household cleaners contain chemicals that are not only harmful to the environment, but to your health! Make your own cleaner using ingredients like eucalyptus oil, vinegar, or baking soda.

DAY 21

Laudato Si'



## CARBON FAST FOR LENT



Be present. Experience the beauty and variety of God's creation. Visit a garden, the beach, or bushland. Sit and listen to the birds.

DAY 22

Laudato Si'



## CARBON FAST FOR LENT



Purchase a reusable bread bag to take to your local baker. They can slice the bread and put it straight into your reusable bread bag. Let's eliminate soft plastics one bag at a time.

DAY 23

Laudato Si'



## CARBON FAST FOR LENT



Mulch your garden. Mulch will not only help retain moisture in the soil but feeds important soil microbes, improving soil health and biodiversity.

DAY 24

Laudato Si'





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## CARBON FAST FOR LENT



Go paperless. Australia is one of the biggest paper consumers in the world, on average we use 230 kg per person per year. Next time you go to hit print, consider digital solutions instead.

DAY 25

Laudato Si'



## CARBON FAST FOR LENT



Fight fast fashion! Consider buying less or buying second hand. Each Australian disposes of an average 23 kilograms of clothing to landfill each year.

DAY 26

Laudato Si'



## CARBON FAST FOR LENT



Take Meat Free Friday to the next level. Switch butter for olive oil. Global livestock production creates more greenhouse gas than the entire transportation sector.

DAY 27

Laudato Si'



## CARBON FAST FOR LENT



Join in on Earth Hour! Turn off all non-essential electric lights, for one hour, from 8:30 to 9:30 pm.

DAY 28

Laudato Si'



## CARBON FAST FOR LENT



Consider making your own frozen vegetable mix. Chop up any vegetables that you might not get around to eating and freeze them in a reusable sealable bag, reducing food waste and soft plastics.

DAY 29

Laudato Si'



## CARBON FAST FOR LENT



Recycle your textile waste. Many clothing retailers will take old wornout clothes for recycling. If they are still in good order they can be donated to a charity shop for resale.

DAY 30

Laudato Si'





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### CARBON FAST FOR LENT



Reconsider your shower habits. Save water and electricity by shortening the time you spend in the shower. Almost a quarter of Australians shower twice a day; however, once a day is enough for the vast majority.

DAY 31

Laudato Si'



### CARBON FAST FOR LENT



Review your councils rules for recycling. Ensure you are recycling everything you can, and not contaminating the recycling with items you can't.

DAY 32

Laudato Si'



### CARBON FAST FOR LENT



This meat free Friday, share your favourite vegetarian recipe with a friend. In doing so you are not only reducing your carbon footprint but encouraging others to do so too.

DAY 33

Laudato Si'



### CARBON FAST FOR LENT



Add a "No Junk Mail" sign to your letterbox. This will not only reduce paper but will reduce junkmail blowing around the streets.

DAY 34

Laudato Si'



### CARBON FAST FOR LENT



Take time out to watch the sunrise or sunset. Enjoy the beauty of Creation and all it has to offer.

DAY 35

Laudato Si'



### CARBON FAST FOR LENT



Slow down and enjoy the drive. A car going 120 km/h uses about 20% more fuel than one going at 100 km/h.

DAY 36

Laudato Si'





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### CARBON FAST FOR LENT



Make use of bulk wholefood shops. Taking your own jars and containers means no wasted packaging and buying the quantities you need means no food waste. It's a win win!

DAY 37

Laudato Si'



### CARBON FAST FOR LENT



Wear natural fibres like wool, cotton, and bamboo. Synthetic fibres, such as elastane, nylon, acrylic, and polyester, shed microplastics into the environment when clothes are washed, polluting our waterways and soils.

DAY 38

Laudato Si'



### CARBON FAST FOR LENT



Trace the journey of the food on your plate. Reflect on who and what has enabled this meal. Consider the footprint made - Is it local? Is it fresh? Is it meat-free?

GOOD FRIDAY

Laudato Si'



### CARBON FAST FOR LENT



Reflect back on your Carbon Fast. What actions have you been able to continue and make part of your life. Complete the LCF 'Doing Our Part to Care for the Earth' Declaration to share your commitment.

DAY 40

Laudato Si'



With deep respect and love, we acknowledge the Aboriginal and Torres Strait Islander people (the traditional custodians of this land) and their Elders - past, present, and emerging.

We support the *Uluru Statement From The Heart* and recognise the importance of ensuring First Nations people have a voice in Australia.



We commit to a "greater love for our Creator, each other, and the home we share" (Laudato Si 14). We live in the Spirituality of the Heart and are called to love and care for Creation and the Created.



We rejoice in our differences and celebrate the gift of the LGBTQIA+ community. We live 'to be on Earth the heart of God' and welcome and include all people in their diversity.