



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The tradition of giving up something during Lent is a powerful way to prepare ourselves for Easter. This act can also be a good way to kick bad habits or shed unwanted, spiritually destructive parts of our lives.</p> <p>This year, Pope Francis calls on us to prepare for Easter through practicing the works of mercy. This calendar will act as your guide to spreading mercy to both people and the planet, in order to protect and preserve God's creation.</p>			<p>February 10</p> <p>ASH WEDNESDAY As both a practical and a symbolic act, remove one light bulb from your home and live without its light for the next 40 days. This will reduce your energy use, and serve as a reminder of your Lenten Carbon fast.</p>	<p>February 11</p> <p>Calculate your carbon footprint. Note down your result and which areas contribute most to your footprint. You can use this website as a start: http://www.energy.edu.au/new-website/carbon-footprint.html</p>	<p>February 12</p> <p>Make the switch to sustainable tea. By buying organic tea you support more environmentally friendly farming practices. Find your nearest sustainable tea retailer here: http://search.fairtrade.com.au/products/Tea?page=0%2C1</p>	<p>February 13</p> <p>Say no to plastic bags. Australians use almost 4 billion plastic bags each year – millions of which end up in our waterways, harming our wild-life. Take reusable bags when you do your grocery shopping.</p>
<p>February 14</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. Learn more here: http://catholicclimatemovement.global/</p>	<p>February 15</p> <p>Join Meat Free Monday. For centuries Christians have been eating less meat during Lent. Choosing meat-free meals is one of most significant ways to reduce your carbon footprint. http://www.meatfremondays.com/</p>	<p>February 16</p> <p>Share the carbon fast challenge with your friends and family and help reduce more emissions this Lent by emailing the calendar to your network.</p>	<p>February 17</p> <p>Switch appliances off at the power-point. Even when they are turned off, appliances can still draw power from an active power point. Remember to unplug your phone charger once your mobile is charged.</p>	<p>February 18</p> <p>Plan how you will stay warm at home this winter. Having insulation installed, wearing extra layers, and cuddling a hot water bottle are all ways in which you can stay warm without switching on the energy-intensive air conditioner.</p>	<p>February 19</p> <p>Embrace recycling. Have you got old ink cartridges, mobile phones or computers? Recycle these at various locations around NSW which are listed here: http://recycleaustralia.org/learnmore.php</p>	<p>February 20</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 shipping plus it's fresh and tastes great!</p>



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February 21 Remember your baptism and the power of water today. Shower with a bucket and pour the captured water onto your garden.	February 22 Be water wise. Instead of buying bottled water, invest in a reusable bottle that you can refill when you need. Learn more at http://storyofstuff.org/	February 23 Save paper. Print double-sided, or in a smaller font. Use newspaper or recycled gift wrap to wrap your next present.	February 24 Make one of your journeys more environmentally friendly today. Could you combine two trips? Walk or take public transport instead of drive?	February 25 Say "yes" to sustainable seafood. Look for the Marine Stewardship Council (MSC) certification when you purchase seafood - https://www.msc.org/	February 26 Start your own vegetable garden with simple plants like basil, mint, and lettuce. Hanging pots and no-dig gardens are great options for small spaces.	February 27 Purchase more mindfully today. Find manufacturers who use sustainable materials and who respect their workers' rights. http://www.ethical.org.au/
February 28 Enjoy a "switched off" Sunday and turn off all your electronic devices today. Read, reflect and pray in preparation for Easter.	February 29 Swap chemicals for natural cleaners. Lemon juice, baking soda and salt are all natural and ecofriendly alternatives to commercial products.	March 1 Pick up at least one piece of litter from the ground today. This helps the environment and sets a great example for those around you.	March 2 Stop using disposable paper towel. Instead, make rags out of old towels and clothing and use them to mop up spills in the home.	March 3 Consider starting a compost bin. Check with your local council, nursery or hardware store to see what compost options they offer.	March 4 Swap your dryer for the sunshine. Instead of using your energy-intensive dryer, hang your clothes on the clothesline and let the sun dry them for you.	March 5 Buy free range eggs. Free range farms are more likely to treat chickens ethically and tend to employ more sustainable environmental practices.
March 6 Consider the role of your church in its local environment. Does your parish have an eco-group? What more could your church community do?	March 7 Toss tea leaves on plants, not in the bin. Did you know that tea acts as a plant nutrient and can help ward off pests? You can do the same with used coffee grounds.	March 8 Green your home by placing pot plants inside. Not only do they look great, but pot plants help process and clean the air inside.	March 9 Reduce your junk mail. Place a "no junk mail" sticker on your letter box. Your local council usually provides these stickers for free.	March 10 Using the dishwasher today? Scrape rather than rinse your plates and save water. Remember to only turn the dishwasher on when there is a full load.	March 11 Support clean energy. Call your energy provider and consider switching to a renewable energy source.	March 12 Donate items to your local Vinnies. While you are there, remember that buying second hand items is also a great way to reduce your footprint.



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<p>March 13</p> <p>Trace the journey made by the food on your plates for one meal. Reflect on what and who has enabled this food to reach and nourish you.</p>	<p>March 14</p> <p>Minimise disposables today. Bring your own mug or thermos to the coffee shop. Carry cutlery with you for when you purchase food.</p>	<p>March 15</p> <p>Check your house for leaks and dripping taps and organise to get them fixed this week.</p>	<p>March 16</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>March 17</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>March 18</p> <p>Switch to online. Cut down the amount of paper you are using by choosing to pay your phone, electricity and water bills online</p>	<p>March 19</p> <p>Buy Fairtrade or organic Easter Eggs. Haigh's Chocolates and the Oxfam Shop are 2 manufacturers selling ethical chocolate alternatives this Easter.</p>
<p>PALM SUNDAY ²⁰</p> <p>Switch your TV off and switch your voice on. Join in the Palm Sunday Rally for Refugees at Belmore Park, Sydney starting at 1 pm.</p>	<p>March 21</p> <p>Go dairy free for the day. Dairy emissions contribute to 2% of total national emissions. Help reduce this by using alternatives such as soy products today.</p>	<p>March 22</p> <p>Reuse egg shells. Pop them in your compost bin, spread them on the garden or use them as tiny pots to grow seedlings in.</p>	<p>March 23</p> <p>Reduce your book-print by not purchasing new books. Instead, find your literary treasures at a second hand store or borrow them from your local library.</p>	<p>HOLY THURSDAY ²⁴</p> <p>Turn down the temperature on your water heater and use cold water to wash your laundry today.</p>	<p>GOOD FRIDAY ²⁵</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>HOLY SATURDAY ²⁶</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>EASTER SUNDAY March 27</p> <p>Today, replace the light bulb you removed on Ash Wednesday with an energy-saving CFL lightbulb. Let this light symbolise the light of the resurrected Christ in your life. May it also act as a reminder of your Lenten commitments and encourage you to live more environmentally friendly all year through</p>			<p><i>"It is no longer enough, then, simply to state that we should be concerned for future generations. We need to see that what is at stake is our own dignity. Leaving an inhabitable planet to future generations is, first and foremost, up to us. The issue is one which dramatically affects us, for it has to do with the ultimate meaning of our earthly sojourn."</i></p> <p>– Pope Francis, <i>Laudato Si (Praise Be), On the Care of our Common Home</i></p>			