

SPC Lenten Carbon Fast 2025

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

<p><i>"There can be no renewal of our relationship with nature without a renewal of humanity itself."</i> (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 a 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>			Wed 5 March	Thurs 6 March	Fri 7 March	Sat 8 March
			<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>
Sun 9 March	Mon 10 March	Tues 11 March	Wed 12 March	Thurs 13 March	Fri 14 March	Sat 15 March
<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 veggies and/or new life.</p>

Sun 16 March	Mon 17 March	Tues 18 March	Wed 19 March	Thur 20 March	Fri 21 March	Sat 22 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.	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.
Sun 23 March	Mon 24 March	Tues 25 March	Wed 26 March	Thur 27 March	Fri 28 March	Sat 29 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. If you already have them give them a clean.	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; put old toothpaste tubes and toothbrushes in the bins (near the sustainability gardens).	Visit a second-hand store or online site to purchase goods such as clothes, books and furnishings.	Avoid using air conditioning (turn off at school/work and home).	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 and end up in landfill.)

Sun 30 March	Mon 31 March	Tues 1 April	Wed 2 April	Thur 3 April	Fri 4 April	Sat 5 April
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.
Sun 6 April	Mon 7 April	Tues 8 April	Wed 9 April	Thurs 10 April	Fri 11 April	Sat 12 April
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.	Buy local when shopping for groceries. And/Or Plant something green that will grow or get an indoor plant.

Sun 13 April	Mon 14 April	Tues 15 April	Wed 16 April	Thurs 17 April	Fri 18 April	Sat 19 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 or May (apart from food and essentials).	Go tech-free for the whole day – no phones, computers and other devices.	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. Use up all food you have bought – avoid food wastage.	<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!!