

SPC Lenten Carbon Fast 2026

Help SPC Go Plastic & Waste Free! Care for Our Common Home!

<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> <p><i>'Remember that when you leave this earth, you can take with you nothing that you have received - only what you have given: a full heart, enriched by honest service, love, sacrifice and courage.'</i> (St Francis of Assisi)</p>			Wed 18 Feb	Thurs 19 Feb	Fri 20 Feb	Sat 21 Feb
			<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 22 Feb	Mon 23 Feb	Tues 24 Feb	Wed 25 Feb	Thurs 26 Feb	Fri 27 Feb	Sat 28 Feb
<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 1 March	Mon 2 March	Tues 3 March	Wed 4 March	Thur 5 March	Fri 6 March	Sat 7 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 (max 4 mins).	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. And/Or Plant something green that will grow or get an indoor plant.
Sun 8 March	Mon 9 March	Tues 10 March	Wed 11 March	Thur 12 March	Fri 13 March	Sat 14 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.) Do you really need another item.

Sun 15 March	Mon 16 March	Tues 17 March	Wed 18 March	Thur 19 March	Fri 20 March	Sat 21 March
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, or even single use items. 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)	Sort through your wardrobe and donate unwanted items to a second-hand store like SVDP.
Sun 22 March	Mon 23 March	Tues 24 March	Wed 25 March	Thurs 26 March	Fri 27 March	Sat 28 March
Reject shop 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. Avoid packaging.	Before throwing something out consider if it can be recycled or repurposed.	Make your own wrapping paper and gift cards from recycled goods.	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 29 March	Mon 30 March	Tues 31 March	Wed 1 April	Thurs 2 April	Fri 3 April	Sat 4 April
Buy Fair Trade / Plastic Free Easter Eggs ready for Easter.	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, gifted to us by God.	<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!!