

CARBON FAST — LENT 2023

Resolve to use the forty days of Lent to increase your awareness of the needs of the created world and to take small steps toward healing it. Try to do one reflection or action per day.

Reflection	Action
<ol style="list-style-type: none">1. Take a walk in my neighbourhood. Ask myself what the environment needs.2. Watch the sunrise or the sunset.3. Is our church showing love for the environment?4. Does my household waste food?5. Write down twenty things I am grateful for.6. Do I need more things or can I be content with what I have?	<ol style="list-style-type: none">1. A meat-free day.2. Buy local products.3. Is my fridge temperature set too high?4. Is my thermostat set too high?5. Buy fish from sustainable stock.6. Share a vegetarian recipe with neighbours or friends.7. Can I save energy or water when I launder my clothes?8. A day without electronics.9. Turn off stay-on appliances.10. Find ways to use less plastic.11. Gather unused clothes and give them away.12. Don't buy bottled water.13. Only fill the kettle with as much water as needed.14. Plan a garden or tree planting.15. Find ways to use less water.16. Skip a meal once a week.17. Write a letter to a politician to urge action against pollution or climate change.