



# Lenten Energy Fast 2010



**Sun    Mon    Tue            Wed    Thu    Fri            Sat**

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| <p>“So whenever you give alms, do not sound a trumpet before you...so that your alms may be <b>done in secret</b>; and your Father who sees in secret will reward you.”</p> <p>Matthew 6:2-4</p> <p><b>Ash Wednesday reminds us to be faithful in action even when no one is paying attention. If we are all living in harmony with the rest of God’s creation, our households, our society and our planet will be transformed.</b></p> |  |  |  | <p><b>18</b><br/>Remove one light bulb from your home and live without its light for the next 40 days.</p>    | <p><b>19</b><br/>Go without meat today.</p>                                 | <p><b>20</b><br/>Tread carefully by walking, biking or going easily on the accelerator.</p>                                 |
| <p><b>21</b><br/>1st Sunday of Lent</p> <p>Remember your Baptism and the power of water. Collect and recycle water from your kitchen, laundry, shower.</p>  | <p><b>22</b><br/>If you’re not using an appliance for over an hour, turn it off as you leave the room.</p> | <p><b>23</b><br/>Be aware of your hot water use today in the kitchen.</p>                              | <p><b>24</b><br/>Read the labels when you’re shopping. Aim to buy locally made and grown food.</p>     | <p><b>25</b><br/>Run your washing machine only with full loads.</p>   | <p><b>26</b><br/>Take your reusable bags with you when you go shopping.</p> | <p><b>27</b><br/>If you haven’t done so this week, sign a petition advocating action on climate change.</p>                 |
| <p><b>28</b><br/>2nd Sunday of Lent</p> <p>Have an ‘embrace the silence’ Sunday. No radio, no TV. Walk outside – enjoy the last day of summer</p>   | <p><b>1</b><br/>Run your washing machine on cold water.</p>  | <p><b>2</b><br/>Be aware of how much food you throw out this week. Plan how to avoid wasting food.</p> | <p><b>3</b><br/>Unplug your mobile phone charger: it uses electricity even when it’s not charging.</p> | <p><b>4</b><br/>Check the tyre pressure of your car today. Cars with low tyre pressure get lower mileage.</p> | <p><b>5</b><br/>1st Friday</p> <p>Eat less; eat simply.</p>                 | <p><b>6</b><br/>Pick up at least one piece of litter on the ground when you are out walking and dispose of it properly.</p> |
| <p><b>7</b><br/>3rd Sunday of Lent</p> <p>Pray/read a reflection on the environment.</p>  | <p><b>8</b><br/>Turn off lights you aren’t using as you leave a room.</p>                                  | <p><b>9</b><br/>Only fill your kettle with as much water as you need.</p>                              | <p><b>10</b><br/>When heating water on the stove use a lid to conserve energy.</p>                     | <p><b>11</b><br/>Become more informed about climate change</p>  | <p><b>12</b><br/>Go without meat today.</p>                                 | <p><b>13</b><br/>Put your next present in a reusable gift bag.</p>  |
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| <p><b>14</b><br/>4th Sunday of Lent</p> <p>Pray for the poor who will be hardest hit by climate change.</p> | <p><b>15</b></p> <p>Find one way to save paper today: re-use an old envelope or print double-sided.</p>          | <p><b>16</b></p> <p>Compost your food waste.</p>  | <p><b>17</b></p> <p>Observe the changes that have occurred in nature since the end of summer.</p>   | <p><b>18</b></p> <p>Pray for peace in our world and in the hearts of all peoples</p>   | <p><b>19</b></p> <p>Use recycled paper in your printer.</p>  | <p><b>20</b></p> <p>Leave the car at home today.</p>  |
| <p><b>21</b><br/>5th Sunday of Lent</p> <p>Pray for the health of the Murray/Darling basin.</p>             | <p><b>22</b></p> <p>Read an article about renewable energy and nuclear power.</p>                                | <p><b>23</b></p> <p>Help your fridge function more efficiently by placing jugs of water inside.</p> | <p><b>24</b></p> <p>Place an item that can be recycled, but that you don't usually recycle, into your bin.</p>  | <p><b>25</b></p> <p>Turn the taps off. In one day a dripping tap could fill a bath.</p>  | <p><b>26</b></p> <p>Go without meat today.</p>   | <p><b>27</b></p> <p>Make a donation to Project Compassion</p>   |
| <p><b>28</b><br/>Palm Sunday</p> <p>Pray for the people whose homes are affected by rising sea levels.</p>  | <p><b>29</b></p> <p>Show reverence for life and for the earth today by obeying the speed limit when driving.</p> | <p><b>30</b></p> <p>Reflect before you buy today: Do I really need this?</p>                        | <p><b>31</b></p> <p>Book a climate smart home service.<br/>Ph 132040<br/><a href="http://www.climartsmart.com">www.climartsmart.com</a><br/>Save energy and money</p> | <p><b>1</b><br/>Holy Thursday</p> <p>Replace the light bulb you removed at the beginning of Lent with an energy-saving light bulb.</p> | <p><b>2</b><br/>Good Friday</p> <p>'The brutal consumption of Creation begins where God is not...'<br/>Pope Benedict XVI</p> | <p><b>3</b><br/>Holy Saturday</p> <p>Spend time in praying for parents who grieve the death of their son or daughter.</p> |

Easter “At a time of world food shortage, of financial turmoil, of old and new forms of poverty, of disturbing climate change ... of growing fears over the future, it is urgent to rediscover grounds for hope. Let no one draw back from this peaceful battle that has been launched by Christ’s Resurrection ... Christ is looking for men and women who will help him to affirm his victory using ... justice and truth, mercy, forgiveness and love.”

— Pope Benedict XVI, Urbi et Orbi, Easter 2009