
LENT: Carbon Fast Calendar

The season of Lent invites us into a time of reflection, transformation and conversion as we seek healing for the brokenness of our world and its people. We are encouraged to take the opportunity to respond to God's call for a better world.

Blueprint for a better world is this year's theme for Project Compassion and is inspired by the Millennium Development Goals. Also known as the MDGs, they are eight life-changing goals to halve world poverty by 2015. With 1 billion people still living in extreme poverty, we must become aware of the sufferings of humanity, and put our compassion and faith into action.

In 2010, the *Year of Environmental Sustainability*, we are particularly concerned about our ecological footprint and ways to live more sustainably. Pope Benedict XVI urged us all on the World Peace Day to be stewards of the Earth. Climate change and our response to it were central to his message. As we begin this season of Lent we reflect and take a few moments to make resolutions about what we might do to make our world a better place this year.

Linked is a '[Carbon Fast](#)' calendar which can be used as a tool to take you through Lent. The calendar focuses on daily actions that you can take to cut down on your carbon dioxide emissions, a form of **ecological fasting**. Please take a moment to read this. You might like to take up a 'carbon fast' this Lent – for one day, a week or for the season.

This Lent we are all encouraged to not only see the sanctity of human life, but also that of God's Creation. As we come to understand the threat that climate change poses to natural life on Earth, we must take up our role as stewards of Creation with even more vigour.

God of creation, open our eyes and hearts to the inequalities in our world. Dwell within us, help us to discover our call to be co-creators of right relationships with humanity and all of creation. May we simplify our lives, support one another and give generously to achieve the Millennium Development Goals and make the world a better place. We ask this through Jesus Christ our Lord. Amen

Sources: Caritas http://www.caritas.org.au/project_compassion_10/About/index.html
CLRI(NSW) <http://www.clrinsw.org/committee/socijustc.html>