



Lenten Resources 2011

The Office of Catholic Social Justice Ministry of the Archdiocese of Hartford has established an **Environmental Justice Team**. The team's primary function is to provide educational and other resources to parishes as they engage in living the 7th theme of Catholic social teaching, *Care for God's Creation*.

During Lent, we worship God with and through the gifts of God's creation, in sign and sacrament, in many special and vivid ways. This is a special opportunity to give thanks and to reflect on our need for repentance and renewal of our care for creation.

We begin Lent marked with *ashes*, the very elements of the earth we share with all creatures. We will carry *palm fronds* and sing hosannas. We will celebrate with *water* the humble service of washing of feet, reliving the evening Jesus gave Himself to us in *bread and wine*, the "fruits of the earth and work of human hands." We will venerate the *wood of the cross*, the tree of life. At the Easter Vigil, we will hear again the story of God calling into being this whole "very good" creation; we will baptize with water and anoint with *olive oil*, celebrating with song and instrument, *incense*, glowing *candles* and flowers.

As we begin Lenten practices of prayer, fasting and almsgiving, we offer the attached resources for reflection, prayer and action:

- **bulletin reflections** for Sundays March 6—Easter
- suggested weekly **Prayer of the Faithful**
- **2 homily suggestions**
- **action ideas**
- **carbon fast**

May God bless us and all creation in this time of repentance and renewal.

OCSJM Environmental Justice Team

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See www.catholicsocialjustice.org, or call 203-777-7279 with any questions.

Weekly Lenten Reflections for Church Bulletin

For March 6, 2011 Church Bulletin:

Catholics Caring for Creation—Consider this from Pope Benedict XVI:

“To be converted means to change direction along the way of life — not for a slight adjustment, but a true and total change of direction. Conversion is to go against the current, where the “current” is a superficial lifestyle, inconsistent and illusory.”

Reflect, Pray and Act:

The ashes of Ash Wednesday will call us to a change of heart, to new ways of living, to repentance and conversion. They remind us that we are part of God’s creation, carbon-based life made from the earth. Ashes call us to examine the particular ways in which our relationship to creation, as the creature made in the image of God, needs conversion and healing. As we fast and abstain from meat, we can reflect on ways our water, grain and energy-intensive diet affects the environment. How are we called to fast by altering our lifestyle and habits so others are fed and God’s creation remains life-giving?

See www.catholicsocialjustice.org for action suggestions and links.

For March 13, 2011 Church Bulletin

Catholics Caring for Creation—Consider this from Pope Benedict XVI:

“Life in many poor countries is still extremely insecure as a consequence of food shortages, and the situation could become worse Feed the hungry is an ethical imperative for the universal Church, as she responds to the teachings of her Founder, the Lord Jesus, concerning solidarity and the sharing of goods. Moreover, the elimination of world hunger has also... become a requirement for safeguarding the peace and stability of the planet. The right to food, like the right to water, has an important place within the pursuit of other rights, beginning with the fundamental right to life. It is therefore necessary to cultivate a public conscience that considers food and access to water as universal rights of all human beings....” *Caritas in Veritate*

Reflect, Pray and Act:

Fasting links us with the poor who struggle to live--and often die--without enough food or clean water. In much of the world, living on less is not a seasonal Lenten practice but a daily fact of life. Give generously to local soup kitchens and pantries, Catholic Relief Services, or Food for the Poor. “Fast” from a time-wasting activity and use that time to advocate, through Catholic Charities or Bread for the World, for policies that assure the hungry are fed at home and around the world, and that clean water is protected.

See www.catholicsocialjustice.org for action suggestions and links.

For March 20, 2011 Church Bulletin

Catholics Caring for Creation—Consider this from Pope John Paul II, 1989:

“The resurrection of Jesus Christ is God’s definite yes to his Son...God’s definite yes to the whole of creation. In the transfiguration of the risen body of Christ begins the transfiguration of every creature, the ‘new creation’ in which all creation will be transformed. Yes to life, yes to hope and the future. Yes to humanity, yes to creation and all nature... [which] is a creation like us, creation with us, and shares a common destiny with us in God himself. Live in... solidarity with all people and creatures, live out the vocation of all creation to eternal participation in Christ’s resurrection and glory.”

Reflect, Pray and Act:

Can we envision all creation as coming from God, serving God, and finally sharing in God’s glory? If so, are we not called to protect it better and to share it more justly? Pray with John Paul’s words, and give thanks each day for the whole community of life. Take one action to protect the air, soil, water or other creatures.

See www.catholicsocialjustice.org for action suggestions and links.

For March 27, 2011 Church Bulletin

Catholics Caring for Creation—Consider this, from UNESCO:

“We have entered a crucial moment in time with respect to water; no longer a resource that we can take for granted, water has become a key global challenge, the resource that best exemplifies many of Earth’s global imbalances and defines the terms of sustainable development.” **AND FROM PSALM 65:** “You have visited the land and watered it; greatly have you enriched it. God’s watercourses are filled, you have prepared the grain. Thus have you prepared the land; ... softening it with showers, blessing its yield.”

Reflect, Pray and Act:

What is my attitude toward the precious commodity of water, a limited resource on our planet Earth? Can I value more the tap water available to me and eliminate the purchase of bottled water, which is produced at a huge cost to the planet? How is God asking me to care for my brothers and sisters in the way that I use water? What can I do that others may have enough?

See www.catholicsocialjustice.org for action suggestions and links.

For April 3, 2011 Church Bulletin

Catholics Caring for Creation—Consider this from Pope Benedict XVI:

“[I]n view of the threatening catastrophe [climate change], there is the recognition everywhere that we must make moral decisions. There is also... a pronounced awareness of a global responsibility for it; that ethics must no longer refer merely to one’s own group or one’s own nation, but rather must keep the earth and all people in view...? How can the great moral will ...become a personal decision? ... [T]his is a challenge for the Church. She not only has a major responsibility; she is... often the only hope. For she is so close to people’s consciences that she can move them to particular acts of self-denial and can inculcate basic attitudes in souls.”

Reflect, Pray and Act:

One measure of our impact on climate change is our carbon footprint – the amount of greenhouse gases produced, directly and indirectly, by our day-to-day activities. Prayerfully examine your lifestyle and habits for ways to reduce your use of energy and products. Pope Benedict has installed solar PV panels at the Vatican! But small actions– turning off lights, turning down the thermostat, driving less, buying locally grown foods –done by you and millions of others, will have a significant effect.

Estimate your consumption (<http://www.carbonfootprint.com/calculator.aspx>), begin with 1 or 2 changes, and take the St. Francis Pledge to Protect Creation and the Poor (www.catholicclimatecovenant.org).

See www.catholicsocialjustice.org for action suggestions and links.

For April 10, 2011 Church Bulletin

Catholics Caring for Creation—Consider this: Psalm105:1-5a

“Give thanks to the LORD, invoke his name; make known among the peoples his deeds! Sing praise, play music; proclaim all his wondrous deeds! Glory in his holy name; rejoice, O hearts that seek the LORD! Rely on the mighty LORD; constantly seek his face. Recall the wondrous deeds he has done!”

Reflect, Pray and Act:

As we near Easter, it is time to give thanks for the gift of the Son of God and his sacrifice for us. We see the creative power of God in the presence of Jesus in ourselves, in those we meet, and in nature – the whole environment that purifies our air, gives us water to drink, and food to eat.

In this last full week of Lent, look more closely at the life around you. Think back to difficulties of last winter and praise God for the spring greenery and flowers that the snow melt’s moisture gives us. Respond to God with gratitude in prayer and by planting a tree or decreasing your use of garden and lawn chemicals. Every act of kindness and beauty deserves an attitude and an act of thankfulness.

See www.catholicsocialjustice.org for action suggestions and links.

For April 17, 2011 Church Bulletin

Catholics Caring for Creation—Consider this:

Throughout Lent, and especially during Holy Week, we use many gifts of God's creation: ashes and palms, water for baptism and washing of feet, bread and wine, olive oil for anointing, tree resin incense, beeswax candles and Easter fire, and the wood of the cross. Creation is both sign and sacrament of God's grace, and God has entrusted us with the responsibility to care for this diverse and amazing creation which serves God's purposes.

Reflect, Pray and Act:

Reflect on your complete dependence on the gifts of creation. Give thanks to God for specific ways that creation is serving you, physically and spiritually, during Holy Week. How are you called to reduce your impact on the environment and to protect God's community of life?

See www.catholicsocialjustice.org for action suggestions and links.

For April 24, 2011 Church Bulletin

Catholics Caring for Creation—Consider this:

During this holiest week of our Liturgical year, we have commemorated the Paschal Mystery -- Christ's Death and Resurrection. This year, Good Friday coincided with International **Earth Day**, an opportune time to reflect upon the many ways the earth experiences death. Especially call to mind the death-dealing toxic wastes that poison rivers, streams and oceans – part of Earth's Good Friday. Recall, too, that all creation needs water for LIFE. At the Easter Vigil water was blessed—the Blessed Easter Water, powerful sign of New Life in Christ.

Reflect, Pray and Act:

Juxtapose the toxic water (all some poor people have access to) and the Blessed Easter Water – sacramental sign of new life in Christ. What new way of living does this Paschal Mystery Awareness call me to, that the Earth may be renewed?

See www.catholicsocialjustice.org for action suggestions and links.

Suggested Prayers of the Faithful

For March 6, 2011

That we may turn away from abuse of your creation and seek your will for all that you have made, we pray to the Lord:

For March 13, 2011

For all who do not have a fair share of the world's resources and for all who are hungry, that the Father may move human hearts to help them, we pray to the Lord:

For March 20, 2011

That we will be transformed by God's grace in Christ Jesus, to live the Gospel and to be better caretakers of God's creation, which supports all life and all the communities of the earth, let us pray to the Lord:

For March 27, 2011

May all your people, Lord, reverence the precious gift of water, so necessary for every living being and the symbol of your love through Baptism, we pray to the Lord:

For April 3, 2011

Fossil fuels are gifts of God's creation, transformed by human ingenuity for transportation and electricity. That God may guide us in wiser use and conservation of these gifts to protect the atmosphere we share, we pray to the Lord:

For April 10, 2011

As spring blossoms in the light of Easter, give us a sense of awe and gratitude, we pray to the Lord:

For April 17, 2011

That, as we experience creation as sign and sacrament in special ways this week, we will give thanks to God for the Earth which supports all life, and take action to keep it fruitful and life-sustaining, as God intended, let us pray....

For April 24, 2011

Lord, by reflecting on your death and resurrection may we discover ways to bring renewed life to our distressed earth, your good creation. For this we pray:

Homily Suggestion for Ash Wednesday

During Lent, we often sing the hymn which says “Turn back, O man, forswear thy foolish ways.” The prophet Joel echoes the same command: “Return to me with your whole heart, with fasting and weeping and mourning.”

Today, we are marked with ashes, the ancient and visible sign of repentance and mourning. This sign also starkly remind us of our earthy, creaturely status and of our need to live more faithfully in every aspect of our lives.

The ashes call us to a change of heart, to new ways of living, thinking and acting—to conversion. Pope Benedict tells us: “To be converted means to change direction — not for a slight adjustment, but a true and total change of direction. Conversion is to go against the current, where the “current” is a superficial lifestyle, inconsistent and illusory.”

A major illusion of our current lifestyle is that we often believe we are independent of the rest of God’s creation and can treat it as we wish. These ashes remind us that we are part of God’s creation. We are dust from dust, carbon-based life made from the earth, from elements created by exploding stars as the universe unfolded at God’s command.

Carbon combines easily with many other elements to make possible the diversity of biological life on which we depend. Other creatures sustain our lives and, when we die, our bodies return to the earth, the elements are recycled to continue to processes of life.

The ashes on our foreheads are a sign of our *humility* [from the same root word as *human* and *humus*-soil] and of our need to re-establish right relationship with other creatures and with God. We are the one creature created in the image of God, who can speak for creation in giving God praise and thanks. We are the one creature called to “till and tend” the garden [Gen. 2:15], to be responsible stewards of the earth.

Our ashes call us to repentance for the particular —“foolish” or self-centered-- ways in which our relationship to creation needs healing. Damaging, wasting and polluting the gifts of creation brings harm to our neighbors and our children, and impoverishes future generations. The direct and inseparable links between care for creation and care of the poor is summed up in the Church’s teaching on the need for “Environmental Justice.” Those who have the least share of the world’s goods are too often those who suffer first and most from environmental harm.

The Church calls us to fast during Lent. Throughout much of the world, living on less is not just a Lenten practice but a daily fact of life. Fasting links us with the poor, who suffer and die from lack of food and clean water. How can my fasting and almsgiving result in acting on the Lord’s imperative to share my bread with the hungry?

The Church asks us to abstain from meat today and on the Fridays of Lent. This can increase our awareness of the environmental costs of our typical meat-focused diet, which depends on heavy use of energy, fertilizers, grain and water.

In the old days, Catholics abstained from meat every Friday and often ate fish. But today, this wonderful gift of creation is declining around the world due to overfishing,

coastal pollution, oil spills, habitat destruction, and warmer oceans. In many places, including Connecticut, some fish are unsafe for pregnant women and small children to eat, due to contamination from toxic wastes and air-born mercury from coal. Around the world, small and subsistence fishermen can no longer catch the only source of animal protein for their families.

The carbonized dust that will mark us today can make us more aware of global climate change. As Pope Benedict and our bishops have been telling us, the poorest people in developing countries are first to suffer and the hardest hit by the floods and droughts as the Earth grows warmer. We can fast by reducing our use of energy and by advocating for policies that help the poor to adapt. [[see www.catholicclimatecovenant.org and *"Carbon Fast" attachments for more*]]

Lent offers us the opportunity to prayerfully re-examine our actions and whether they bring us nearer to--or separate us from-- God, our sisters and brothers, and the rest of creation. How must we change our lifestyles and habits, so others are fed and God's creation remains life-giving? It is time to turn back to God and forsake the foolish ways we have been treating creation and God's poor.

Homily suggestion, 1st Sunday of Lent

We in the West take food for granted. We expect food and drink to always be available. We have fast food restaurants and coffee shops on almost every block.

Scripture often focuses on food and feeding. The forbidden fruit of the tree of knowledge of good and evil is the object of temptation in the story of the fall. In the gospel, Jesus fasts and is very hungry, so food is the focus of the first temptation. Sharing meals and feeding the hungry were central to Jesus ministry and teaching. In a few weeks, we will celebrate in a special way the supper in which Jesus gave himself to us in the Eucharist, as spiritual food.

Today, increasing numbers of families are hungry, due to high unemployment and rising energy and food costs. Our soup kitchens and food pantries are stressed as the demand for food keeps growing. And a larger food crisis may be brewing. In this country, corn is diverted to create ethanol, resulting in price increases for grain-based food and for animal feed. Here and around the world, extreme weather events (which may be a sign of global climate change) are reducing the world grain supplies: heavy rains and flooding in the Midwest, Australia and Pakistan; heat waves and fires in Russia, drought in northern China, and hurricanes that devastate rice-growing regions. The price of food, already beyond the means of so many of the poorest, may soon condemn even more people, especially children, to malnutrition and starvation.

While most of us take food for granted, Pope Benedict reminds us that this is not true for far too many others:

“Life in many poor countries is still extremely insecure as a consequence of food shortages, and the situation could become worse: hunger still reaps enormous numbers of victims among those who, like Lazarus, are not permitted to take their place at the rich man’s table.... *Feed the hungry* is an ethical imperative for the universal Church, as she responds to the teachings of her Founder, the Lord Jesus, concerning solidarity and the sharing of goods. Moreover, the elimination of world hunger has also, in the global era, become a requirement for safeguarding the peace and stability of the planet...The right to food, like the right to water, has an important place within the pursuit of other rights, beginning with the fundamental right to life. It is therefore necessary to cultivate a public conscience that considers food and access to water as universal rights of all human beings....” (*Caritas in Veritate* #27)

Lent is a time for transformation of our hearts and actions. What do we hunger for during Lent? Do we hunger for the word of God? Do we hunger and thirst for justice, that all may be fed? Fasting during Lent links us with the poor who live and often die without food and water. Our penitential fasting should raise our awareness of the Lord's imperative to share bread with the hungry, with those for whom fasting is not a seasonal Lenten practice but a bitter fact of daily life.

We are expected to translate our fasting into action. We might give more time to helping in a Soup kitchen or give a generous donation to the Connecticut Food Bank, Catholic Relief Service, or Food for the Poor. We can “fast” from a time-wasting activity and use that time to write letters, through Catholic Charities or Bread for the World, to advocate for national policies that assure that the hungry are fed.

Now is the time to live, more deeply and faithfully, “on every word that comes forth from the mouth of God” and to act decisively so that bread may be available to all who hunger.

Action Suggestions for Care of Creation

- **Do a Carbon Fast for Lent:** see sample on our website www.catholicsocialjustice.org
- **Estimate your energy consumption and carbon footprint,** see <http://www.carbonfootprint.com/calculator.aspx> or <http://www.nature.org/initatives/climatechange/calculator/>
- **Conserve energy:** Resources for energy audits, rebates and efficiency ideas through local energy providers: www.cl-p.com, www.uinet.com, or visit UI's Smart Living Center in Orange or see www.smartlivingcatalog.com ; also www.CTEnergyInfo.com, www.ctcleanenergy.com and in your parish: <http://www.coolcongregations.com/>, <http://www.energystar.gov/>
- **Learn** how the Catholic community is working to reduce energy use and the effects of global climate change. Join the **Catholic Climate Covenant** and take the "**St. Francis Pledge to Care for Creation and the Poor**": pray, learn, assess, act, and advocate, as individual, family, parish, school, or organization, to reduce our carbon footprint and help the poor protect themselves. www.catholicclimatecovenant.org,
- **Implement the Pledge in your parish:** see "Catholic Climate Covenant: St. Francis Pledge Resource Packet" at www.catholicsocialjustice.org
- **Support** reforestation, clean water projects, agricultural development, environmental refugees and climate adaptation projects in Africa, Haiti and elsewhere by **donating** to Catholic Relief Services www.crs.org or other organizations.
- **Read** "Global Climate Change and Catholic Response" http://www.usccb.org/sdwp/globalpoverty/pdfs/Climate_Change.pdf
- **Learn** about Connecticut's state-level Climate Action Plan: www.ctclimatechange.com
- **Eat** sustainably harvested and farmed fish that promote health and preserve biodiversity. For info see www.montereybayaquarium.org/cr/cr_seafoodwatch/issues/
- **Eat more vegetarian meals** to save energy and water, reduce wastes, and encourage animal welfare.
- **Visit the National Catholic Rural Life Conference's website** www.ncrlc.com for perspectives on the impacts of Confined Animal Feeding Operations [CAFOs] on water, air, animal welfare, and human neighbors and family farmers.
- **Keep your local river or lake clean.** Find your local stewardship group at www.riversalliance.org
- **Organize your parish to participate** in town Household Hazwaste and Electronics collections, to keep toxics out of our air and water. Contact town offices for info.
- **Pray regularly with a Franciscan approach** to care of God's Creation, www.franciscanaction.org

Also see Resource packets from past Earth Day and Feast of St. Francis, for Statements from Pope Benedict XVI, Pope John Paul II, US Bishops; many action suggestions, Video/DVDs, and more on our website: www.catholicsocialjustice.org



Department of Justice, Peace and Human Development
Office of Domestic Social Development

GLOBAL CLIMATE CHANGE
February 2011

The protection of the environment, of resources and of the climate obliges all international leaders to act jointly and to show a readiness to work in good faith, respecting the law and promoting solidarity with the weakest regions of the planet.

--Pope Benedict XVI, *Caritas in Veritate*, no. 50

ISSUE

Climate change is at the center of the environmental challenges facing our nation and the world. Our response to global climate change raises fundamental questions of morality and justice, fairness and shared sacrifice. People living in poverty—both at home and abroad—contribute least to climate change but they are likely to suffer its worst consequences with few resources to adapt and respond. The impacts of climate change - including increased temperatures, rising sea levels, and changes in rainfall that contribute to more frequent and severe floods and droughts - are making the lives of the world's poorest even more precarious. Urgent action that both addresses the growing impact of climate change and acts to protect the poor and vulnerable is needed.

BACKGROUND

The Catholic Church brings a distinct perspective to the debate about climate change by lifting up the moral dimensions of this issue and the needs of the most vulnerable among us. As Catholics our faith calls us to care for *all* of God's creation, especially the 'least of these' (Mt 25:40). Of particular concern to the Church is how climate change and the response to it will affect poor and vulnerable people here at home and around the world.

Protecting God's Creation and "the least of these" requires urgent, wise and bold action. Well-designed climate change policies can both help address climate change and protect the most vulnerable. Most comprehensive policy and legislative approaches to address climate change would generate substantial revenue by putting a price on carbon emissions. The United States bishops insist that a significant portion of these resources be used to minimize the disproportionate burdens felt by those least able to cope with the impacts of climate change and policies to address it.

Throughout the past year, USCCB and its Catholic and interfaith partners have worked to ensure that climate legislation prioritizes the needs of poor and vulnerable people by targeting necessary resources to 1) protect low-income people in our nation from energy-related price increases resulting from climate legislation and to 2) assist people living in poverty in the poorest developing nations in adapting to and easing the effects of global climate change. Although prospects for comprehensive climate legislation now appear slim, the efforts of the Bishops' Conference, our Catholic partners, and the Catholic community helped establish a framework and a starting point for the future.

At the international level, a Green Climate Fund was created at the global climate change negotiations held in December 2010 in Cancun and a commitment was affirmed by rich nations to provide \$100 billion by 2020 to help poor countries adapt to and mitigate climate change. It remains uncertain how the financing for this fund will be secured.

As climate impacts continue to be felt by people living in poverty around the world, Catholic Relief Services (CRS), through its international humanitarian relief and development programs, is helping the

most vulnerable communities in the developing world to respond to and prepare for the effects of climate change. CRS provides education and training to poor communities that reduce their vulnerability to climate impacts, such as floods, droughts and storms.

USCCB POSITION

Pope Benedict XVI has continually emphasized the moral dimensions of climate change and our responsibility to care for creation. In his World Day of Peace Message, our Holy Father declares there is an urgent moral need for solidarity with creation and those affected by climate change. The pope insists, “To protect the environment, and to safeguard natural resources and the climate, there is a need to act in accordance with clearly-defined rules ... while at the same time taking into due account the solidarity we owe to those living in the poorer areas of our world and to future generations” (no. 7).

The work of the Bishop’s Conference is guided by the leadership of Pope Benedict XVI and the bishops’ statement, *Global Climate Change: A Plea for Dialogue, Prudence and the Common Good*. Our efforts promote prudent action in a very polarized debate. The bishops’ primary concern within the current public debate is to place the needs of the poor and vulnerable at the center of climate legislation. Poor people cannot be made to bear an undue burden of the impacts of climate change or the global adjustments needed to address it.

The bishops and other leaders of the National Religious Partnership for the Environment outlined in a letter to Congress broad agreement on four key principles:

- The principle of prudence requires us to act to protect the common good by addressing climate change.
- The consequences of climate change will be borne by the world’s most vulnerable people and inaction will only worsen their suffering.
- Policies addressing global climate change should enhance rather than diminish the economic situation of people in poverty.
- Policies should help vulnerable populations here and abroad adapt to climate impacts and actively participate in these efforts.

The USCCB supports strong leadership by the United States and policies that protect poor and vulnerable people, at home and abroad, from 1) bearing the most severe impacts of climate change and from 2) the human and economic costs associated with legislation to respond to climate change.

WHAT YOU CAN DO

- Contact your members of Congress and urge greater U.S. leadership to address climate change, especially its disproportionate impact on poor and vulnerable people here and abroad.
- Learn more about how climate change is related to Global Poverty at the Catholics Confront Global Poverty Web site at www.usccb.org/sdwp/globalpoverty or www.crs.org/globalpoverty.
- Take the St. Francis Pledge to Care for Creation and the Poor at the Catholic Climate Covenant web site: <http://catholicclimatecovenant.org/>
- Invite a Catholic Climate Ambassador to speak at your parish, school or in your diocese about a Catholic approach to climate change. To learn more contact info@catholicsandclimatechange.org.

For further information: contact Cecilia Calvo, USCCB, 202-541-3188, ccalvo@usccb.org

Lenten

Carbon

Fast

THE WORLD CAN CHANGE A LOT IN 40 DAYS. BIBLICALLY, THIS PERIOD TAKES ON HUGE SIGNIFICANCE AS A TIME TO REPENT, REFLECT, SACRIFICE, AND HEAR FROM GOD. THIS YEAR, WE INVITE YOU TO JOIN A 40-DAY CARBON FAST AS A WAKE-UP CALL TO CONSUMPTION AND AN OPPORTUNITY TO RETHINK THE WAY OUR LIFESTYLES IMPACT PEOPLE LIVING IN POVERTY.

Day 1 (Ash Wednesday) Remove one light bulb and live without it for the next 40 days.

Day 2 What's your carbon footprint? Find out at www.nature.org/initiatives/climate-change/calculator/

Day 3 Have a "beefless" lent. Giving up beef can have a bigger impact on reducing CO₂ emissions than driving a hybrid car.

Day 4 Are you recycling everything possible? Really - everything? Look into it today.



Day 6 Turn your thermostat down by 1 degree.

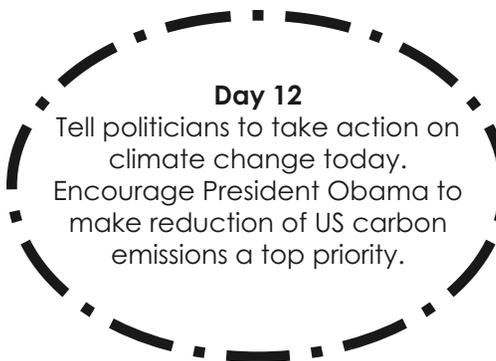
Day 7 Say 'au revoir' to standby. Check that all electrical equipment is switched off when not in use. Typical American home has forty products constantly drawing power. Together these amount to almost 10% of residential electricity use. .

Day 8 Unplug your cell phone charger. It uses electricity even when it's not charging.

Day 9 Climate change isn't a distant threat - it's affecting poor communities now. Pray for vulnerable communities and those who are working to help them to adapt to the changing weather.

Day 10 Tread lightly - whether that's by foot, by bike, on a bus, or on the gas as you drive. Find a way to reduce carbon dioxide emissions when you travel today.

Day 11 Use local shops or farmers markets instead of driving to out-of-town malls and super-stores. The New Haven City Seed Farmer's Market is in Wooster Square every other Saturday in the winter.



Day 13 Give up paper towels and napkins.

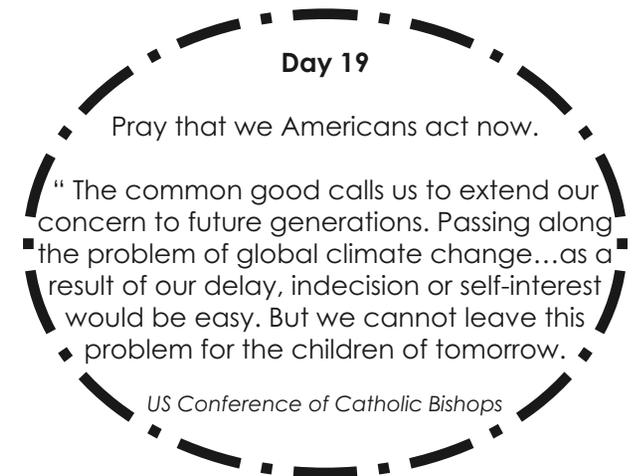
Day 14 Sign up for "Green Power" with United Illuminating or CI&P. Find out how at www.ctcleanenergyoptions.com.

Day 15 Snub plastic bags. Get into the habit of taking your own reusable bags to the supermarket. Ask your supermarket to stop using unnecessary packaging.

Day 16 Switch off the lights as you leave the room.

Day 17 Fill your kettle with only as much water as you need.

Day 18 Cut the air miles. Don't consume any food that you know has been imported by plane.



Lenten

Carbon

Fast

Day 20 Compost. Put the nutrients from food waste back into the soil - not into a methane-emitting landfill or an incinerator.

Day 21 Check your house for drafts and install weather stripping where needed.

Day 22 Find one way to save paper today: re-use an old envelope or print double sided.

Day 23 Turn the taps off. In one day a dripping faucet could fill a bathtub.

Day 24 Think twice before plugging in that new digital photo frame. If each U.S. family had one frame plugged all the time, the country would need five new power plants to keep pace with the new demand for electricity. .

Day 25 Keep your head out of the refrigerator and the door closed. Opening the refrigerator door accounts for between \$30 and \$60 of a typical family's electric bill each year.

Day 27 Check your tire pressure. Low tire pressure means high fuel consumption.

Day 28 Find out how much energy you can save at home. Visit www.ct-energyinfo.com. Contact your electric or gas company and ask if they offer a home energy audit.

Day 29 Only run your washing machine when you have a full load. Set it on warm-wash and cold rinse cycles and save 90 percent over the energy used for a hot wash.

Day 30 Discover a new fact about the impact of climate change today. Tell your friends.

Day 31 Bring your own travel mug to the coffee shop. Americans use more than 14 billion disposable cups every year. The Styrofoam kind will stay on the planet for nine generations.

Day 32 An old iron? Replace old electrical appliances with energy-efficient models. They could save a third of the energy.

Day 35 Wrap your hot water heater in an insulating blanket to store heat. Then set the thermostat to no higher than 120 degrees to conserve energy.

Day 36 Re-use an item you would have thrown away - a jam jar, an envelope, an ice-cream container.

Day 37 Put a lid on it. On the pan when cooking and the kettle when boiling water. Use the right-sized pot on your stove burners.

Day 38 Give up bottled water. Worldwide, about 2.7 million tons of plastic are used in the bottling of 154 billion liters of drinking water each year. Buy a good water bottle and fill it up at home or from water fountains. If you want to be sure the tap water in your house is clean, install a filter.

Day 39 Could Saint Thomas More be greener? Ask how you can help.

Day 26

'Love does no harm to its neighbor.' *Romans 13:10*. But while our lifestyles consume more and more energy, our poorer neighbors are suffering. Reflect on ways to love our neighbors in our increasingly connected world.

Day 33

Have an embrace-the-silence Sunday. Turn off everything. No TV, no radio, no ring tones, no cars, no ipods. It'll be good for the soul.

Day 40

Replace your missing bulb (remember Day 1?) with an energy-saving light bulb. Over its lifetime, you'll save 132 pounds of carbon dioxide per year. Make a personal pledge to serve others by pursuing a more sustainable way of life.

Day 34 Stop all the junk mail coming into your mailbox and going directly to the recycling bin. Choose only the catalogues you want at www.catalogchoice.org. Register with the Mail Preference Service.