

**St James the Great
Lent Carbon Fast 2024**

Rejoice

Reward



Reduce

Recycle

Re-use

Repair

Reflect

		Wednesday 14 February Reflect: Read the reflection for Ash Wednesday on the reverse of this calendar.	Thursday 15 February Recycle: reduces demand for mining and quarrying for raw materials and the impact on the environment.	Friday 16 February Re-use: Borrow books, audiobooks and CDs from the Petts Wood library.	Saturday 17 February Reward: Swap one bath for a 4 minute shower each week and save energy, water, and money.	Sunday 18 February Reflection: A man's life does not consist in the abundance of his possessions - Luke 19:20.
Monday 19 February Reduce: Spring clean your email box/other electronic messages to reduce your carbon footprint – use the “unsubscribe” button.	Tuesday 20 February Reward: The Fairtrade Logo guarantees farmers in the developing world receive a fair price for their products. Try and buy one Fairtrade product every week.	Wednesday 21 February Recycle: Empty biros can be recycled in the bin at Rymans Stationers shop in Bromley.	Thursday 22 February Reflect: The average plastic bag used for just 12 minutes but won't disappear for up to 1,000 years (Friends of the Earth).	Friday 23 February CAFOD Lent Family Fast Day	Saturday 24 February Repair: The “ Repair Café ” 2.00-5.00pm today at St Francis of Assisi Church Hall, Greencourt Road. Take one small item to be repaired.	Sunday 25 February Reflection: Treat the Earth well. It is not inherited from your parents; it is borrowed from your children. Kenyan proverb
Monday 26 February Recycle: Bring old postage stamps to church – there's a box at the back to collect them.	Tuesday 27 February Reward: These boots are made for walking. Cars create pollution but walking is great exercise.	Wednesday 28 February Reduce: Over-consumption = extinction.	Thursday 29 February Re-use: Shop your own wardrobe. The most sustainable thing to wear is the thing you already own.	Friday 1 March Reduce: Find solutions to energy issues at: https://energysavingtrust.org.uk/energy-at-home/	Saturday 2 March Reward: Buy a water butt and save money on your water bills.	Sunday 3 March Reflection: Aspire not to have more, but to be more. St Oscar Romero
Monday 4 March Re-use: Instead of disposable dish clothes buy dish cloths which can be washed and re-used.	Tuesday 5 March Recycle: Empty blister packets can be recycled in bin next to the pharmacy in Superdrug store in Orpington and Beckenham but not Bromley.	Wednesday 6 March Reduce: During Lent try to fast one day a week from either your PlayStation or social media channels.	Thursday 7 March Repair: Mending clothes can save money and reduce landfill. Mini-tutorials on website www.repairwhatyouwear.com	Friday 8 March Reward: “Too Good To Go: End Food Waste” Download the app https://play.google.com/store/apps/details?id=com.app.tgtg&hl=en&gl=US	Saturday 9 March Reflect: 20,000 litres of water produces a kilo of cotton, equivalent to a single T-shirt and a pair of jeans. WWF for Nature.	Sunday 10 March (Mother's Day) Reflection: Be the change in the world you want to see. Ghandi
Monday 11 March Repair: On ifixit.com, you'll find tools, parts and almost 80,000 free repair guides. Also an Answers forum https://store.ifixit.co.uk/collections/parts	Tuesday 12 March Reflect: Over one third of all food produced around the world goes to waste and production of this food has used water, energy, fuel, and packaging.	Wednesday 13 March Reward: Having a clear out? Support CAFOD use eBay for Charity https://www.charity.ebay.co.uk/charity/i/Catholic-Agency-For-Overseas-Development/193100	Thursday 14 March Reflect: Production of bottled water is around 500 times more carbon intensive than tap water which undergoes more stringent quality tests.	Friday 15 March Recycle: Soft plastic (cling film, bubble wrap, bread bags) and crisp packets can be recycled in the large “wire “cage” in Morrison's.	Saturday 16 March Reward: Borrow household items for DIY, cleaning, gardening, and entertainment for a few pounds per day at The Library of Things on upper floor, The Glades.	Sunday 17 March Reflection: He who knows that enough is enough will always have enough.- Lao Tzu.
Monday 18 March Reduce: Idling a car engine for just one minute produces as much carbon monoxide as smoking 3 packets of cigarettes.	Tuesday 19 March Reduce: Do you really need that Buy One Get One Free offer?	Wednesday 20 March Recycle: Put beer bottle caps and other metal caps in a steel can and squash it so the contents won't be lost during the recycling process.	Thursday 21 March Reward: Recycle: Brother, Canon, Epsom, HP, and Kodak printer inkjet cartridges for charity with: https://www.recycle4charity.co.uk/InkjetCartridges	Friday 22 March Rejoice: Grow Sunflowers. See who can grow the tallest Sunflower or the biggest flower head. Leave the flower head seeds for the birds to eat.	Saturday 23 March Repair: The “ Repair Café ” 2.00-5.00pm today at St Francis of Assisi Church Hall, Greencourt Road. Take one small item to be repaired.	Sunday 24 March Reflection: The human race is challenged more than ever before to demonstrate our mastery, not over nature but of ourselves. - Rachel Carson
Monday 25 March Re-use: Sow seeds in cardboard egg boxes.	Tuesday 26 March Recycle: Place two or three upturned metal or plastic bottle tops beneath very small flowerpots.	Wednesday 27 March Rejoice: Mow the lawn less frequently. Save time, fuel, and money. Wild flowers will bloom; worms, insects, and birds will thank you.	Thursday 28 March Reflection: Human greatness does not lie in wealth or power, but in character and goodness. Anne Frank	Friday 29 March Reflection: Defeat evil with good.	Saturday 30 March Reflection: Read a bible passage on the back of the calendar and take some minutes to reflect on it.	Sunday 31 March Rejoice: Christ is Risen Happy Easter!

REFLECTIONS

Laudato Si (Praise be to you) - Care for our Common Home (Pope Francis' encyclical on the environment)

"Nature cannot be regarded as something separate from ourselves or as a mere setting in which we live. We are part of nature, included in it and thus in constant interaction with it. There are not two separate crises, one environmental and the other social but one complex crisis.

Strategies for a solution demand an integrated approach to combating poverty, restoring dignity to the excluded and protecting nature." (paragraph 139).

A prayer for Ash Wednesday

Gracious God, today begins a period of inner reflection and examination.

The days spread before me, and invite me to that silent holy space that holds your spirit.

Give me the grace to enter the space, so that when I open my soul to your presence, your loving kindness will flow over me and seep into the pockets of my heart. Amen

A Poem – Friedrich Nietzsche

If there's no home for nature,
There will be no evening starling chatter,
Nor swifts left to soar.
There will be no hedgehogs nestled in your garden,
No woodlands to explore.

Spring will pass without a bluebell,
and June without a bee.
Butterflies will flounder without a flower,
And the birds without a tree.

If there's no home for nature,
The wonders on our doorstep will disappear,
There will be no place to play,
No meadows. No moorlands. No wilderness. No adventure.

If there's no home for nature,
There will be no nature.

Psalm 148

Praise the LORD.

Praise the LORD from the heavens;
praise him in the heights above.
Praise him, all his angels;
praise him, all his heavenly hosts.
Praise him, sun and moon;
praise him, all you shining stars.
Praise him, you highest heavens
and you waters above the skies.

Let them praise the name of the LORD,
for at his command they were created,
and he established them for ever and ever—
he issued a decree that will never pass away.

Praise the LORD from the earth,
you great sea creatures and all ocean depths,
lightning and hail, snow and clouds,
stormy winds that do his bidding,
you mountains and all hills,
fruit trees and all cedars,
wild animals and all cattle,
small creatures and flying birds,
kings of the earth and all nations,
you princes and all rulers on earth,
young men and women,
old men and children.

Let them praise the name of the LORD,
for his name alone is exalted;
his splendour is above the earth and the heavens.
And he has raised up for his people a horn,
the praise of all his faithful servants,
of Israel, the people close to his heart.

Praise the LORD.

Think about what a tree does:

- has fruit or berries
- provides shelter for the birds
- provide shade in the summer
- the leaves absorb pollution, and
- the leaves rot down to provide mulch and compost for the garden

"Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."

(John 7:37-38)

If you use the "cloud" to back-up your data do you ever think about deleting unwanted photos, emails, texts, and video clips because the "cloud" comprises very large data centres housing IT servers which use enormous amounts of power and water to cool the servers.

"The Lord God took the human and put him in the Garden of Eden to work it and take care of it."
(Genesis 2:15).

Live simply that others might simply live