



**LAUDATO SI'  
MOVEMENT**  
Catholics for Our Common Home



**LAUDATO SI' LENT**

## Lent 2024: Asia-Pacific The Lenten Fossil Fuel Fast Campaign

Adopt 5 practices to cut back on fossil fuels!

Here are concrete ideas for you to commit to during Lent:

- Reconnect with creation
  - Reconnecting with creation nurtures an understanding and appreciation of the delicate balance of ecosystems, fostering a sense of responsibility to care for all creation. Here you can find concrete ideas on how to reconnect with creation and cut back on fossil fuels.
    - Experience creation through activities like walks, hikes, stargazing
    - Take a picture of local plants or animals and use tools like Google Lens to learn more about them.
    - Watch nature documentaries
    - Learn about interconnectivity and interdependence between all creation
- Be aware of your environmental footprint
  - Understanding our environmental footprint is key to making informed decisions on reducing carbon footprint. Here are ways to do it:
    - Calculate your carbon footprint and identify carbon-intensive activities. Use online calculators such as [this](#).
    - Conduct a water and/or electricity audit in your household
    - Reflect on your travel habits
    - Evaluate where you can cut down on waste
    - Reflect on ways you and your community can transition over time away from fossil fuel use to renewables - especially when a fossil fuel item is due to be replaced by an electric one (e.g., scooter, stove, gas heater / hot water system, vehicle). Explore ways to source electricity from renewable sources.
- Fasting and abstinence
  - Explore ways to abstain from use of or reduce the use and demand for fossil fuels. Here are some recommendations:
    - Strategically plan weekly errands to consolidate tasks, minimizing gas consumption
    - Explore green commuting options such as walking, biking, using public transport, or carpooling.



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- Conserve energy by turning off lights when leaving a room, contributing to lower energy usage
- Replace incandescent bulbs with energy-efficient LEDs to save electricity and reduce carbon emissions
- Sabbath unplugging: Observe a day of rest by unplugging electronics and focusing on mindfulness and relaxation
- Limit online shopping to reduce the environmental impact of shipping and packaging
- Refrain from eating meat for 40 days or plan one meat-free day per week, promoting a healthier lifestyle.
- Embrace leftovers once a week to reduce food waste and save resources
- Make a conscious effort to recycle materials contributing to waste reduction
- Take shorter showers and turn off the tap while brushing your teeth to conserve water
- Save paper by not printing documents or by printing documents on both sides when necessary
- Bring reusable cloth bags for groceries
- Donate unused or ill-fitting clothes to minimize waste and support sustainable fashion
- Give
  - Support initiatives and organizations dedicated to protecting and caring for creation. Here are some recommendations:
    - Contribute your time by volunteering with local organizations engaged in advocating for a fossil-fuel-free future
    - Consider donating to organizations focused on protecting creation such as the [Laudato Si' Movement](#)
    - Donate unused everything (clothes, toys, gadgets etc.)
- Engaging others and advocating
  - Effective responses to the climate crisis hinge on collective action and policy changes. Consider the following:
    - Invite friends, family, and colleagues to join the carbon-fast
    - Promote advocacy for a fossil fuel-free future by signing petitions like the Fossil Fuel Non-Proliferation Treaty and other similar campaigns in your country/community
    - Share ideas with others about ways you and your community can transition over time away from fossil fuel use to renewables - especially when a fossil fuel item is due to be replaced by an



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- Send invitations to local churches/communities to join the campaign
- Pray
  - Through prayer, individuals may find inspiration and motivation to do the Fossil Fuel fast during Lent, and extend this commitment beyond the season. You may use the [Laudato Si' Movement Prayer book](#) to:
    - Express gratitude for creation and pray for a collective sense of responsibility
    - Reflect on and pray about your personal consumption habits
    - Pray for policymakers to be guided by a commitment to common good and implement policies that will address the climate crisis