



Carbon Fast
for Lent



Climate Stewards



JOIN THE CLIMATE STEWARDS CARBON FAST 2026!

40 DAYS OF CLIMATE ACTION CHALLENGES

WANT TO TAKE PRACTICAL ACTION THIS LENT TO CARE FOR CREATION AND REDUCE YOUR CARBON FOOTPRINT?

WHAT IS A CARBON FAST?

GIVING UP UNSUSTAINABLE CONSUMPTION PRACTICES TO REDUCE OUR CARBON FOOTPRINT—AND IN DOING SO, LEARNING TO LIVE LIGHTLY ON GOD’S EARTH.

SCAN QR CODE TO JOIN



WHY DO THIS?

BY STARTING TO REDUCE OUR CONSUMPTION AT LENT, AND CONTINUING WITH THOUGHTFUL LIVING THROUGH THE YEAR, WE ARE CARING FOR CREATION, A RESPONSIBILITY ENTRUSTED TO US BY GOD.



FAST TO HELP PEOPLE AND PLANET TO FLOURISH

WEEKLY THEMES:

- **WEEK 1: CREATION CARE**
- **WEEK 2: CONSUMERISM / SHOPPING**
- **WEEK 3: MONEY / INVESTMENTS**
- **WEEK 4: FOOD WASTE / MEAT & DAIRY**
- **WEEK 5: TRANSPORT / DRIVING**
- **WEEK 6: ENERGY / ELECTRICITY / GAS**
- **WEEK 7: SOCIAL MEDIA**

WHAT IS INVOLVED?

- **7 TOPICS WITH 3 CHALLENGE LEVELS**
- **WEEKLY REFLECTION ON CREATION CARE**
- **SHARE YOUR PROGRESS WITH US - EMAIL AND SOCIAL MEDIA**

TO JOIN - SIGN UP VIA QR CODE FOR WEEKLY EMAIL AND TIPS!