

# Fasting for Creation: How Lent Can Help Us Care for Creation

March 15<sup>th</sup>, 2022



**Catholic Climate Covenant**<sup>sm</sup>  
Care for Creation. Care for the Poor.

**“We may well be leaving to coming generations debris, desolation and filth. The pace of consumption, waste and environmental change has so stretched the planet’s capacity that our contemporary lifestyle, unsustainable as it is, can only precipitate catastrophes, such as those which even now periodically occur in different areas of the world. The effects of the present imbalance can only be reduced by our decisive action, here and now. We need to reflect on our accountability before those who will have to endure the dire consequences.”**

**~Laudato Si’ 161**



**Catholic Climate Covenant**  
Care for Creation. Care for the Poor.

**Our consumption is driving the climate crisis**



**And how much of the earth is needed to support just me in the style to which I am accustomed?**

lay (k)

Dr. Bill Rees, Professor Emeritus, University of British Columbia

<https://www.youtube.com/watch?v=6hi9xYSCwZ8>

# Ecological Footprint and Ecological Overshoot



Source: WWF Japan and Global Footprint Network;  
Ecological Footprint for Sustainable Living in Japan

**Ecological Footprint** = Measure of how much natural resources we use in comparison to the availability of these resources.

**Ecological overshoot** = human demand exceeds the regenerative capacity of a natural ecosystem (overconsumption)

**Global overshoot** = humanity demands more than what the biosphere can renew. In other words, when humanity's **Ecological Footprint** exceeds what the planet can regenerate

We deal with deficit by liquidating stocks of resources and accumulating waste, primarily carbon dioxide in the atmosphere = pollution and climate change

A prolonged pattern of overconsumption leads to the eventual loss of resource bases

# EARTH OVERSHOOT DAY

**How many Earths do we need?**

**On Earth Overshoot Day 2021** (July 29) it took 1.7 planet Earths to meet human demand and avoid running a deficit on our ecological resources for the year.



**How is it possible for humanity to consume as much ecological resources as if we lived on 1.7 planets?**

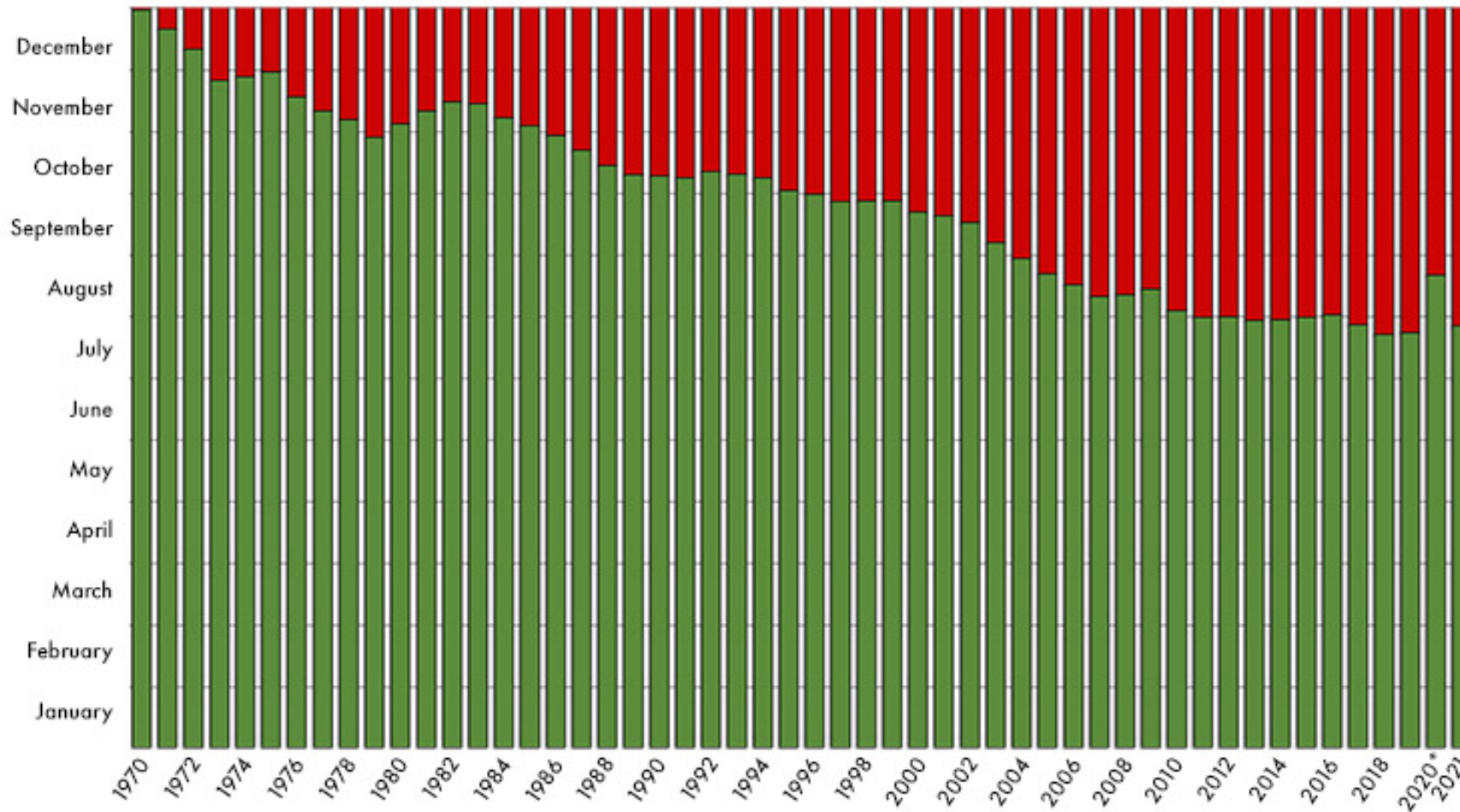


1 Earth

# Earth Overshoot Day 1970 - 2021



1.7 Earths



EARTH OVERSHOOT DAY









\*The calculation of Earth Overshoot Day 2020 reflects the initial drop in resource use in the first half of the year due to pandemic-induced lockdowns. All other years assume a constant rate of resource use throughout the year.

Source: National Footprint and Biocapacity Accounts 2021 Edition  
data.footprintnetwork.org

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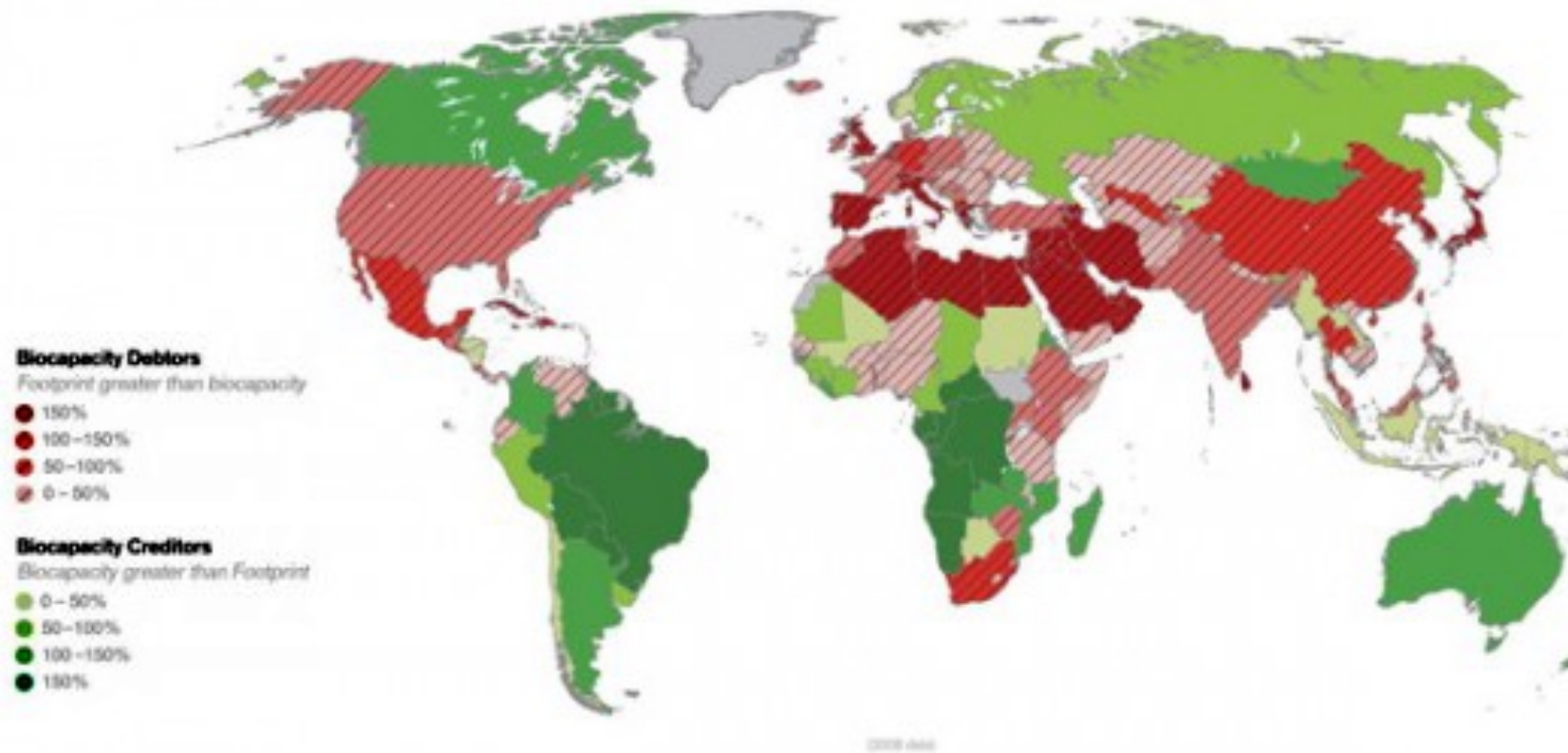
How many **Earths** would be needed, if all the people around the world had the same per-capita EF as...

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Country	Number of Earths
India	
USA	
Brazil	
Saudi Arabia	
Norway	
Uruguay	
Botswana	
Iraq	

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# The Ecological Wealth of Nations

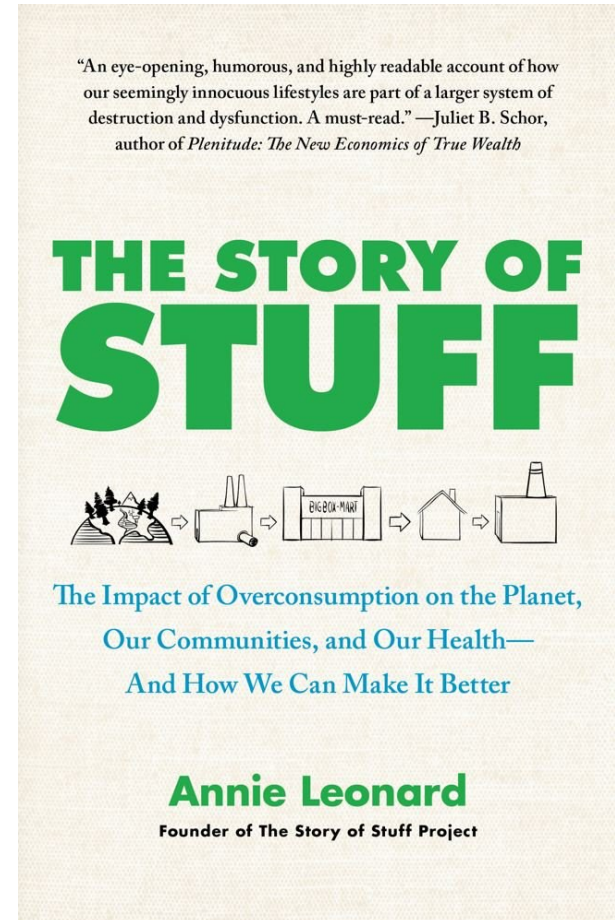


[It's Earth Overshoot Day, an annual marking of our overconsumption](#)





<https://www.youtube.com/watch?v=9GorqroigqM>



# Personal Choices



**WANT BUILD A MORE ETHICAL CLOSET?**  
Simple practices to keep in mind.

1. Value & take good care of the clothes you already own
2. Shop less- do your product research!
3. Purchase high quality + durable items
4. Buy Vintage or Second-hand
5. Support ethical + sustainable brands (purchase items locally when possible)



# Community Choices



“This lent, our church has put up a wooden cross surrounded by rubbish in the center of our village.

The rubbish is to highlight the rubbish problem in the world, the 2 billion living amongst waste and the fact that a person dies every 30 seconds from a disease related to waste. The rubbish also signifies the Christian journey of lent, where we bring all the rubbish in our lives and lay it at the cross in prayer.

On Easter Sunday, the rubbish will be removed, and the cross covered with flowers to signify the Resurrection, new life and the hope we have in Jesus.

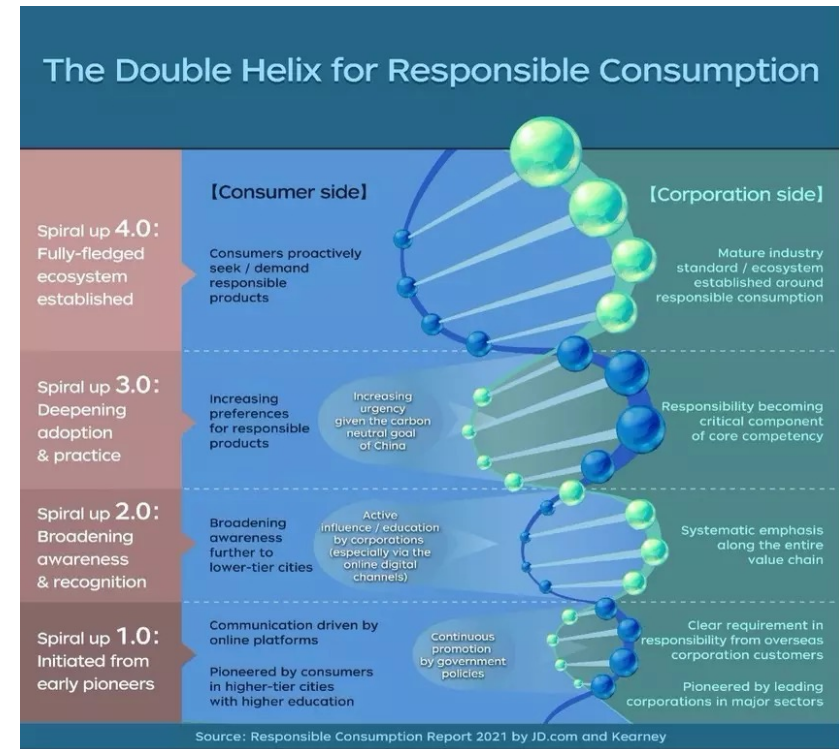
During lent as a congregation we are aiming to reduce our waste.

(#Fast4Earth Resource, [Green Anglicans](#))



**Global agreements**

# Policy Choices



## Corporate and Consumer Double Helix for Responsible Consumption



**More businesses and industries must become circular by re-using materials and reducing waste**



# SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD

<b>1</b> NO POVERTY 	<b>2</b> ZERO HUNGER 	<b>3</b> GOOD HEALTH AND WELL-BEING 	<b>4</b> QUALITY EDUCATION 	<b>5</b> GENDER EQUALITY 	<b>6</b> CLEAN WATER AND SANITATION 
<b>7</b> AFFORDABLE AND CLEAN ENERGY 	<b>8</b> DECENT WORK AND ECONOMIC GROWTH 	<b>9</b> INDUSTRY, INNOVATION AND INFRASTRUCTURE 	<b>10</b> REDUCED INEQUALITIES 	<b>11</b> SUSTAINABLE CITIES AND COMMUNITIES 	<b>12</b> RESPONSIBLE CONSUMPTION AND PRODUCTION 
<b>13</b> CLIMATE ACTION 	<b>14</b> LIFE BELOW WATER 	<b>15</b> LIFE ON LAND 	<b>16</b> PEACE, JUSTICE AND STRONG INSTITUTIONS 	<b>17</b> PARTNERSHIPS FOR THE GOALS 	 <b>SUSTAINABLE DEVELOPMENT GOALS</b>

# Goal 12

## Ensure Sustainable Consumption and Production





**LAUDATO SI'**  
Action Platform

Seven Goals

# LAUDATO SI' GOALS



RESPONSE  
TO THE CRY  
OF THE EARTH



RESPONSE  
TO THE CRY  
OF THE POOR



ECOLOGICAL  
ECONOMICS



ADOPTION OF  
SIMPLE  
LIFESTYLES



ECOLOGICAL  
EDUCATION



ECOLOGICAL  
SPIRITUALITY



COMMUNITY  
ENGAGEMENT  
& PARTICIPATORY  
ACTION



**HOPE FOR THE EARTH AND THE POOR**

<https://laudatosiactionplatform.org/laudato-si-goals/>



Catholic Climate Covenant  
Care for Creation, Care for the Poor.

“bring the whole human family together  
... for we know that things can change”  
(Laudato Si' 13)

Laudato Si' calls us toward sustainability in the spirit of integral ecology. With profound care for each other, our Creator, and all creation, we are building a better future together.

[Enroll](#)



<https://laudatosiactionplatform.org/>





WE'RE ALL PART OF  
**GOD'S PLAN(ET)**

[+CALENDAR](#) [CONNECT WITH US](#) [RESOURCES](#)



### New Video!

"Just as when, united as one body of Christ, we are a reflection of God's love. Caring for our common home makes us all part of God's Plan(et)..."

[Watch the video](#)

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**In the beginning, God created our common home.**

"The climate is a common good, belonging to all and meant for all.

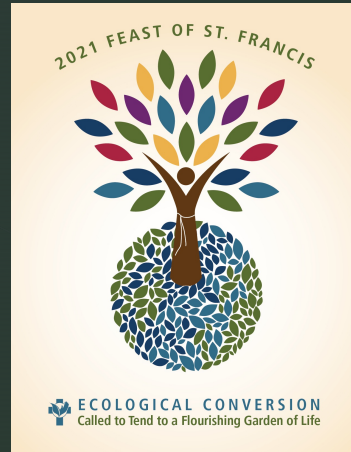
At the global level, it is a complex system linked to many of the essential conditions for human life."

[www.GodsPlanet.us](http://www.GodsPlanet.us)

# Catholic Climate Covenant Programs



Creation Care Teams



Feast of St. Francis

## Earth Day Program 2022 focus on integral ecology

			
<b>LCWR: Transition to Renewable Energy Sources</b> <small>May 19, 2016</small>	<b>10 Ways You Can Make a Difference</b> <small>May 19, 2016</small>	<b>Catholic Climate Covenant: 10 Ways Your Parish Can Make a Difference</b> <small>May 19, 2016</small>	<b>EPA: The Carbon Footprint Calculator</b> <small>May 19, 2016</small>

## RESOURCES WEBINARS



Catholic Energies

## *10 things you can do to protect creation*

### **Calculate your carbon footprint.**

Understanding which activities are carbon-intensive allows you to know where you can take action.

**Be energy efficient.** During the summer, close your curtains to block heat from the sun. During the winter, open your curtains during the day to allow the sun to warm your home. When you're not at home, turn your thermostat down. These simple steps can significantly reduce the need for air conditioning and heating, which are likely the most energy-intensive aspects of your home.

**Switch to renewable energy.** Contact your utility for "green" options. Most utilities allow their customers to switch to 100% renewable energy for a nominal fee.

**Adjust your driving routine.** By carpooling or combining multiple errands in one trip, you reduce the amount of fossil fuel you use.

**Go meatless on Fridays.** According to the EPA, livestock production accounts for 9% of Americans' greenhouse gas emissions. By going meatless one day per week, you'll both honor Catholic teaching and better care for creation.

**Reuse & recycle.** Landfills emit greenhouse gases through decomposition while manufacturing goods from scratch is carbon-intensive. Find where and how to recycle almost anything in your area at [search.earth911.com](http://search.earth911.com).

**Use less water.** Water processing is energy-intensive. Post a "please conserve water" sign at sinks and showers, install low-flow spigots and faucets, and select the "eco" setting on laundry machines and dishwashers.

**Petition policy makers.** Your elected officials have the power to take action on climate change. Encourage them to care for creation and the poor.

**Write to your local newspaper.** Writing a letter to the editor has effects beyond your local community. Local and national legislators see letters to the editor as important barometers of constituents' interest.

**Form a study or action group at church.** We are all strengthened when we act together. Consider forming a Creation Care Team—visit [CatholicClimateCovenant.org](http://CatholicClimateCovenant.org) to learn more.

## *Take the St. Francis/ Laudato Si Pledge*

[CatholicClimateCovenant.org/Pledge](http://CatholicClimateCovenant.org/Pledge)

## St. Francis/Laudato Si Pledge

Season of Lent: <https://catholicclimatecovenant.org/resource/season-lent>

## Lenten resources: (a sampling)

- **Lent calendars! Several versions of Lenten fasts.**
- Resources from the Archdiocese of St. Paul and Minneapolis. Includes **Creation Ministries of the Rosary**, **Ecological Way of the Cross**, and **Prayer, Fasting, and Almsgiving**.
- **Laudato Si' Lent**, Ignatian Solidarity Network. Each week during Lent, you will receive one email with information on one of the Laudato Si' Action Platform (LSAP) goals as well as suggestions for easy, medium, and hard ways to engage that goal individually, in your family, or in your community, school, or parish. **Register here** to receive weekly email!
- **Greener Lent**: The 2022: Diocese of Raleigh, NC is promoting this excellent program designed for Catholics to reduce their impact on the environment through a community Lenten fast. Acknowledging that the poor are affected first and most by the climate crisis, and in keeping with Catholic tradition of abstaining from meat on certain days during Lent, we reduce our environmental impact by reducing our own meat consumption and as a sign of repentance and love of our neighbors who are most vulnerable to the effects of the climate crisis. All parishes/families everywhere are welcome to join!

# Creation Care Teams

Creation Care Teams:

<https://catholicclimatecovenant.org/program/creation-care-teams>



What CCC provides:

- Monthly CCT Email
- CCT Resource Library
- Facebook Group
- Wrap around support



**“If someone who loves you gives you a beautiful and valuable gift, how do you handle it? To treat it with contempt is to treat the giver with contempt. If you value it, you admire it, look after it; you do not disdain it; you respect it and are grateful. The damage to our planet stems from the loss of this awareness of gratitude.”**

**~Pope Francis, Let Us Dream:  
The Path to a Better Future**



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**More info:**

**Catholic Climate Covenant:**

[www.catholicclimatecovenant.org](http://www.catholicclimatecovenant.org) and [www.Godsplanet.us](http://www.Godsplanet.us)