St. Bernard Green Team

**To Fast is to Care**

*SIX FASTS for Lent*

We invite all parishioners to continue with ***SIX Fasts for Lent*** *(adapted from Climate Caretakers’ “Carbon Fast for Lent”)*. The focus of our Lenten fast this week is driving and its impact on climate change.

***Fast from Driving - (April 3rd - April 10th)***

A number of scientific studies indicate that most global warming in recent decades is due to the great concentration of greenhouse gases (carbon dioxide, methane, nitro-gen oxides and others) released mainly as a result of human activity. Pope Francis has stated that *“There is an urgent need to develop policies so that, in the next few years, the emission of carbon dioxide and other highly polluting gases can be drastically reduced, for example, substituting for fossil fuels and developing sources of renewable energy.”* **(Laudato Si’)**

We live in a world where vehicle transportation is essential for work, school and daily family life. The essential truth is that driving is a carbon intensive activity, with both fuel refining and carbon emissions being environmental concerns. During Lent, let’s reconsider our driving habits. Some suggestions for this week might be:

1. Try to consolidate errands when driving- it saves time behind the wheel and reduces carbon emissions.
2. Read articles that may focus on newer, more environmentally friendly vehicles, as they are making headways into our economy.
3. With a movement toward “cleaner” trains and buses, consider whether this form of travel might make sense in some situations. In other words, don’t always drive everywhere.
4. Consider walking or biking somewhere if close enough. It’s great exercise and can be meditative as well!