



IGNATIAN CARBON CHALLENGE

Bring *Laudato Si'* to life this Lent by fasting from single-use plastics.

Each Lent we are called to fast, pray, and give. While traditionally associated with food, fasting is a practice that reminds us we are ultimately dependent on God, not the resources of this world. In his [2019 Lenten Message](#), Pope Francis shares a nuanced understanding of fasting as, “learning to change our attitude towards others and all of creation, turning away from the temptation to “devour” everything to satisfy our voracity and being ready to suffer for love, which can fill the emptiness of our hearts.”

In this spirit, the Ignatian Carbon Challenge invites you to join us as we “give up” plastic for Lent. Single-use plastics are “devoured” daily around the world, and since our [recycling systems](#) cannot handle the amount of plastics being consumed, we must meet the prophetic call to reduce our consumption, especially as an act of love for those who are [burdened by our waste](#).

We recognize that we must restrain our “appetite” for these disposable products because of their negative effects such as [microplastics](#) in our water, the burning of [fossil fuels](#) to produce them, and [climate change](#), which will have extreme consequences for the lives of our most vulnerable sisters and brothers around the world. This Lent we will sacrifice the convenience of single-use plastics in order to make space for a more sustainable way of living to benefit all of creation.

[Introduction to the Plastic Fast Challenge](#)

[Week 1: Plastic Free Food and Drink](#)

[Week 2: Plastic Free Kitchen](#)

[Week 3: Plastic Free Bathrooms](#)

[Week 4: Plastic Free Cleaning](#)

[Week 5: Little Known Plastic Facts](#)

[Week 6: Plastic Advocacy Opportunities](#)

Share thoughts and pictures from your plastic-free Lenten journey on social media at #iggycarbon.

From the Ignatian Solidarity Network Archives: <https://ignatiansolidarity.net/ignatian-carbon-challenge-archive/>