

Because the world **can change a lot** in 40 days.

Lenten Carbon Fast 2011

Lent is a time to repent, reflect, sacrifice, and listen for God. This year, our church is joining with many others in taking on a Lenten Carbon “Fast.” May this season serve as a wake-up call to be mindful of the ways that our daily choices impact everyone, especially people living in poverty. Each of these actions will reduce our production of climate change pollution and help to preserve God’s great gift of Creation.

Compiled from many sources with help from



www.gwIPL.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><i>“So whenever you give alms, do not sound a trumpet before you ... so that your alms may be done in secret; and your Father who sees in secret will reward you.” —Matthew 6:2-4</i></p> <p>Ash Wednesday reminds us to be faithful in action even when no one is paying attention. If we are all living in harmony with the rest of God’s Creation, especially when no one is looking, our households, our churches, and our society will also be transformed.</p> <p>Remove one light bulb from your home and live without its light for the next 40 days. This will decrease your energy use, and act as a reminder of your Lenten Carbon Fast.</p>				<p>9</p>	<p>10</p> <p>Turn down your thermostat by at least one degree. Aim for 68 degrees during the day and 60 degrees at night. Program your thermostat if you can. Always turn the heat off when you leave home.</p>	<p>11</p> <p>Go meat-free today. Christians have been eating less meat during Lent for generations. Choosing meat-free meals is one of the most powerful things you can do to reduce your carbon footprint. (VegDC.com)</p>	<p>12</p> <p>Make one of your journeys more environmentally friendly today. Could you combine two trips? Carpool rather than driving solo? (3bl.me/8aczrn) Bike or walk, or take bus or Metro, instead of driving? (waba.org, wmata.com)</p>
<p>13</p> <p>Remember your baptism today, and the power of water. Try to conserve: Leave a bucket in the shower or kitchen sink, and collect “grey water” to water the plants. Have a lawn? Consider a rain barrel so you can water the lawn with rain. (3bl.me/kkqzrp)</p>	<p>14</p> <p>Check windows and doors for drafts with a ribbon or feather. If it flutters, make or buy a draft dodger, or seal leaks with caulk and weatherstripping. (3bl.me/tgpdn6) For professional weatherization, contact WeatherizeDC.org.</p>	<p>15</p> <p>If you’re going to be away from an appliance for over an hour, turn it off as you leave the room. Even on an “energy-saver” setting, a computer, game console, or TV wastes more energy when it’s on than if you really turn it off.</p>	<p>16</p> <p>Be aware of your hot water use today. Turn off the water while scrubbing dishes. Take a shower instead of a bath, and try to take a shower that lasts half as long as usual.</p>	<p>17</p> <p>Let your dishwasher breathe. Run the dishwasher only with a full load, and skip the energy-intensive drying cycle by choosing the “air-dry” option; or just open the door overnight.</p>	<p>18</p> <p>Look to purchase locally-grown food today. Plan to walk to a farmers’ market this weekend, or consider joining a community-supported agriculture (CSA) group that delivers local produce (localharvest.org).</p>	<p>19</p> <p>Plan ahead to bring reusable bags with you to get groceries today. If you already use reusable grocery bags, purchase a set of reusable produce bags for fruits and veggies. (ecobags.com)</p>	
<p>20</p> <p>Run your washing machine only with full loads. Turn the knob on your washing machine to “cold/cold”, and leave it there. Washing your clothes in cold water gets them just as clean as washing in hot water, but uses half the energy.</p>	<p>21</p> <p>Many caring people are working to protect Creation. Find a green organization today, and sign up for their e-newsletter: (ChesapeakeClimate.org, RestoringEden.org, BlessedEarth.org)</p>	<p>22</p> <p>Turn off lights you’re not using. Shut off lights as you leave a room. You can put reminders on your switchplates (gwIPL.org), or install motion sensors (about \$20 each) that turn lights off automatically (ShopIPL.org).</p>	<p>23</p> <p>Be aware of how much food you discard this week. Look for opportunities to avoid wasting food by planning well, and eating leftovers.</p>	<p>24</p> <p>Consider composting your food waste. Put the nutrients from food waste back into the soil, not into a landfill. Learn more about composter options (3bl.me/fmf29e), or get table scraps picked up: CompostCab.com.</p>	<p>25</p> <p>Pick up at least one piece of litter on the ground when you are out walking today, and dispose of it properly.</p>	<p>26</p> <p>Planning to travel? Consider getting there without flying. If you have to fly, balance out the carbon impact by buying offsets. Fund a project that prevents one ton of greenhouse gases for each ton that your trip will cause. (3bl.me/std348)</p>	

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Rest your dryer. 27 Hang clothes to dry on a rack or clothesline (3bl.me/wmq35y). Many households spend more than \$100 a year on the energy used by their dryer, while the air can dry your clothes for free.	Many electronics draw power even when off. Today, unplug your appliances that are off; place computers, radios, and TVs on a power strip, and turn it off between uses. Unplug your phone charger when it's not charging. 28	End junk mail that wastes paper. Stop unwanted catalogs (CatalogChoice.org), credit card offers (1-888-5-OPTOUT), and other junk mail (DMAchoice.org). Or hire a service to cancel it for you (41pounds.org). 29	If you have a car, check the tire pressure today, or take it to a gas station. Cars with low tire pressure get lower mileage. 30	Save paper today: print double-sided, or wrap your next present in color comics, or a reusable gift bag. To reduce paper towel use in public restrooms, order "These Come From Trees" stickers: (3bl.me/ef2zhd) 31	Minimize disposables today. Bring a mug to get coffee. Use cloth napkins at a meal. Wipe up with a rag instead of paper towels. Stow a fork in your purse or briefcase for the next time you eat out during the work day. 1	Begin spring gardening by going organic. Grow your lawn and garden without toxic chemicals, and order a "Pesticide-Free" lawn sign! (PesticideFreeLawns.org) Don't have a yard to garden? Borrow one: (3bl.me/t2dbt3) 2
The world's poor will be hit hardest by climate change. Learn more at OxfamAmerica.org/campaigns/climate-change 3	Speak out! Ask our leaders to take action on climate change today. (1Sky.org, ChesapeakeClimate.org) 4	Are you recycling everything you can? Refresh your memory today on what items your city or county allows for curbside recycling. Place an item that can be recycled, but that you usually don't recycle, into your bin. 5	Support clean energy by purchasing "Renewable Energy Credits." It may be an option through your utility, by switching energy suppliers, or by purchasing RECs online. (green-e.org) 6	When heating water on the stove, use a pot with a lid to conserve energy. 7	It's hard to open ourselves up to the reality of what is happening to our climate. Today, learn more about climate change. (350.org/Science, ClimateForChange, TheBook.com, ClimateCrisis.net) 8	Celebrate Spring! Plant a native tree (CaseyTrees.org), or support tree-planting in other countries (Greenbeltmovement.org, CO2covenant.org) 9
Have an " embrace the silence " Sunday. Turn off everything, and unplug it if you can. No TV, no radio, no ring tones. Stay home after church. Sabbath is good for the soul. 10	Purchase more mindfully today. Print, cut out, and tape together a "Wallet Buddy" where your credit card can remind you of questions to ask yourself before buying: (NewDream.org/walletbuddy2.pdf) 11	Own stock? Find out if shareholder resolutions have been filed to "green" the company's practices. (ProxyDemocracy.org) Stay informed and vote your proxy on behalf of greener business practices. (ICCR.org, 3bl.me/rk4fw5) 12	Help people on the "front lines" of climate change. Carbon Covenant links US churches with carbon-reducing projects in developing countries: (CO2covenant.org). Others bring clean energy to villages: (SELF.org, EnergyCures.org) 13	Subscribe to any magazines? If so, write an email to the publishers today, asking them to switch to environmentally responsible paper and printing practices (BetterPaper.org). 14	Learn about mountain-top removal mining : Appalachian mountains are blown apart, poisoning streams. (3bl.me/dzs4ve) How much of this coal is for your electricity? (iLoveMountains.org/myconnection) 15	Help your kitchen fridge function efficiently by placing jugs of water inside (water retains cold better than air), and by pulling the fridge out to scrub down the coils . Second fridge or freezer in the basement? Try to make do with one. 16
Think today about the role of our church in its local environment. Could our community better care for Creation? Get involved with our green work, and get inspired by other "green souls" through Interfaith Power & Light (gwIPL.org). 17	Show reverence for life and for the Earth today by obeying the speed limit when driving. Every 10 mph in speed reduces fuel economy by 4 mpg, and increases the risk of getting into an accident. 18	Place an insulating cover over your hot water heater. You can find a "blanket" at most hardware stores. (If you have an electric water heater, it's an easy job to do yourself. If you have an oil or gas-powered heater, you may need a plumbing professional.) 19	Replace the incandescent light bulbs in your house, even if they haven't burned out yet, with CFLs. Replacing one incandescent light bulb with a CFL saves 150 lbs of carbon dioxide a year. Don't forget to save one CFL for Maundy Thursday. (ShopIPL.org) 20	Maundy Thursday Replace the bulb you removed on Ash Wednesday with an energy-saving CFL bulb. Learn more about how your electricity is generated with the online PowerProfiler. (3bl.me/5wx8cs) 21	Good Friday "At that moment the curtain of the temple was torn in two, from top to bottom. The Earth shook, and the rocks were split." —Matthew 27:51 22	Holy Saturday It can be difficult to contemplate our own end. Think today about greening your "final arrangements," when the time comes. One option is to help protect natural lands: (3bl.me/w5a9vw) 23

4 **Easter** "Jesus' appearance **changed the world**. His disciples were being asked: speak truth to power, love your enemies, but most of all love God and your neighbor. This was a new way of being in relationship. Today's seemingly 'impossible appearance' is that humans are changing the climate. This calls for a new way of being in the world, to relate differently to each other and to nature. There are great glimmers of hope on the horizon."

— The Rev. Canon Sally G. Bingham, president and founder, Interfaith Power & Light



Take some time today to reflect on all of the activities that you have performed during Lent, and how they have brought you into greater harmony with the Earth and all life. Conclude your Carbon Fast by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.