

Lent Carbon Fast 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Lent is the time when we remember the 40 days that Jesus spent in the wilderness fasting and praying and is a time to reflect on God's purpose for our lives. This Lent we invite you to participate in a carbon fast--to reduce actions that damage God's Creation and harm vulnerable communities. Follow your own Carbon Fast or choose from this calendar of suggested daily actions.</p>			<p>14 Consider how linked we are to the earth. Preview the calendar and set your intentions.</p>	<p>15 Calculate your carbon footprint. Take note of activities that are the most carbon-intensive www3.epa.gov/carbon-footprint-calculator/</p>	<p>16 Consider/pray about your consumption habits. Set at least 1 concrete goal for shrinking your footprint.</p>	<p>17 Conduct a water audit at home. Check your water meter weekly to monitor your water use.</p>
<p>18 Plan errands for the week to complete multiple tasks in one trip to save gas. Streamline your car trips; carpool when able.</p>	<p>19 Meat free Monday. Eat less meat to reduce your carbon footprint.</p>	<p>20 Remove one light bulb (or more) from lights without creating an unsafe situation.</p>	<p>21 Review items allowed for curbside recycling; ensure you are recycling everything you can.</p>	<p>22 Service your vehicle for maintenance for maximum fuel efficiency.</p>	<p>23 Fish Friday: commit to buying fish from sustainable stock.</p>	<p>24 Set a timer for 5 minutes for your shower. Try to finish your shower before the timer goes off.</p>
<p>25 Find the most environmentally friendly way to get to church (walk, bike, bus, car share).</p>	<p>26 Turn your central heating down by one degree or more. <i>(Meat free Monday)</i></p>	<p>27 Check that all electrical equipment is off rather than on standby when not in use: chargers, toaster, unused printers.....</p>	<p>28 Wash your clothes with cold water. Try to use cold water while washing other things that do not need to be washed in hot water.</p>	<p>1 Find ways to save paper. For example, set your computer to print on both sides of the paper, read news online....</p>	<p>2 Take cloth bags for groceries and clothes shopping--lose that plastic!</p>	<p>3 Caulk and weatherstrip around doors and windows to plug air leaks. Check other insulation if possible.</p>
<p>4 "Receive the world God has given. Go for a walk. Get wet. Dig the earth." ~Rowan Williams, Archbishop of Canterbury</p>	<p>5 Run your dishwasher only with a full load; don't use heat to dry dishes. <i>(Meat free Monday)</i></p>	<p>6 Find a delicious bean recipe and share it with a friend. Plan a week of meals without using meat.</p>	<p>7 Give away the clothes that do not fit or are no longer being worn. www.oregonmetro.gov/recycling or call 503-234-3000</p>	<p>8 Install water saving shower heads and sink faucets. Avoid baths; showers take far less heated water.</p>	<p>9 Dedicate some family time free from electronic gadgets.</p>	<p>10 Take a walk in your community. Listen to the birds, look at the trees, feel the rain, snow, or sun on your face!</p>
<p>11 Think about the environment Jesus lived in and his ministry. Reflect on examples of Jesus drawing on his environment for inspiration in his teaching.</p>	<p>12 Turn down your water heater to 120 degrees. Wrap it in insulation if it's over 5 years old or has no internal insulation. <i>(Meat free Monday)</i></p>	<p>13 Plan a garden for the spring; share seedling starts with neighbors; reserve a garden bed at the church if there is not enough sun in your yard.</p>	<p>14 Make a point of switching off all lights as you leave the room.</p>	<p>15 When heating water on the stove, use a pan with a lid and use only as much water as you need.</p>	<p>16 Look at your food use for the week and evaluate where you can cut down on waste.</p>	<p>17 Utilize local shops or farmers markets where available instead of driving to the supermarket.</p>
<p>18 Think prayerfully about how we are using up our resources at an unsustainable rate. Reflect on the inequitable distribution of resources in our world.</p>	<p>19 Clean or replace air filters as recommended. Replacing a dirty furnace filter can save 15% of the energy used. <i>(Meat free Monday)</i></p>	<p>20 Have a "leftovers" meal once a week rather than cooking something new every day.</p>	<p>21 Learn how environmental degradation affects the global poor. Fast until Lenten evening meal to remain mindful of their hardship.</p>	<p>22 Stop unwanted junk mail to save trees, cut down on carbon emissions, and to reduce waste.</p>	<p>23 Consider the carbon impact of having a fire in your fireplace. Look into a FP insert, fan, or high-efficiency stove.</p>	<p>24 Turn the water off while brushing your teeth. If you have children, teach them to do the same.</p>
<p>25 Observe the Sabbath by unplugging your electronics and yourself. Relish simple pleasures!</p>	<p>26 Buy rechargeable batteries and LED bulbs for your home. Replace as many incandescent bulbs as you can with LEDs.</p>	<p>27 Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by 4 mpg, a figure that is constant regardless of vehicle size.</p>	<p>28 Watch a movie about faithful environmentalism and/or energy and climate change.</p>	<p>29 Maundy Thursday Replace the light bulbs you removed earlier in the month (2/20) with LED light bulbs.</p>	<p>30 Good Friday Sit in darkness and reflect on activities you have undertaken and how they have contributed to a greener, healthier planet.</p>	<p>31 Celebrate Earth Hour today! Join people around the globe by turning off your lights for one hour.</p>

Carbon Fast 2018 - Some Resources

Learn about climate change: www.climatenetwork.org

Calculate your carbon footprint: www3.epa.gov/carbon-footprintcalculator/
<https://www.carbonfootprint.com/calculator.aspx>

Spiritual/Devotional/Faith-based Resources

- *Stewardship of Creation: A 30 Day Discipline*
<http://www.webofcreation.org/Worship/devotions/CreationCare.pdf>
- *Earth Care in the Christian Tradition*
<http://www.lutheransrestoringcreation.org/links/links-from-other-denominations>
- *Yale Forum on Religion and Ecology* <http://fore.yale.edu>
- *What Can a Person of Faith do about Climate Change?*
<http://www.patheos.com/blogs/ecopreacher/2017/04/climate-change-faith-religion/#>
- Lutherans Restoring Creation <http://www.lutheransrestoringcreation.org/>
- Ecumenical Ministries of Oregon Interfaith Power and Light http://www.emoregon.org/power_light.php
- EcoFaith Recovery *Practices for Awakening Leadership* <http://www.ecofaithrecovery.org/resources/>

Change your eating habits: <http://www.meatfreeweek.org/>
<https://www.carbontrust.com/news/2012/03/food-the-carbon-story/>
<http://oceana.org/living-blue/sustainable-seafood-guide>

Minimize your water usage:

https://www.rivernetwork.org/wp-content/uploads/2015/10/Toolkit_Emissions2-8-12.pdf

Stop unwanted junk mail: www.donotmail.org www.41pounds.org www.dmachoice.org

Movies/documentaries:

- *Renewal* <http://renewalproject.net> *Kilowatt Ours* www.kilowattours.org
- *The Great Warming* www.thegreatwarming.com *An Inconvenient Truth* www.climatecrisis.net
- Documentaries about Climate Change on Netflix
<https://www.popsugar.com/news/Documentaries-About-Climate-Change-Netflix-40475020>
- PBS Top 17 Climate Change Movies
<http://www.pbs.org/independentlens/blog/earth-day-watch-list-17-new-films-about-sustainability-climate-change/>

Local Public Policy Proposals:

- Oregon Clean Energy Jobs Bill http://www.reneworegon.org/clean_energy_jobs
- Portland Just Energy Transition Initiative <https://350pdx.org/portland-just-energy-transition-initiative-climate-justice-ballot/>

Find Your Oregon and Federal Legislators and Their Contact Info:

<https://www.oregonlegislature.gov/findyourlegislator/leg-districts.html>

Youth-led Court Case Securing the Legal Right to a Safe Climate <https://www.ourchildrenstrust.org/>