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<td>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.</td>
<td>Plan errands for the week to complete multiple tasks in one trip to save gas. Streamline your car trips; carpool when able.</td>
<td>Meat free Monday. Eat less meat to reduce your carbon footprint.</td>
<td>Remove one light bulb (or more) from lights without creating an unsafe situation.</td>
<td>Review items allowed for curbside recycling; ensure you are recycling everything you can.</td>
<td>Service your vehicle for maintenance for maximum fuel efficiency.</td>
<td>Conduct a water audit at home. Check your water meter weekly to monitor your water use.</td>
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<td>Find the most environmentally friendly way to get to church (walk, bike, bus, car share).</td>
<td>Turn your central heating down by one degree or more. <em>(Meat free Monday)</em></td>
<td>Check that all electrical equipment is off rather than on standby when not in use: chargers, toaster, unused printers….</td>
<td>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.</td>
<td>Find ways to save paper. For example, set your computer to print on both sides of the paper, read news online….</td>
<td>Take cloth bags for groceries and clothes shopping—lose that plastic!</td>
<td>Caulk and weatherstrip around doors and windows to plug air leaks. Check other insulation if possible.</td>
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<td>&quot;Receive the world God has given. Go for a walk. Get wet. Dig the earth.&quot; ~Rowan Williams, Archbishop of Canterbury</td>
<td>Run your dishwasher only with a full load; don’t use heat to dry dishes. <em>(Meat free Monday)</em></td>
<td>Find a delicious bean recipe and share it with a friend. Plan a week of meals without using meat.</td>
<td>Give away the clothes that do not fit or are no longer being worn. <a href="http://www.oregonmetro.gov/recycling">www.oregonmetro.gov/recycling</a> or call 503-234-3000</td>
<td>Install water saving shower heads and sink faucets. Avoid baths; showers take far less heated water.</td>
<td>Dedicate some family time free from electronic gadgets.</td>
<td>Take a walk in your community. Listen to the birds, look at the trees, feel the rain, snow, or sun on your face!</td>
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<td>Think about the environment Jesus lived in and his ministry. Reflect on examples of Jesus drawing on his environment for inspiration in his teaching.</td>
<td>Turn down your water heater to 120 degrees. Wrap it in insulation if it’s over 5 years old or has no internal insulation. <em>(Meat free Monday)</em></td>
<td>Plan a garden for the spring; share seedlings starts with neighbors; reserve a garden bed at the church if there is not enough sun in your yard.</td>
<td>Make a point of switching off all lights as you leave the room.</td>
<td>When heating water on the stove, use a pan with a lid and use only as much water as you need.</td>
<td>Look at your food use for the week and evaluate where you can cut down on waste.</td>
<td>Utilize local shops or farmers markets where available instead of driving to the supermarket.</td>
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<td>Think prayerfully about how we are using up our resources at an unsustainable rate. Reflect on the inequitable distribution of resources in our world.</td>
<td>Clean or replace air filters as recommended. Replacing a dirty furnace filter can save 15% of the energy used. <em>(Meat free Monday)</em></td>
<td>Have a “leftovers” meal once a week rather than cooking something new every day.</td>
<td>Learn how environmental degradation affects the global poor. Fast until Lenten evening meal to remain mindful of their hardship.</td>
<td>Stop unwanted junk mail to save trees, cut down on carbon emissions, and to reduce waste.</td>
<td>Consider the carbon impact of having a fire in your fireplace. Look into a FP insert, fan, or high-efficiency stove.</td>
<td>Turn the water off while brushing your teeth. If you have children, teach them to do the same.</td>
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<td>Observe the Sabbath by unplugging your electronics and yourself. Relish simple pleasures!</td>
<td>Buy rechargeable batteries and LED bulbs for your home. Replace as many incandescent bulbs as you can with LEDs.</td>
<td>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.</td>
<td>Watch a movie about faithful environmentalism and/or energy and climate change.</td>
<td>Maundy Thursday Replace the light bulbs you removed earlier in the month (2/20) with LED light bulbs.</td>
<td>Good Friday Sit in darkness and reflect on activities you have undertaken and how they have contributed to a greener, healthier planet.</td>
<td>Celebrate Earth Hour today! Join people around the globe by turning off your lights for one hour.</td>
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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?
- Lutherans Restoring Creation  http://www.lutheransrestoringcreation.org/
- Ecumenical Ministries of Oregon Interfaith Power and Light  http://www.emoregon.org/power_light.php

Change your eating habits:  http://www.meatfreeweek.org/
                              http://oceana.org/living-blue/sustainable-seafood-guide

Minimize your water usage:

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

Movies/documentaries:

- Renewal  http://renewalproject.net  Kilowatt Ours  www.kilowattours.org
- Documentaries about Climate Change on Netflix
- 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

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/