|  | **Lent Carbon Fast 2018** | | | | |  |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| Lent is the time when we remember the 40 days that Jesus spent in the wilderness fast and praying and is a time to reflect on God’s purpose for our lives. This Lent we invite you to take a carbon fast - to reduce actions which damage God’s Creation and harm vulnerable communities. Follow your own Carbon Fast or choose from this calendar of suggested daily actions. | | | **14**  Consider how linked we are to the earth. Preview the calendar and set your intentions. | **15**  Calculate your carbon footprint. Take note of activities that are the most carbon-intensive www3.epa.gov/  carbon-footprintcalculator/ | **16**  Consider/pray about your consumption habits. Set at least 1 concrete goal for shrinking your footprint. | **17**  Conduct a water audit at home. Check your water meter weekly to monitor your water use. |
| **18**  Plan errands for the week to complete multiple tasks in one trip to save gas. Stream line your car trips, carpool when able. | **19**  **Meat free Monday.** Eat less meat to reduce your carbon footprint. | **20**  Remove one light bulb (or more) from lights without creating an unsafe situation. | **21**  Review items allowed for curbside recycling, ensure you are recycling everything you can. | **22**  Service your vehicle for maintenance for maximum fuel efficiency. | **23**  Fish Friday: commit to buying fish from sustainable stock. | **24**  Set a time for 5 minutes for your shower. Try to finish your shower before the timer goes off. |
| **25**  Find the most environmentally friendly way to get to church (walk, bike, bus, car share) | **26**  Turn your central heating down by one degree or more.  *(Meat free Monday)* | **27**  Check that all electrical equipment is off rather than on standby when not in use- chargers, toaster, unused printers….. | **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. | **1**  Find ways to save paper. For example, set your computer to print on both sides of the paper, read news online… | **2**  Take cloth bags for groceries and clothes shopping - lose that plastic! | **3**  Caulk and weatherstrip around doors and windows to plug air leaks. Check other insulation if possible. |
| **4**  “Receive the world God has given. Go for a walk. Get wet. Dig the earth.”  ~Rowan Williams, Archbishop of Canterbury | **5**  Run your dishwasher only with a full load, don’t use heat to dry dishes  *(Meat free Monday)* | **6**  Find a delicious bean recipe and share it with a friend. Plan a week of meals without using meat. | **7**  Give away the clothes that do not fit or no longer wear.  www.oregonmetro.gov/recycling or call 503234-3000 | **8**  Install water saving shower heads and sink faucets. Avoid baths; showers take far less heated water. | **9**  Have some family time free from electronic gadgets. | **10**  Take a walk in your community. Listen to the birds, look at the trees, feel the rain, snow or sun on your face! |
| **11**  Think about the environment Jesus lined in and his ministry. Reflect on examples of Jesus drawing on his environment for inspiration in his teaching. | **12**  Turn down your water heater to 120 degrees. Wrap your water heater in insulation if over 5 years old or has no internal insulation.  *(Meat free Monday)* | **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. | **14**  Make a point of switching off all lights as you leave the room. | **15**  When heating water on the stove, use a pan with a lid and use only as much water as you need. | **16**  Look at your food use for the week and evaluate where you can cut down on waste. | **17**  Utilize local shops or farmers markets where available instead of driving to the supermarket. |
| **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. | **19**  Clean or replace air filters as recommended. Replacing a dirty furnace filter can save 15% of the energy used.  *(Meat free Monday)* | **20**  Have a “leftovers” meal once a week rather than cooking something new every day. | **21**  Learn how environmental degradation affects the global poor. Fast until Lenten evening meal to remain mindful of their hardship. | **22**  Stop unwanted junk mail to save trees, cut down on carbon emissions, and to reduce waste. | **23**  Consider the carbon impact of having a fire in your fireplace. Look into a FP insert, fan, or high-efficiency stove. | **24**  Turn the water off while brushing your teeth. If you have children, teach them to do the same. |
| **25**  Observe the Sabbath by unplugging your electronics and yourself. Relish simple pleasures! | **26**  Buy rechargeable batteries and LED bulbs for your home. Replace as many incandescent bulbs as you can with LEDs.  *(Meat free Monday)* | **27**  Obey the speed limit when driving. Every 10mph faster reduces fuel economy by 4 mpg, a figure that is constant regardless of vehicle size. | **28**  Watch a movie about faithful environmentalism and/or energy and climate change. | **29**  **Maundy Thursday**  Replace the light bulbs you removed earlier in the month (2/20) with a LED light bulbs. | **30**  **Good Friday**  Sit in darkness and reflect on activities you have undertaken and how they have contributed to a greener, healthier planet. | **31**  Celebrate Earth Hour today! Join people around the globe by turning off your lights for one hour. |