

Lenten Carbon Fast 2015 *Because the world can change a lot in 40 days*



Lent is a time to repent, reflect, sacrifice, and listen for God. This year, we ask your church to join 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 our neighbors in poverty. Each of these actions will reduce our production of climate pollution and help to preserve God’s great gift of Creation.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18 FEBRUARY 19 20 21</p> <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 were all living in harmony with the rest of God’s Creation, especially when no one is looking, our households, our churches, and our society would 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>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.</p> <p>Go meat-free today. Christians have been eating less meat during Lent for generations. Choosing meat-free meals can reduce your carbon footprint.</p> <p>Bring reusable bags with you to get groceries today and leave them in your trunk for future trips.</p>						
22	23	24	25	26	27	28
<p>Make one of your journeys more environmentally friendly today. Could you combine two trips? Carpool? Bike, walk or take the bus or transit?</p>	<p>Check windows and door for drafts with a ribbon or feather. If it flutters, seal leaks. For professional home weatherization contact (energystar.gov/home)</p>	<p>Contact your elected officials to ask that they support clean energy. Find their contact information at our Legislative Alert Center. (capwiz.com/wichurches/home/)</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. Join Ecumenical Advocacy Alliance’s Fast for Life (e-alliance.ch).</p>	<p>Talk with others at your church about ordering “eco palms” for Palm Sunday 3/29. These palms help improve workers’ living standards and protect forests in Mexico and Guatemala (EcoPalms.org).</p>	<p>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. Have a second one? Try to make do with one.</p>	<p>Look to purchase locally grown food today. Plan to walk to a farmers’ market this weekend or consider joining a community supported CSA group delivering local produce. (LocalHarvest.org)</p>
1	2	3	4	5	6	7
MARCH						
<p>Run your washing machine only with full loads and turn the knob to cold/cold. Washing your clothes in cold water gets them just as clean as hot but uses half the energy</p>	<p>Many Christians are working to protect Creation. Find a green organization and sign up for their e-newsletter. (Creationjustice.org)</p>	<p>Turn off lights you’re not using. Shut off lights as you leave a room. Install motion sensors (about \$20 each) that turn lights off automatically.</p>	<p>Save paper: print double-sided or wrap your next gift in color comics or in a reusable gift bag. To reduce paper towel use in restrooms, order “These come from trees” stickers. (3bl.me/ef2zhd)</p>	<p>Consider composting your food waste, returning nutrients to the soil. Learn about composters (3bl.me/fmf29e).</p>	<p>Pick up at least one piece of litter and dispose of it properly. Plan to join a local river or lake watershed clean up.</p>	<p>Planning to travel by flying? 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. (bit.ly/1xW0EOD)</p>

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8 Rest your dryer. Hang clothes to dry (3bl.me/wmq35y). Save over \$100 a year on the energy used by the dryer, while the air dries your clothes for free.	9 Many electronics draw power even when off. Unplug your appliances that are off. Unplug your phone charger when it's not charging.	10 End junk mail that wastes paper. Stop unwanted mail (CatalogChoice.org) or (41pounds.org).	11 Take a shower instead of a bath, and try to limit your shower to less than 5 minutes. Look into getting a more efficient shower with a "low-flow" showerhead.	12 Talk to your pastor about raising up Creation care from the pulpit around Earth Day on April 22, or invite a speaker: (wisconsinipl.org/)	13 Minimize disposables. Bring a mug to get coffee. Use cloth napkins at a meal. Wipe up with a rag instead of paper towels.	14 Purchase more mindfully. Print, cut out, and tape together a "Wallet Buddy" to remind you of questions to ask yourself before buying: (bit.ly/1k44DET)
15 The world's poor are being hit hardest by climate change. Learn more: (ActionAidUSA.org > What We Do > Climate Change)	16 Speak out! Join a grassroots group that is building a movement for climate action (350.org , CitizensClimate-Lobby.org).	17 Are you recycling everything you can? Refresh your memory today on what items are allowed for curbside recycling. Place an item that you usually don't recycle, into your bin.	18 Show reverence for life and for the Earth 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	19 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 open the door overnight	20 Celebrate Spring! Plant a native tree (I.usa.gov/IDUeZho) or support tree-planting in other countries (CO2covenant.org)	21 Planning to make Easter baskets? Purchase Fair Trade chocolates that don't involve child labor and supports farmer communities. (FairTradeAction.org).
22 Have an " embrace the silence " Sunday: make it a No Electricity Day! Turn off everything, Read Blessed Earth's resources on Sabbath living. (SabbathLiving.org).	23 Begin spring gardening by going organic. Grow your lawn and garden without toxic chemicals, and order a "Pesticide-Free" lawn sign! (PesticideFreeLawns.org)	24 Own stock? Find out if shareholder resolutions have been filed to "green" the companies' practices (ProxyDemocracy.org). & consider divesting from fossil fuel companies	25 Help people on the "front lines" of climate change. Carbon Covenant links US churches with carbon reducing projects in developing countries: (CO2covenant.org).	26 Learn more about our warming planet: (350.org/science , ClimateRealityProject.org/climate-101) & listen to our warming planet: (bit.ly/1gNpYsv)	27 Frac sand mining in Wisconsin has increased over tenfold in the last two years. Learn more about frac sand mining from Clean Wisconsin. (bit.ly/1KILoLM)	28 At 8:30 pm, join millions of people around the world and switch off your lights for one hour to remind us how much energy we use. (www.to/1DcBS15)
29 Think today about the role of our church in its local environment. Consider becoming a "Cool Congregation" through Interfaith Power & Light (wisconsinipl.org/).	30 Replace all incandescent light bulbs with CFLs or LEDs. Replacing one incandescent saves hundreds of lbs of climate pollution a year. (ShopPL.org)	31 Support clean energy at home by buying "Renewable Energy Certificates" (green-e.org).	1 APRIL Place an insulating cover over your hot water heater. You can find a "blanket" at most hardware stores.	Maundy Thursday 2 Replace the bulb you removed on Ash Wednesday with an energy-saving bulb. Learn more about how your electricity is generated: (I.usa.gov/16GJ08U)	Good Friday 3 "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	Holy Saturday 4 Think today about greening your "final arrangements," when the time comes. One option is to help protect natural lands: (3bl.me/w5a9vw)

5 Easter We are human creatures, dependent on the rest of creation. While we have great abilities to transform matter and energy, we can create neither. We are fellow creatures with all that God has made, sharing with them a common origin and destiny (Gen 1, Rom 8, Rev. 22). As divine images reflecting God's gracious love and care, we have been given the special vocation of caring for creation, and special gifts for appreciating, understanding, cultivating, and protecting it (Gen 1:28, 2:15).

—From *Reconciled in Christ with Creator and Creation: The Worshipful Work of Caring for the Earth and People*
WCC Policy Statement on Environmental Justice



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 with 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.