



# Carbon Fast

# for Lent 2010

Our carbon footprint is mostly dependent on the following: **Home energy usage, transportation and waste generation.** The Lenten Fast should focus on reduced electricity in the home, reduced gasoline for transportation and recycling to reduce waste. In addition sustainability means controlled **use of water** another key resource.

Follow your own Carbon Fast, or choose from this calendar of suggested daily actions. As you consider your actions each day, do so with a prayer.

You can calculate your carbon footprint and your savings as you proceed. Here are some websites that offer assistance.

[http://www.epa.gov/climatechange/emissions/ind\\_calculator.html](http://www.epa.gov/climatechange/emissions/ind_calculator.html) <http://www.nature.org/initiatives/climatechange/calculator/> <http://www.empowermentinstitute.net>  
[www.fpl.com/residential/ohes/online\\_home\\_energy\\_survey.shtm](http://www.fpl.com/residential/ohes/online_home_energy_survey.shtm) (available to customers)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>FEB. 17</b> <b>Ash Wednesday:</b> Remove one light bulb from a light in your home (without creating an unsafe situation). Do not replace the bulb...for now!	<b>FEB. 18</b> Check the curbside recycling schedule and requirements. Get bins if you do not have them. Put items that can be recycled, but that you normally don't recycle, in the bin.	<b>FEB. 19</b> Whatever mode of transport you usually use, make at least one trip more environmentally friendly (for example: Bike, carpool, or combine two trips)	<b>FEB. 20</b> Check your house for drafts with a ribbon or feather. If it flutters, inspect and upgrade the seals around doors and windows.
<b>FEB. 21</b> Find the most environ-mentally friendly way you can to get to church today (e.g. walk, bike, car share).	<b>FEB. 22</b> Turn the air conditioning up one degree or more. Adjust separate thermostats for different zones. Keep units maintained and filters clean.	<b>FEB. 23</b> Check that all electrical equipment is switched off rather than on standby when not in use. Screen savers do not save electricity.	<b>FEB. 24</b> Do full loads of laundry and use the shortest cycle feasible. Use cold water washing. Air dry to cut one load per week.	<b>FEB. 25</b> Unplug electrical appliances that have standby power needs when not in use, for example, stereos and TVs.	<b>FEB. 26</b> Purchase permanent, reusable grocery bags and use them for your future grocery shopping. Save plastic bags and recycle them at grocery stores	<b>FEB. 27</b> Buy an item that satisfies the LOAF principle – Locally produced, Organic, Animal friendly, and Fairly traded.

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<p><b>FEB. 28</b>  "Receive the world God has given. Go for a walk. Get wet. Dig the earth."  (Archbishop of Canterbury Rowan Williams)</p>	<p><b>MAR.1</b>  If you have an older high volume flush toilet, add a plastic bottle with water in your tank, taking care to not interfere with flushing.</p>	<p><b>MAR. 2</b>  Take a shower instead of a bath. Reduce the time in the shower to half your normal time.  Turn off the water while soaping.  Set hot water heater for 120 F.</p>	<p><b>MAR. 3</b>  Say No to Unwanted plastic Bags (SNUB). Carry reusable bags with you and refuse bags if reasonable.</p>	<p><b>MAR. 4</b>  Make a point of switching off lights as you leave the room.</p>	<p><b>MAR. 5</b>  When boiling or heating water on the stove, use a pan with a lid. Only use as much water as you need.</p>	<p><b>MAR. 6</b>  Repair an item rather than buying a new one. Reuse packaging and other items.</p>
<p><b>MAR. 7</b>  Think prayerfully about how we are using up our resources at an unsustainable rate and what this means for future generations.</p>	<p><b>MAR. 8</b>  Look at the energy consumption of new appliances and electronics. Consider buying Energy Star ®.</p>	<p><b>MAR. 9</b>  Re-wear clothes which aren't dirty and only run your wash machine when you have a full load.</p>	<p><b>MAR. 10</b>  Save paper. For example, set your computer printer to print on both sides. Save paper printed on one side and feed it back in to print on the second side.</p>	<p><b>MAR. 11</b>  Check your tire pressure. Low tire pressure means high energy/fuel consumption. Accelerate and decelerate slowly.</p>	<p><b>MAR. 12</b>  Reduce purchases of disposable products (e.g. paper towels, cups, razors). Set aside old or unwanted clothes for donation and recycling.</p>	<p><b>MAR. 13</b>  Utilize local shops or farmers markets if available instead of driving to the supermarket.</p>
<p><b>MAR. 14</b>  Consider that the richest 20 percent of the world's population consumes 80 percent of its resources while the remaining 80 percent of people have to make do with the remaining 20 percent.</p>	<p><b>MAR. 15</b>  Keep your vehicle in good operating condition ( tuned up and emission system checked). Look for energy use when buying a new vehicle.</p>	<p><b>MAR. 16</b>  Go meat free for the day. The production of meat uses more carbon than the growing of vegetables, fruits and grains.</p>	<p><b>MAR. 17</b>  Turn the water off while brushing your teeth and put the plug in when you wash your face.</p>	<p><b>MAR. 18</b>  Buy concentrated products and products with "post-consumer" recycled content.</p>	<p><b>MAR. 19</b>  Check on chemicals stored in your cupboards. Dispose properly and safely those which are harmful to the environment, and replace them with eco-friendly products if necessary.</p>	<p><b>MAR. 20</b>  Run the dishwasher when full. Scrape the dishes when you put them in rather than rinse.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MAR. 21</b> We are called, as Christians, to be stewards of this world. Take time to reflect on this both globally and personally.	<b>MAR. 22</b> Stop unwanted junk mail. One option is website: <a href="http://www.the-dma.org/index.php">www.the-dma.org/index.php</a> at the "consumer website" box. Cancel unused subscriptions	<b>MAR. 23</b> Use aerators on faucets and change to low volume shower heads if they are not already in place.	<b>MAR. 24</b> Check home insulation and consider increasing. Insulate the hot water heater.	<b>MAR. 25</b> Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by about 4 mpg, a figure that remains fairly constant regardless of vehicle size.	<b>MAR. 26</b> Join an environmental organization, and sign up for their e-mail newsletter.	<b>MAR. 27</b> Purchase rechargeable batteries and CFLs or LED lights for your home. Replace as many incandescent bulbs as you can with CFLs or LEDs (Save one CFL or LED for Maundy Thursday).
<b>MAR. 28</b> Think about the role of the church within its local environment. What could be done to make it more environmentally friendly?	<b>MAR. 29</b> Are you recycling everything possible, even if not at curbside? Look for places to recycle other materials.	<b>MAR. 30</b> If you're planning to go on vacation this summer, begin to explore how you can make it "greener."	<b>MAR. 31</b> Take time to write to a public official on an environmental issue about which you feel strongly.	<b>APR. 1</b> <b>MAUNDY THURSDAY</b> Replace the light bulb you removed on Ash Wednesday with a CFL or LED light bulb.	<b>APR. 2</b> <b>GOOD FRIDAY</b> Darkness covered the earth on the first Good Friday. Switching off all the lights, sit yourself in darkness for a while. While doing this, reflect on the activities you have performed during Lent, and how they have contributed to a greener, healthier Earth.	

Conclude your "Carbon Fast for Lent" by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.

Sample "green living" websites (these are just a few of many):

<http://www.thedailygreen.com/>

<http://www.coopamerica.org/>

<http://planetgreen.discovery.com/>

<http://www.livingwithed.net/index.asp>

<http://www.gwipl.org/>

For children and adults: <http://www.greengorilla.com/>