

2010 Carbon Fast for Lent
Arizona Interfaith Power and Light
www.azipl.org

Follow your own carbon fast, or choose from this calendar of suggested daily actions.
 As you lay aside time each day, do so with a prayer.

If you want to calculate your carbon savings as you proceed, here are some websites that offer “carbon calculators.”

<http://www.nature.org/initiatives/climatechange/calculator/> <http://www.carboncounter.org/>
<http://www.carbonfund.org/site/JK> <http://www.climatecrisis.net/takeaction/carboncalculator/>
http://www.epa.gov/climatechange/emissions/ind_calculator.html

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			FEB 17 ASH WEDNESDAY Remove one light bulb from a light in your home (without creating an unsafe situation). Do not replace the bulb...for now!	FEB 18 Refresh your memory on what items your county/city allows for curbside recycling. Place an item that can be recycled, but that you normally don't recycle, in the bin.	FEB 19 Whatever mode of transport you usually use, try to make at least one of your journeys more environment friendly (e.g. ride metro or bus, carpool, or combine 2 trips into 1).	FEB 20 Check your house for drafts with a ribbon or feather. If it flutters, inspect and upgrade the seals around doors and windows.
FEB 21 Find the most environment friendly way you can to get to church today (e.g. walk, bike, car share).	FEB 22 Turn your central heating thermostat down by one degree or more. If you have separate thermostats on radiators, adjust them to suit the use of the room.	FEB 23 Check that all electrical equipment is switched off rather than on standby when not in use. Screen savers do not save electricity.	FEB 24 As chocolate is still on the menu this Lent, be sure to reward yourself with Fair Trade chocolate.	FEB 25 Ensure your cell phone charger is unplugged when not in use.	FEB 26 Purchase permanent, reusable grocery bags and use them for your future grocery shopping. Save plastic bags or recycle them at grocery stores.	FEB 27 Buy an item that satisfies the LOAF principle—Locally produced, Organic, Animal friendly, and Fairly traded.
FEB 28 “Receive the world God has given. Go for a walk. Get wet. Dig the earth.” --Archbishop of Canterbury Rowan Williams	MAR 1 If you have a large volume flush toilet (installed before 1980), add a bottle filled with water in your toilet tank to cut down on the water used for each flush. Be sure the bottle does not interfere with operating parts. For all toilets, make sure the flapper doesn't stick open after flushing.	MAR 2 Take a shower instead of a bath. Try to finish the shower in half your normal time.	MAR 3 <u>S</u> ay <u>N</u> o to <u>U</u> nwanted plastic <u>B</u> ags (SNUB). Carry a couple with you and refuse the ones you don't really need.	MAR 4 Make a point of switching off all lights as you leave the room.	MAR 5 When boiling or heating water on the stove, use a pan with a lid. Only use as much water as you need.	MAR 6 Begin the gardening year by going organic. Hand weed or hoe rather than spraying and don't be over tidy. Use an organic, earth-friendly fertilizer in your yard. You, your garden and its wildlife will benefit.
MAR 7 Think about the environment Jesus lived in and how it affected his ministry. Reflect on examples of Jesus drawing on his environment for illustrations and inspiration.	MAR 8 Pick up at least one piece of litter and dispose of it properly.	MAR 9 Re-wear clothes which aren't dirty and only run your washing machine when you have a full load. Set aside old or unwanted clothes for a Yard Sale.	MAR 10 Find ways to 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.	MAR 11 Check your tire pressure. Low tire pressure means high energy/fuel consumption.	MAR 12 Put out some bird food. Birds will almost certainly find it wherever the location.	MAR 13 Utilize local shops or farmer's markets if available instead of driving to the supermarket.

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<p>MAR 14 Think prayerfully about how we are using up our resources at an unsustainable rate and what this means for future generations. Reflect on the fact that the richest 20% of the world's population consumes 80% of its resources while the remaining 80% of people have to make do with the remaining 20%.</p>	<p>MAR 15 Pray for wisdom to know how to live in the light of so much inequality.</p>	<p>MAR 16 Go meat free for the day. The production of meat uses more carbon than the growing of vegetables, fruits and grains.</p>	<p>MAR 17 Turn the water off while brushing your teeth and put the plug in when you wash your face.</p>	<p>MAR 18 Lay aside time to explore in more depth the environmental challenges we face and their consequences (e.g. on the Internet or other media sources). See the front page of the calendar for a few examples of websites that you could visit.</p>	<p>MAR 19 See what chemicals you have stored up in your cupboards. Dispose properly and safely of those which are harmful to the environment, and replace them with eco-friendly products if necessary.</p>	<p>MAR 20 Purchase rechargeable batteries and compact fluorescent light bulbs (CFLs) for your home. Replace as many incandescent bulbs as you can with CFLs. (Save one CFL for Maundy Thursday.) How many light bulbs and batteries did you replace?</p>
<p>MAR 21 The Earth was made through and for Jesus. How do you think he would judge the way we live in it today? Take time to reflect on this, both globally and personally.</p>	<p>MAR 22 Stop unwanted junk mail. One way to do so is to visit the following website: www.thedma.org/index.php. Then click on the "consumer" box.</p>	<p>MAR 23 Replenish the bird food you put out and put up a bird box if possible, or plant something that birds can eat.</p>	<p>MAR 24 When dusting, avoid using polishes. Just a cloth or duster will often do.</p>	<p>MAR 25 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.</p>	<p>MAR 26 Consider joining an environmental organization, and signing up for their email newsletter. Here is one example: www.sierraclub.tyepad.com/greenlife/.</p>	<p>MAR 27 Place a bucket in the shower stall to catch gray water and use it to water plants. Participate in Earth Hour—8:30pm to 9:30pm tonight. For more info, go to www.earthhour.org</p>
<p>MAR 28 PALM SUNDAY Think about the role of your church within its local environment. Is there anything that could be done to make it more environmentally friendly?</p>	<p>MAR 29 Are you sure you are recycling everything possible? Check again.</p>	<p>MAR 30 If you're planning to go on vacation this summer, begin to explore how you can make it "greener."</p>	<p>MAR 31 Take time to write to a public official on an issue of justice about which you feel strongly.</p>	<p>APR 1 MAUNDY THURSDAY Replace the light bulb you removed on Ash Wednesday with a CFL light bulb.</p>	<p>APR 2 GOOD FRIDAY Darkness covered the earth on the first Good Friday. Switching off all the lights, sit yourself in darkness for a while. While doing this, take the time to reflect on all 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.</p>	