

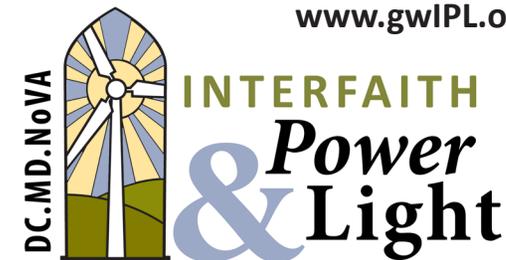
Because the world *can* change a lot in 40 days.

Lenten Carbon Fast 2015

Lent is a time to repent, reflect, sacrifice, and listen for God. This year, our church is joining 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.

Compiled from many sources by

www.gwIPL.org



Our religious response to climate change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">18 FEBRUARY</p> <p>“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</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 style="text-align: right;">19</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. Always turn the heat off when you leave home.</p>	<p style="text-align: right;">20</p> <p>Go meat-free today. Christians have been eating less meat during Lent for generations. Choosing meat-free meals is a powerful choice you can make to reduce your carbon footprint. (VegDC.com)</p>	<p style="text-align: right;">21</p> <p>Bring reusable bags with you to get groceries today, and leave them in your trunk for future trips.</p>
<p style="text-align: right;">22</p> <p>Make one of your journeys more environmentally friendly today. Could you combine two trips? Carpool rather than driving solo? (3bl.me/8aczrn) Bike or walk, or take bus or transit, instead of driving.</p>	<p style="text-align: right;">23</p> <p>Lobby and rally to tell our MD legislators, “Forward with clean energy!” by increasing the Renewable Portfolio Standard to 40%. Lobby: 5-7 pm Rally: 7-8 pm (gwipl.org > Speak Out > Double MD’s RPS)</p>	<p style="text-align: right;">24</p> <p>Join our webinar at 12 p.m. to hear how your DC or MD congregation’s facility can join with other organizations to purchase clean power together through Groundswell Energy: email karen@gwipl.org.</p>	<p style="text-align: right;">25</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 style="text-align: right;">26</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 style="text-align: right;">27</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. Second fridge or freezer in the basement? Try to make do with one.</p>	<p style="text-align: right;">28</p> <p>Look to purchase locally-grown food today. Plan to walk to a farmers’ market this weekend, or consider joining a community-supported agriculture (CSA) group delivering local produce (LocalHarvest.org).</p>
<p style="text-align: right;">1 MARCH</p> <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 using hot water, but uses half the energy.</p>	<p style="text-align: right;">2</p> <p>Many caring Christians are working to protect Creation. Find a green organization today, and sign up for their e-newsletter: (CreationJustice.org, RestoringEden.org, BlessedEarth.org)</p>	<p style="text-align: right;">3</p> <p>Turn off lights you’re not using. Shut off lights as you leave a room. You can put reminders on your switchplates (gwIPL.org), or install motion sensors (about \$20 each) that turn lights off automatically.</p>	<p style="text-align: right;">4</p> <p>Save paper today: print double-sided, or wrap your next present in color comics, or in a reusable gift bag. To reduce paper towel use in public restrooms, order “These Come From Trees” stickers: (3bl.me/ef2zhd).</p>	<p style="text-align: right;">5</p> <p>Consider composting your food waste, returning nutrients to the soil. Learn about composters (3bl.me/fmf29e), or get table scraps picked up (CompostCab.com, CompostCrew.com, FatWormCompost.com, VeteranCompost.com).</p>	<p style="text-align: right;">6</p> <p>Pick up at least one piece of litter today, and dispose of it properly. Plan to join the 27th Annual Potomac River Watershed Cleanup on Saturday, April 11. (FergusonFoundation.org > Get Involved)</p>	<p style="text-align: right;">7</p> <p>Planning to travel? Consider getting there without flying. If you have to fly, 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. (NativeEnergy.com)</p>

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Rest your dryer. 8 Hang clothes to dry on a rack or clothesline (3bl.me/wmq35y). Many households spend over \$100 a year on the energy used by their dryer, while the air can dry your clothes for free.	Many electronics 9 draw power even when off. Today, unplug your appliances that are off; place computers, radios, and TVs on a power strip, and turn it off between uses. Unplug your phone charger when it's not charging.	10 End junk mail that wastes paper. Stop unwanted mail yourself (CatalogChoice.org), or pay \$35 to have it cancelled for you (4lpounds.org).	Check windows 11 and doors for drafts with a ribbon or feather. If it flutters, seal leaks (3bl.me/tgpdn6). For professional home weatherization, contact Leap-VA.org, RetrofitBaltimore.org, or energystar.gov/home.	12 Talk to your pastor about raising up Creation care from the pulpit around Earth Day on April 22, or invite one of our speakers: (gwipl.org > Learn > Speakers Bureau)	13 Minimize disposables today. Bring a mug to get coffee. Use cloth napkins at a meal. Wipe up with a rag instead of paper towels. Stow a fork in your purse or briefcase for the next time you eat out during the work day.	14 Purchase more mindfully today. Print, cut out, and tape together a "Wallet Buddy" so your credit card can remind you of questions to ask yourself before buying: (bit.ly/1k44DET)
The world's 15 poor are being hit hardest by climate change. Learn more: (ActionAidUSA.org > What We Do > Climate Change)	16 Speak out! Today, join a grassroots group that is building a movement for climate action (350.org, ChesapeakeClimate.org, CitizensClimateLobby.org).	Are you recycling 17 everything you can? Refresh your memory today on what items your city or county allows for curbside recycling. Place an item that can be recycled, but that you usually don't recycle, into your bin.	Show reverence 18 for life and for the Earth today 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 just open the door overnight.	20 Celebrate Spring! Plant a native tree (CaseyTrees.org, BaltimoreOrchard.org), or support tree-planting in other countries (CO2covenant.org, trees.md.gov)	21 Planning to make Easter baskets? Purchase Fair Trade chocolates that don't involve child labor and supports farmer communities. (FairTradeAction.org).
Have an " embrace 22 the silence " Sunday: make it a No Electricity Day! Turn off everything, and unplug it if you can. 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) Don't have a yard to garden? Borrow one: (SharingBackyards.com).	24 Own stock? Find out if shareholder resolutions have been filed to "green" the companies' practices (ProxyDemocracy.org). & consider divesting from fossil fuel companies: (GreenAmerica.org/ fossilfree)	25 Help people on the "front lines" of climate change. Carbon Covenant links US churches with carbon-reducing projects in developing countries: (CO2covenant.org). Others bring clean energy: (NVRE.org, SolarSister.org)	It's hard to open 26 ourselves up to the reality of what is happening to our climate. Learn more about our warming planet: (350.org/science, ClimateRealityProject.org/climate-101) & listen to our warming planet: (bit.ly/1gNpYSv)	27 Learn about mountain-top removal mining: Appalachian mountains are blown apart, poisoning streams. (SamsVA.org) How much of this coal is for your electricity? (iLoveMountains.org/myconnection)	28 At 8:30 pm, join hundreds of millions of people around the world and switch off your lights for one hour to remind ourselves how much energy we use. (WorldWildlife.org/EarthHour)
29 Think today about the role of our church in its local environment. Could our community better care for Creation? Get involved with our green work, and flock together with other "green sheep" through Interfaith Power & Light (gwIPL.org).	30 Replace all incandescent light bulbs in your house with CFLs or LEDs. Replacing one incandescent saves hundreds of lbs of climate pollution a year. Don't forget to save one efficient bulb for Maundy Thursday. (ShopIPL.org)	31 Place an insulating cover over your hot water heater. You can find a "blanket" at most hardware stores. (If you have an electric water heater, it's an easy job to do yourself. If you have an oil or gas-powered heater, you may need a plumbing professional.)	1 Support clean energy at home by buying "Renewable Energy Certificates" (green-e.org). In DC or MD, join with neighbors in our clean energy buying group (gwipl.org/CleanEnergy)	2 Maundy Thursday Replace the bulb you removed on Ash Wednesday with an energy-saving CFL or LED bulb. Learn more about how your electricity is generated: (EPA.gov/CleanEnergy/Energy-and-You/)	3 Good Friday "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	4 Holy Saturday It can be difficult to contemplate our own end. Think today about greening your "final arrangements," when the time comes. One option is to help protect natural lands: (3bl.me/w5a9vw)

5 Easter "Jesus' appearance **changed the world**. His disciples were being asked: speak truth to power, love your enemies, but most of all love God and your neighbor. This was a new way of being in relationship. Today's seemingly 'impossible appearance' is that humans are changing the climate. This calls for a new way of being in the world, to relate differently to each other and to nature. There are great glimmers of hope on the horizon."

—The Rev. Canon Sally G. Bingham, president and founder, Interfaith Power & Light



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.