



Michigan Interfaith Power & Light (Michigan IPL)

2013 Carbon Fast for Lent

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FEB. 11 Clean Monday Clean up the air around you to breathe well for the rest of Lent. Replace toxic cleaning substances with natural products. Make your own or visit a local health store!	FEB. 12 Reflect on the 4 R's: Reduce, Reuse, Repurpose, and Recycle. Start adding more recyclable items to your bin.	FEB. 13 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. 14 Check that all electrical equipment is switched off rather than on standby when not in use. Screen savers do not save electricity.	FEB. 15 Ensure that your cell phone charger is unplugged when not in use. Many electronics and appliances continue to draw power even when they are "off".	FEB. 16 Set a timer for 5 minutes and see how your normal shower length compares. Try to finish your next shower before the timer goes off.
FEB. 17 Find the most environmentally friendly way you can to get to church today (walk, bike, bus or car share). Remember, carpooling helps you to get to know your neighbors better!	FEB. 18 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. 19 Consider purchasing eco-palms for your Palm Sunday service. These are sustainably grown & harvested. Offered through Univ. of Minnesota- www.ecopalms.org	FEB. 20 Put out some bird food. Birds will almost certainly find it wherever the location. Enjoy the gift of these and other creatures on God's Earth.	FEB. 21 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.	FEB. 22 Run your dishwasher only with a full load. Use the energy-saving modes when available. Don't use heat when drying your dishes- Open the door and let them "breathe".	FEB. 23 Caulk and Weather-strip around doors and windows to plug air leaks. Insulate your walls and ceilings; this can save about 25% of home heating bills
FEB. 24 "Receive the world God has given. Go for a walk. Get wet. Dig the earth." ~ Rowan Williams, Archbishop of Canterbury	FEB. 25 Use cloth or canvas bags for shopping. (Not just at the grocery store!) Save plastic bags and donate them to an animal shelter for re-use, or recycle them at stores or in your recycling bin	FEB. 26 Program your thermostat to decrease the heat during the day, & before bedtime. Set it to turn on before you wake up & before you come home after work.	FEB. 27 Hang your clothes to dry on a rack or clothesline. Many households spend more than \$100/yr using the dryer, while the air can dry your clothes for free.	FEB. 28 Re-wear clothes which aren't dirty and only run your washing machine when you have a full load. Use cold water to save energy. Donate unwanted clothes.	MAR. 1 When boiling or heating water on the stove, use a pan with a lid. Only use as much water as you need.	MAR. 2 Plant trees or shrubs next to your house. This cuts down on cooling costs in warm weather and heating costs in cold weather.

Many thanks to Washington Interfaith Power & Light (a project of Earth Ministry) www.waipl.org for this calendar template and many of the ideas contained in it.

For a carbon calculator for congregations, see www.coolcongregations.com

For children's activities, see www.greengorilla.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MAR. 3 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 for inspiration.</p>	<p>MAR. 4 Turn down your water heater; 120 degrees is usually hot enough. Wrap your water heater in an insulating jacket if the water heater is over 5 years old or has no internal Insulation.</p>	<p>MAR. 5 Make a point of switching off all lights, TV, stereo, etc. as you leave the room. It makes sense if you will be out of the room for one minute or more.</p>	<p>MAR. 6 Take a walk in your community. Greet your neighbors with a smile. Listen to the birds, look at the trees, and feel the rain, snow, or sun on your face.</p> <p>Rejoice in all creation!</p>	<p>MAR. 7 Check your tire pressure. Low tire pressure means higher energy/fuel consumption than necessary.</p>	<p>MAR. 8 Consider the carbon impact of using your fireplace. If you must have a wood fire, look into a fireplace insert or fan, or an efficient wood stove. And close the flue when fireplace is not in use.</p>	<p>MAR. 9 Utilize local shops or farmers markets where available instead of driving to the market. Walk to them if you can.</p>
<p>MAR. 10 Think prayerfully about how we are using resources at an unsustainable rate. Reflect on the fact that the richest 20% of the world consumes 80% of its resources, while 80% of the population has to make do with the remaining 20%.</p>	<p>MAR. 11 Clean or replace air filters as recommended. Replacing a dirty furnace filter can save 15% of the energy used.</p>	<p>MAR. 12 Go meat-free for the day. The production of meat uses far more carbon, than the growing of grains, vegetables, and fruits.</p>	<p>MAR. 13 Watch a movie, film or documentary about faith & environment or energy & climate Good choices include: <i>Renewal</i> http://renewalproject.net <i>Kilowatt Ours</i> www.kilowattours.org <i>The Great Warming</i> www.thegreatwarming.com</p>	<p>MAR. 14 Stop unwanted junk mail to save trees, cut down on carbon emissions, and to reduce waste. Look into these websites: www.donotmail.org www.41pounds.org www.dmachoice.org</p>	<p>MAR. 15 Say No to Unwanted plastic Bags (SNUB) Use cloth bags for planned shopping trips (see FEB 25). Keep a plastic bags in your coat pockets for impromptu purchases.</p>	<p>MAR. 16 Turn the water off while brushing your teeth. If you have children, teach them to do the same.</p>
<p>MAR. 17 The Bible says that in Jesus all things in heaven and earth were created, and through him all things will be reconciled. How do you think he would judge the way we live in the earth today? Take time to reflect on this.</p>	<p>MAR. 18 If your family has more than one car, use your most fuel efficient vehicle for as many trips as possible. When making your next car purchase, choose one that gets good gas mileage.</p>	<p>MAR. 19 Take time to write or call an elected official about climate change issues. For Michigan, you can find your US Representative's & Senators' email addresses at www.infomi.com/gov/us.html</p>	<p>MAR. 20 As you plan your garden, consider planting native plants that require less water. Purchase organic seeds from your local nursery or online sources such as: Park Seed Company www.organicseed.com</p>	<p>MAR. 21 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. 22 Consider joining an Interfaith-based environmental Organization. Sign up for their e-mail news-letter, too. Michigan Interfaith Power & Light is a fine choice! ☺ www.MichiganIPL.org</p>	<p>MAR. 23 Celebrate Earth Hour today! Join the global action on climate change by quite simply turning off your lights for one hour today at 8:30pm local time. www.earthhour.org</p>
<p>MAR. 24 Palm Sunday Consider your church's commitment to creation care. Consider starting or rejuvenating an Earth Care Team. Michigan-IPL has many free Earth Care Team resources for its members. www.MichiganIPL.org</p>	<p>MAR. 25 Buy rechargeable batteries & compact fluorescent lights (CFLs) for your home. Replace as many bulbs as you can with CFLs. (Save one for Maundy Thursday). How many light bulbs & batteries did you replace?</p>	<p>MAR. 26 Call your local utility to find out about available resources to help you become energy efficient. Many utilities offer free or reduced cost energy audits, rebates on efficient appliances, Weatherization, etc.</p>	<p>MAR. 27 Explore how you can make an upcoming vacation "greener." What about a volunteer experience with your family? Or an eco-tour? Consider the carbon impact of plane flights.</p>	<p>MAR. 28 Maundy Thursday Replace the light bulb you removed on Ash Wednesday with a CFL light bulb.</p>	<p>MARCH 29 GOOD FRIDAY-Darkness covered the earth on the first Good Friday. Switch off all the lights and sit in darkness for a while. During this time, take a moment to reflect on all the activities you have undertaken 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. Thank you.</p>	