

# Lenten

# Carbon

# Fast

THE WORLD CAN CHANGE A LOT IN 40 DAYS. BIBLICALLY, THIS PERIOD TAKES ON HUGE SIGNIFICANCE AS A TIME TO REPENT, REFLECT, SACRIFICE, AND HEAR FROM GOD. THIS YEAR, WE INVITE YOU TO JOIN A 40-DAY CARBON FAST AS A WAKE-UP CALL TO CONSUMPTION AND AN OPPORTUNITY TO RETHINK THE WAY OUR LIFESTYLES IMPACT PEOPLE LIVING IN POVERTY.

**Day 1** (Ash Wednesday) Remove one light bulb and live without it for the next 40 days.

**Day 2** What's your carbon footprint? Find out at [www.nature.org/initiatives/climate-change/calculator/](http://www.nature.org/initiatives/climate-change/calculator/)

**Day 3** Have a "beefless" lent. Giving up beef can have a bigger impact on reducing CO<sub>2</sub> emissions than driving a hybrid car.

**Day 4** Are you recycling everything possible? Really - everything? Look into it today.



**Day 6** Turn your thermostat down by 1 degree.

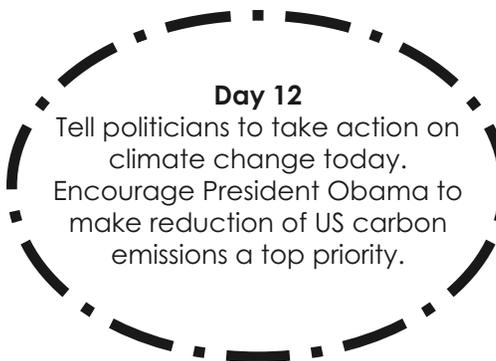
**Day 7** Say 'au revoir' to standby. Check that all electrical equipment is switched off when not in use. Typical American home has forty products constantly drawing power. Together these amount to almost 10% of residential electricity use. .

**Day 8** Unplug your cell phone charger. It uses electricity even when it's not charging.

**Day 9** Climate change isn't a distant threat - it's affecting poor communities now. Pray for vulnerable communities and those who are working to help them to adapt to the changing weather.

**Day 10** Tread lightly - whether that's by foot, by bike, on a bus, or on the gas as you drive. Find a way to reduce carbon dioxide emissions when you travel today.

**Day 11** Use local shops or farmers markets instead of driving to out-of-town malls and super-stores. The New Haven City Seed Farmer's Market is in Wooster Square every other Saturday in the winter.



**Day 13** Give up paper towels and napkins.

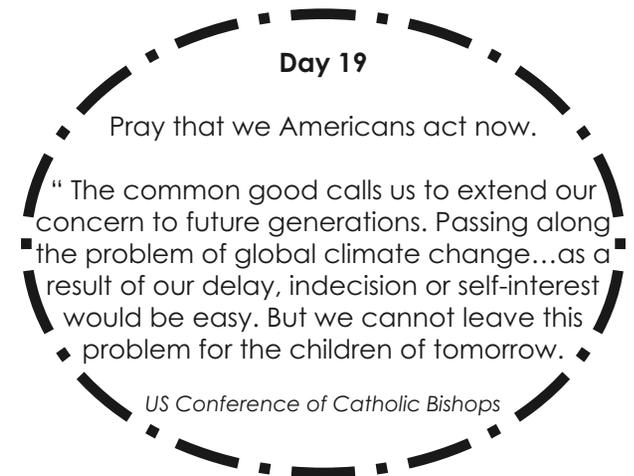
**Day 14** Sign up for "Green Power" with United Illuminating or CI&P. Find out how at [www.ctcleanenergyoptions.com](http://www.ctcleanenergyoptions.com).

**Day 15** Snub plastic bags. Get into the habit of taking your own reusable bags to the supermarket. Ask your supermarket to stop using unnecessary packaging.

**Day 16** Switch off the lights as you leave the room.

**Day 17** Fill your kettle with only as much water as you need.

**Day 18** Cut the air miles. Don't consume any food that you know has been imported by plane.



# Lenten

# Carbon

# Fast

**Day 20** Compost. Put the nutrients from food waste back into the soil - not into a methane-emitting landfill or an incinerator.

**Day 21** Check your house for drafts and install weather stripping where needed.

**Day 22** Find one way to save paper today: re-use an old envelope or print double sided.

**Day 23** Turn the taps off. In one day a dripping faucet could fill a bathtub.

**Day 24** Think twice before plugging in that new digital photo frame. If each U.S. family had one frame plugged all the time, the country would need five new power plants to keep pace with the new demand for electricity. .

**Day 25** Keep your head out of the refrigerator and the door closed. Opening the refrigerator door accounts for between \$30 and \$60 of a typical family's electric bill each year.

**Day 27** Check your tire pressure. Low tire pressure means high fuel consumption.

**Day 28** Find out how much energy you can save at home. Visit [www.ct-energyinfo.com](http://www.ct-energyinfo.com). Contact your electric or gas company and ask if they offer a home energy audit.

**Day 29** Only run your washing machine when you have a full load. Set it on warm-wash and cold rinse cycles and save 90 percent over the energy used for a hot wash.

**Day 30** Discover a new fact about the impact of climate change today. Tell your friends.

**Day 31** Bring your own travel mug to the coffee shop. Americans use more than 14 billion disposable cups every year. The Styrofoam kind will stay on the planet for nine generations.

**Day 32** An old iron? Replace old electrical appliances with energy-efficient models. They could save a third of the energy.

**Day 35** Wrap your hot water heater in an insulating blanket to store heat. Then set the thermostat to no higher than 120 degrees to conserve energy.

**Day 36** Re-use an item you would have thrown away - a jam jar, an envelope, an ice-cream container.

**Day 37** Put a lid on it. On the pan when cooking and the kettle when boiling water. Use the right-sized pot on your stove burners.

**Day 38** Give up bottled water. Worldwide, about 2.7 million tons of plastic are used in the bottling of 154 billion liters of drinking water each year. Buy a good water bottle and fill it up at home or from water fountains. If you want to be sure the tap water in your house is clean, install a filter.

**Day 39** Could Saint Thomas More be greener? Ask how you can help.

## Day 26

'Love does no harm to its neighbor.' *Romans 13:10*. But while our lifestyles consume more and more energy, our poorer neighbors are suffering. Reflect on ways to love our neighbors in our increasingly connected world.

## Day 33

Have an embrace-the-silence Sunday. Turn off everything. No TV, no radio, no ring tones, no cars, no ipods. It'll be good for the soul.

## Day 40

Replace your missing bulb (remember Day 1?) with an energy-saving light bulb. Over its lifetime, you'll save 132 pounds of carbon dioxide per year. Make a personal pledge to serve others by pursuing a more sustainable way of life.

**Day 34** Stop all the junk mail coming into your mailbox and going directly to the recycling bin. Choose only the catalogues you want at [www.catalogchoice.org](http://www.catalogchoice.org). Register with the Mail Preference Service.