

Peace Lutheran 2018 Lent Carbon Fast

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Lent is a time for “returning to the Lord with all our heart,” (Joel 2:12) a time for reorienting and conforming our lives to the Way of Jesus. Traditional disciplines during these 40 days include: self-examination and turning; prayer and fasting; sacrificial giving and works of love. This Lent you are invited to join in a CARBON FAST - to reduce actions which damage God’s Creation and harm vulnerable communities. You may follow your own Carbon Fast or choose from this calendar of suggested daily actions.</p>			<p style="text-align: center;">14 Ash Wednesday Consider how linked we are to the earth. Preview the calendar and set your intentions.</p>	<p style="text-align: center;">15 Calculate your carbon footprint. Take note of activities that are the most carbon-intensive. https://www3.epa.gov/carbon-footprint-calculator/</p>	<p style="text-align: center;">16 Consider/pray about your consumption habits. Set at least 1 concrete goal for shrinking your personal and household footprint.</p>	<p style="text-align: center;">17 Look at your food use for the week and evaluate where you can cut down on waste. Compost waste you can't avoid.</p>
<p style="text-align: center;">18 Plan the week’s errands to complete multiple tasks in 1 trip to save gas. Stream line car trips; carpool when able.</p>	<p style="text-align: center;">19 Meatless Monday. Eat less meat to reduce your carbon footprint.</p>	<p style="text-align: center;">20 Review items allowed for curbside recycling; ensure you are recycling everything you can.</p>	<p style="text-align: center;">21 Stop buying bottled water. Use refillable bottles.</p>	<p style="text-align: center;">22 Service your vehicle for maintenance for maximum fuel efficiency.</p>	<p style="text-align: center;">23 Fish Friday: commit to buying fish from sustainable stock.</p>	<p style="text-align: center;">24 Set a time for 5 minutes for your shower. Try to finish your shower before the timer goes off.</p>
<p style="text-align: center;">25 Find the most earth friendly way to get to church (walk, bike, bus, car share)</p>	<p style="text-align: center;">26 Turn your central heating down by one degree or more. <i>(Meatless Monday)</i></p>	<p style="text-align: center;">27 Turn off all electrical equipment (rather than “standby”) when not in use (chargers, toaster, unused printers). Switch off all lights as you leave the room.</p>	<p style="text-align: center;">28 Wash your clothes with cold water. Try to use cold water while washing other things that do not need to be washed in hot water.</p>	<p style="text-align: center;">1 Find ways to save paper. Set your computer to print on both sides. Read news online. Use scraps for lists and notes.</p>	<p style="text-align: center;">2 Take cloth bags for groceries and clothes shopping. Leave extras in your car for unplanned shopping stops. <i>(Fish Friday)</i></p>	<p style="text-align: center;">3 Check windows and doors for drafts. Note where to caulk and weatherstrip. Check insulation if possible.</p>
<p style="text-align: center;">4 “Receive the world God has given. Go for a walk. Get wet. Dig the earth.” ~Rowan Williams, Archbishop of Canterbury</p>	<p style="text-align: center;">5 Find a delicious bean or lentil recipe and share it with a friend. Plan a week of meals without using meat.. <i>(Meatless Monday)</i></p>	<p style="text-align: center;">6 Turn the water off while brushing your teeth. If you have children, teach them to do the same</p>	<p style="text-align: center;">7 Donated unneeded clothes. Recycle unwearable clothes! Check Threadcycle. https://goo.gl/A7yp9M or call 206-477-4466</p>	<p style="text-align: center;">8 Install water saving shower heads and sink faucets. Avoid baths; showers take far less heated water.</p>	<p style="text-align: center;">9 Have some family time free from electronic gadgets. <i>(Fish Friday)</i></p>	<p style="text-align: center;">10 Take a walk in your community. Listen to the birds, look at the trees, feel the rain, snow or sun on your face!</p>

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<p>11</p> <p>Think about the environment Jesus lived in and his ministry. Reflect on examples of Jesus drawing on his environment for inspiration in his teaching.</p>	<p>12</p> <p>Turn down your water heater to 120 degrees. Wrap your water heater in insulation if over 5 years old or has no internal insulation.</p> <p><i>(Meatless Monday)</i></p>	<p>13</p> <p>Plan a vegetable or herb garden, sharing seedling starts with neighbors. Join a community garden. Look for native plants for help wildlife thrive.</p>	<p>14</p> <p>See if you can work from home one day a week.</p>	<p>15</p> <p>When heating water on the stove, use a pan with a lid (the water will boil faster!) and use only as much water as you need.</p>	<p>16</p> <p>Ask your utility company about buying clean electricity.</p> <p><i>(Fish Friday)</i></p>	<p>17</p> <p>Look for locally grown foods at your market. Try to visit the Farmer's Market after service tomorrow.</p>
<p>18</p> <p>Think prayerfully about how we are using up our resources at an unsustainable rate. Reflect on the inequitable distribution of resources in our world.</p>	<p>19</p> <p>Clean or replace air filters every 3 months. Replacing a dirty furnace filter can save 15% of the energy used.</p> <p><i>(Meatless Monday)</i></p>	<p>20</p> <p>Have a "leftovers" meal once a week rather than cooking something new every day.</p>	<p>21</p> <p>Learn how environmental degradation affects the global poor. Fast until Lenten evening meal to remain mindful of their hardship.</p>	<p>22</p> <p>Stop unwanted junk mail to save trees, cut down on carbon emissions, and to reduce waste.</p>	<p>23</p> <p>Consider the carbon impact of having a fire in your fireplace. Look into a FP insert, fan, or high-efficiency stove.</p> <p><i>(Fish Friday)</i></p>	<p>24</p> <p>Celebrate Earth Hour at 8:30pm today! Join people around the globe by turning off your lights for one hour.</p>
<p>25</p> <p><i>Palm Sunday</i></p> <p>Observe the Sabbath by unplugging your electronics and yourself. Relish simple pleasures!</p>	<p>26</p> <p>Buy rechargeable batteries and LED bulbs for your home. Replace as many incandescent bulbs as you can with LEDs.</p> <p><i>(Meatless Monday)</i></p>	<p>27</p> <p>Obey the speed limit when driving. Every 10mph faster reduces fuel economy by 4 mpg, a figure that is constant regardless of vehicle size.</p>	<p>28</p> <p>Run your dishwasher only with a full load, don't use heat to dry dishes.</p>	<p>29</p> <p><i>Maundy Thursday</i></p> <p>Conduct a water audit at home. Check your water meter weekly to monitor your water use.</p>	<p>30</p> <p><i>Good Friday</i></p> <p>Sit in darkness and reflect on your activities and how they have contributed to a greener, healthier planet.</p> <p><i>(Fish Friday)</i></p>	<p>31</p> <p><i>Holy Saturday</i></p> <p>Watch a movie about faithful environmentalism and/or energy and climate change.</p>