



Ecumenical Lenten Carbon Fast
February 10 - March 27, 2016

Lenten Carbon Fast

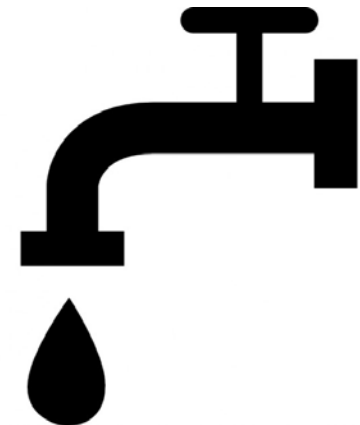
As people of faith, it is our responsibility to be wise stewards of God's Creation. These actions will reduce your production of climate changing pollution and help to preserve God's gift of the earth for future generations.

Each week, choose several of these easy actions from each category.



Home

1. Turn down your thermostat by at least one degree and be sure to turn down the heat when you leave your home.
2. Conserve water by installing a low-flow faucet, toilet, or rain barrel. Put a bucket in the shower and use that water for watering plants or to flush the toilet.
3. Check windows and doors for leaks with a feather or ribbon. Use weather-stripping, caulk, or a “draft dodger” to improve the leak.
4. If you’re going to be away from your computer, game console, or TV for more than an hour, turn it off.
5. Challenge yourself to shorten your showers. Turn down your hot-water heater by one setting (or two in the summer).
6. Learn how to skip the drying cycle on your dishwasher - air dry the dishes.
7. Turn your washing machine to cold wash and cold rinse.
8. Hang some of your clothes to dry.





9. Shut off lights when you leave a room or install motion sensors

10. Turn off or unplug appliances and power cords when you're not using them. Even in the off position, many electronics use power. Some people find it easiest to plug several things into a power strip to turn them all off at once. New power cords have plugs that will automatically turn off when specific appliances are turned off (eg DVD player turns off when TV is turned off).

11. Embrace the silence for several hours in a day. Turn off your TV, computer, radio, and cell phone.

12. Embrace the dark for one evening. Turn off electric lights and use candles.

13. Replace all of your incandescent light bulbs with compact fluorescent lights (CFL) or light-emitting diodes (LED).

14. Use a laptop rather than a desktop computer. Set your computer to go to sleep after a reasonable interval of inactivity (NOT a screensaver).

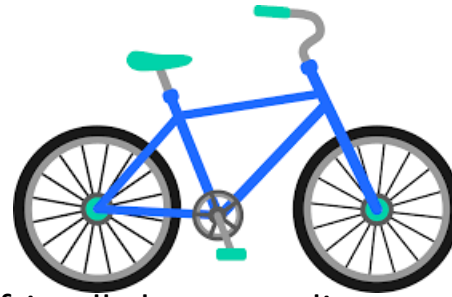


Food

1. Be a vegetarian for two days a week (ask church members for their favorite recipes).
2. Look to purchase locally-grown foods and be aware of where foods come from.
3. Investigate the Needham Farmer's market or join a CSA (community supported agriculture). Buy fair trade organic chocolate for Easter.
4. Bring reusable bags with you to all stores, not just the grocery store.
5. Be aware of how much food you discard during Lent. Start a composter in your backyard - a simple way to give back to the earth.
6. Bring a reusable mug to the coffee shop. Use plastic utensils when you're away from home and keep some with you in your purse/backpack/desk.
7. Strive to use NO disposable water bottles during Lent. Bring a reusable water bottle with you at all times and refill it as needed.

CSA
COMMUNITY SUPPORTED AGRICULTURE





Travel

1. Make one of your journeys more environmentally friendly by carpooling, combining errands, walking/biking, or by taking public transportation.
2. Rethink flying on vacation and take a trip closer to home. Or, purchase carbon offsets to fund an environmental project. Donate to Paul Brown's One Penny Per Mile www.onepennypermile.org
3. Check your car's tire pressure or take it to a service station to check. Cars with low tire pressure get lower gas mileage.
4. Obey the speed limit. Every increase of ten mph decreases fuel efficiency by about four miles per gallon.
5. Minimize idle time by turning off your car if it is stationary for more than one minute.
6. Reduce the time you "warm up" your car prior to driving it to 30 seconds.



Other

1. Speak to a neighbor/coworker about the changes you've made during Lent.
2. End junk mail. Stop unwanted catalogs (catalogchoice.org), credit card offers (1-888-5-OPTOUT) and other junk mail (DMAchoice.org).
3. Find a green organization to support (from our church's environmental ministries team to the sierra club).
4. Save paper by printing double sided or wrapping a gift in color comics or a reused gift bag.
5. Save paper by using cloth towels/napkins instead of paper towels/napkins.
6. Refresh your memory on what your town recycles by looking at the town website.
7. Educate yourself about global climate change.
8. Plant a native tree.
9. Pick up litter and dispose of it properly.
10. Decide NOT to purchase a new item today. During Lent, if you need new clothes or other items (and you probably don't) visit a secondhand store or garage sale.
11. Learn about mountaintop removal mining in the Appalachian Mountains.
12. Educate yourself about fracking.



On Easter, take some time to reflect on all of the changes you've made that bring you into greater harmony with the earth and all life. Make a personal pledge to continue living sustainably.