



Lenten Carbon Fast 2011

As Catholic Christians, we have a responsibility to be care for God’s creation. This Lent, consider incorporating a Carbon Fast into your spiritual practice. Use the following 40 carbon fasting options—or create your own—to reduce our production of climate change pollution and to help preserve God’s gift of Creation for present and future generations.

“The environment is God’s gift to everyone, and in our use of it we have a responsibility towards the poor, towards future generations and towards humanity as a whole.”
 ~ Pope Benedict XVI, *Caritas in Veritate*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9	10	11	12
			<p><i>“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</i></p> <p>Ash Wednesday reminds us to be faithful in action even when no one is paying attention. If we are all living in harmony with the rest of God’s creation, especially when no one is looking, our households, our churches, and our society will 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>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>Go meat-free today. Christians have been eating less meat during Lent for generations. Choosing meat-free meals is one of the most powerful things you can do to reduce your carbon footprint.</p>	<p>Make one of your journeys more environmentally friendly today. Could you combine two trips? Carpool rather than driving solo? Take public transportation instead of driving?</p>
13	14	15	16	17	18	19
<p>Remember your baptism today and the power of water. Try to conserve water: Leave a bucket in the shower or kitchen sink and collect “grey water” to water plants.</p>	<p>Check windows and doors for drafts with a ribbon or feather. If it flutters, seal leaks with caulk or weather stripping.</p>	<p>Turn off appliances if you are going to be away for over an hour. Even on an “energy saver setting,” computers, game consoles or TVs waste more energy when on than if you really turn it off.</p>	<p>Beware of your hot water use today. Turn off hot water while scrubbing dishes. Take a shower instead of bath. Try to take a shower that lasts half as long as usual.</p>	<p>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.</p>	<p>Explore purchasing locally-grown food today. Plan to walk to a farmers’ market this weekend or consider joining a community supported agriculture (CSA) group that delivers local produce.</p>	<p>Plan ahead to bring reusable bags with you to the grocery store. If you already use reusable grocery bags, purchase a set of reusable bags for fruits and veggies.</p>
20	21	22	23	24	25	26
<p>Celebrate Spring! Plant a native tree or support tree-planting efforts in your local community or in other countries.</p>	<p>Speak out! Ask our elected leaders to take action on climate change today. Visit the Legislative Action Center at www.ipjc.org.</p>	<p>Turn off lights you’re not using. Shut off lights as you leave a room. You can put reminders on switch-plates or install motion sensors that turn off lights automatically.</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.</p>	<p>Find creative ways to save paper. Explore your printer’s options for double sided printing. Reuse paper by feeding the blank side into your printer for draft documents.</p>	<p>Consider using IPJC’s Stations of the Cross with All of Creation in your parish, community or family. Reflect on Jesus’ journey and the suffering of people and Earth today.</p>	<p>Making travel plans? Consider getting there without flying. If you fly, try to fly non-stop. As much as 50% of carbon emissions come from takeoff and landing</p>

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27 Hang your clothes to dry on a rack or clothesline. Many households spend more than \$100 a year on energy used by their dryer while the air dries clothes for free.	28 Unplug your appliances. Many electronics draw power even when turned off. Place computers, TVs, and other electronics on a power strip.	29 End junk mail that wastes resources. Stop unwanted catalogs (catalogchoice.org) credit offers (1-800-5-optout) and other junk mail (DMAchoice.org)	30 Check the tire pressure on your car or take it to a gas station/mechanic. Cars with low tire pressure get lower mileage per gallon.	31 Take a walk in your community. Greet your neighbors, listen to the birds, enjoy gardens and trees. Rejoice in all of creation!	1 Minimize disposables today. Bring a mug to get coffee. Use cloth napkins. Wipe up with a rag instead of paper towels.	2 Explore organic gardening options. Grow your lawn and garden without toxic chemicals. Go pesticide-free!
3 Think about the environment of Jesus and how it affected his ministry. What examples from creation does Jesus use in his teaching and parables?	4 Find a green organization working to protect the environment and sign up for their e-newsletter.	5 Are you recycling everything you can? Refresh your memory on what can be recycled in your community.	6 Contact your utility for information about energy saving resources—energy audits, rebates on energy saving appliances, weatherization assistance.	7 Pick up at least one piece of litter on the ground when you are out walking today and dispose of it properly.	8 It's hard to open ourselves to the realities of the climate crisis. Today, learn something new about climate change.	9 Run your washing machine only with full loads. Change settings to "cold/cold." Washing in cold water gets clothes just as clean but uses half the energy.
10 Have an " embrace the silence " Sunday. Turn off/unplug everything you can. Stay home after church and enjoy the quiet with your family.	11 Be more mindful with your purchases today. Ask yourself if you really need that new item. Look for recycled items at your local thrift store.	12 Buy rechargeable batteries for your home and office. How many batteries can you replace?	13 Obey the speed limit when driving today. Every 10 mph faster reduces fuel economy by about 4 mpg regardless of vehicle size.	14 Do you subscribe to magazines ? Write the publishers today. Ask them to switch to environmentally responsible paper and printing.	15 When boiling or heating water on the stove, use a pan with a lid. Only use as much water as you need.	16 Help your refrigerator work better. Pull out the fridge and scrub down the coils. Try to make due without your 2nd fridge or freezer in the basement.
17 Reflect prayerfully today on the fact that 20% of the global population consumes 80% of Earth's resources. Where do you fit in that equation?	18 Join Catholics taking action in solidarity with people who are poor and already affected by climate change. (Catholic ClimateCovenant.org)	19 Turn down your hot water heater ; 120 degrees is usually hot enough. Wrap your heater in an insulating jacket if it is over 5 years old or has no insulation.	20 Summer is around the corner. Have a discussion about ways your family can enjoy God's creation together during the summer months.	21 Holy Thursday Replace the light bulb you removed on Ash Wednesday with an energy saving CFL bulb. Replacing 1 bulb saves 150 lbs of carbon/year.	22 Good Friday Earth Day "The brutal consumption of Creation begins where God is not ..." ~Pope Benedict XVI	23 Holy Saturday. "If we learn to love Earth ... a whole new world will open itself to us. We will discover what it means to be truly alive." ~ Teresa of Avila

24 Easter Sunday

Take time today to reflect on all the activities that you performed during Lent as part of the Carbon Fast. How have they brought you into greater harmony with Earth and all life? Conclude your Carbon Fast by making a personal pledge to pursue a more sustainable way of life.

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