



WHAT ARE YOU "GIVING UP" FOR LENT?

February 2020

**ASH WEDNESDAY 26**  
 "All are from the dust, and to dust all return."  
 - Ecclesiastes 3:20  
 Reflect with gratitude on the reality that we all are made of and fed by the earth, and that to the earth we will return.

**27**  
 "God divided the light from the darkness."  
 - Genesis 1:4  
 To begin your fast, remove one light bulb in your home and live without it during Lent as a reminder of your Carbon Fast.

**28**  
 "Do not pollute the land where you are."  
 - Numbers 35:33  
 Use your own water bottle. Plastic bottles & disposable dishes do not de-compose efficiently. Commit to using your own dish ware outside of home.

**29**  
 "Ask & it will be given to you; seek & you will find; knock & the door will be opened."  
 - Mat 7:7  
 Caulk and weather-strip around doors & windows to plug air leaks. Insulate your walls & ceilings; this can save ~ 25% of home heating bills.

March

**29**  
 "He tore his clothes & put on sackcloth & fasted."  
 - 1 Kings 21:27  
 Gather up your old garments with holes or stains and take them to Goodwill to be recycled, or use them as rags for your pets, floors, or car. Less in the landfill!

**30**  
 "Blessed are the merciful, for mercy is theirs."  
 - Matthew 5:7  
**MEATLESS MONDAY:**  
 If the grain fed to animals in western countries were consumed directly by people instead of animals, we could feed at least twice as many people.

**31**  
 "Then shall the trees of the forest sing for joy before the Lord."  
 - 1 Chronicles 16:33  
 Stop unwanted junk mail to save trees, cut down on carbon emissions, and to reduce waste. Visit [www.donotmail.org](http://www.donotmail.org) for more information.

**1**  
 "You will be called the repairer of the breach, the restorer of streets to live in."  
 - Isaiah 58:12b  
 Take time today to repair something that you might otherwise have replaced.

**2**  
 "For I am not ashamed of the gospel."  
 - Romans 1:6  
 When you do have waste, dispose of it properly. If you're in an area without receptacles, put your waste in a bag or pocket until you arrive at a bin, especially recyclables.

**3**  
 "All things are lawful for me, but not all things are helpful."  
 - 1 Corinthians 6:12  
 Chemical fertilizers do long-term harm to soil & waters. Fertilize with mulch, compost, & manure; use natural methods to remove pests.

**4**  
 "Your word is a lamp to my feet & a light to my path."  
 - Psalm 119:105  
 Replace incandescent & compact fluorescent lights with LEDs. Each bulb replaced will save hundreds of pounds of climate pollution over time.

**PALM SUNDAY 5**  
 "Be still, and know that I am God."  
 - Psalm 46:10  
 Rest today. Take a break from the TV and internet. Turn off everything, and unplug it if you can. Play a game, go for a walk, or read a book!

**6**  
 "The Lord is wrapped in light like a garment."  
 - Psalm 104:2  
 Turn down your water heater. 120° is usually hot enough. Wrap your water heater in an insulating jacket if the water heater is over 5 years.

**7**  
 "Based on the gift each one has received, use it to serve others."  
 - 1 Peter 4:10  
 Find ways to save paper: set your computer printer to print on both sides; save paper printed on one side & feed it back in to print on the second side.

**8**  
 "I have come into the world as light, so that whoever believes in me may not remain in darkness."  
 - John 12:46  
 Replace the light bulb you removed at the start of your fast with a CFL light bulb.

**9**  
 "Darkness fell across the whole earth."  
 - Mark 15:33  
 Switch off all the lights & sit in darkness for a while, reflecting on your Carbon Fast and how it has contributed to a healthier Earth.

**10**  
 "Order the toad to be made secure until the third day."  
 - Matt. 27:64  
 Observe this holy Sabbath by pledging to not use any electronics or extra energy. Unplug your TV, turn off lights unless needed.

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**EASTER SUNDAY 12**  
 "He is risen!" - Mark 16:6  
 When celebrating Easter today, make a planting seeds or bulbs native to your region. Then utilize all that you have done this Lent throughout the year onward!

**MEATLESS MONDAY:**  
 Use free-range eggs and organic dairy products. Just one egg requires 53 gallons of water to produce (that's 636 gallons for 24 eggs!)

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This year, you are encouraged to skip the fasting from chocolate or soda, and instead, give up one thing every day that contributes to unnecessary waste and pollution in our environment. As we recall Jesus' 40 days of fasting in the desert, may this "Carbon Fast" not only strengthen your faith, but also prove that taking little steps toward environmental stewardship can have a big impact.

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**1** "They are sustained as they travel along." - Psalm 84:7

**2** "Jesus ate nothing during those [40] days." - Luke 4:2

**3** "Therefore you also must be ready." - Matthew 24:44

**4** "I will sprinkle clean water on you." - Ezekiel 36:25

**5** "Cy about: do not hold back; lift up your voice like a trumpet." - Isaiah 58:1

**6** "Do not lay up for yourselves treasures on earth." - Matthew 6:19

Honor the Lord's day (and the Lord's Creation) by walking, biking, or taking public transportation to church today. Or even better, offer a ride to a neighbor!

Give "MEATLESS MONDAY" a try this Lent. Yes, you can do it - and you don't even have to be Catholic to take a day off from meat (this includes fish!)

Tote a small bag in your pocket or purse rather than rely on new plastic, and always take cloth bags with you when shopping.

Time how long it takes you to shower, and set a goal of reducing that time (use an alarm to make sure you're on track).

Invest in a programmable thermostat: aim for 68° during the day and 60° at night (you can start -1° at a time!).

Petition & lobby Congress to support mass transit construction, higher miles per gallon standards for cars, & incentives for electric vehicles.

Utilize local shops or farmers markets where available in-stead of driving to the super-market. Buy in bulk when possible to avoid extra packaging.

**8** "You shall not pollute the land in which you live." - Numbers 35:33

Commit to declining the offer for a straw when you eat out.

Buy a stainless steel straw & use it with a reusable tumbler.

Bring a travel mug with ordering coffee (it's often cheaper!)

**9** "Indeed, for 40 years you provided for them in the wilderness and they were not in want." - Nehemiah 9:21

Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by about 4 mpg, regardless of vehicle size.

Re-wear clothes which aren't dirty and only run your washing machine when you have a full load. Using the cold water setting saves energy; avoid using the dryer.

Check your tire pressure. Low tire pressure means high energy/fuel consumption.

Install low-flow fittings on your shower head and sink faucets to limit your water use without sacrificing function.

**10** "Do not be anxious about tomorrow." - Matthew 6:34

Make a list of the items you throw away today. Identify wasteful items you can eliminate from your daily habits.

ST. PATRICK'S DAY **17**

**18** "The words of the LORD are pure words: as silver tried in a furnace of earth." - Psalm 12:6

Clean or replace air filters as recommended. Replacing a dirty furnace filter can save 15% of the energy used!

Turn the water off while brushing your teeth. A running tap uses about 4 gallons of water per minute. If you have children, teach them to do the same.

**15** "Your footprints were unseen." - Psalm 77:19

Over 40% of the US carbon footprint due to making, moving, and disposing of all the things we use and throw away every day. Commit to using cloth napkins/towels and glassware at home.

**16** "You care for people and animals alike, O LORD." - Psalm 36:6

MEATLESS MONDAY: An average family of 4 emits more greenhouse gases because of the meat they eat than from driving 2 cars. Try avoiding both today!

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**21** "Shower, O heavens above, and let the clouds rain down righteousness." - Isaiah 45:8

How have you used water today? If possible, collect rainwater for garden use. Flush your toilet less often (when appropriate); take a bath rather than a shower.

**22** "For each will have to bear his own load." - Galatians 6:5

Run your dishwasher only with a full load. Use its energy-saving modes when available, and avoid using the heated drying option.

**23** "The earth brought forth vegetation, plants yielding seed & trees bearing fruit. And it was good." - Genesis 1:12

MEATLESS MONDAY: Buy organically grown produce, which is pesticide & fertilizer-free (bonus if it is native to your geographical area).

**24** "Jesus Christ is the same yesterday, today & forever." - Heb. 13:8

Set large appliances like refrigerators and water heaters on the lowest possible setting. Turn off anything that has a switch when you're not using it.

**25** "I am the light of the world." - John 8:12

Buy rechargeable batteries & compact fluorescent light bulbs (CFLs) for your home. Replace as many incandescent bulbs as you can with CFLs.

**26** "Precious treasure & oil are in the dwelling of a wise person, but a foolish one consumes them." - Proverbs 21:20

Check that all electrical equipment is switched off rather than on standby when not in use. Screen savers don't save electricity.

**28** "God gives rain to the earth & sends water upon the fields." - Job 5:10

Water your garden in the evening or early morning, when the water evaporates less. Use a drip hose instead of a large nozzle. Plant only bulbs that are native to your region.