



# Washington Interfaith Power & Light (WA IPL) 2010 Carbon Fast for Lent



Follow your own Carbon Fast, or choose from this calendar of suggested daily actions.  
As you lay aside the calendar each day, do so with a prayer.

Washington Interfaith Power & Light is a project of Earth Ministry

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
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|  |  |  | <b>FEB. 17</b><br><b>Ash Wednesday:</b> Remove one light bulb from a light in your home (without creating an unsafe situation). Do not replace the bulb...for now! | <b>FEB. 18</b><br>Refresh your memory regarding which items your city/county allows for curbside recycling. Start adding items to your bin that you normally haven't recycled.            | <b>FEB. 19</b><br>Ensure that your cell phone charger is unplugged when not in use. Many electronics and appliances continue to draw power even when they are off.   | <b>FEB. 20</b><br>Set a timer for 5 minutes before your shower, and see how your normal shower length compares. Try to finish your next shower before the timer goes off. |
| <b>FEB. 21</b><br>Find the most environmentally friendly way you can to get to church today (walk, bike, bus or car share). Remember, carpooling helps you to get to know your neighbors better! | <b>FEB. 22</b><br>Turn your central heating thermostat down by one degree or more. If you have separate thermostats on radiators, adjust them to suit the use of the room. | <b>FEB. 23</b><br>Check that all electrical equipment is switched off rather than on standby when not in use. Screen savers do not save electricity. | <b>FEB. 24</b><br>Put out some bird food. Birds will almost certainly find it wherever the location. Enjoy the gift of these and other creatures on God's Earth.   | <b>FEB. 25</b><br>Find ways to save paper. For example, set your computer printer to print on both sides. Save paper printed on one side and feed it back in to print on the second side. | <b>FEB. 26</b><br>Purchase permanent cloth or canvas bags and use them for your future grocery shopping. Save plastic bags and donate them to a local animal shelter for re-use, or recycle them at grocery stores or in your recycling bin (if your local jurisdiction permits it). | <b>FEB. 27</b><br>Caulk and weatherstrip around doors and windows to plug air leaks. Insulate your walls and ceilings; this can save about 25% of home heating bills.     |

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| <p><b>FEB. 28</b><br/>“Receive the world God has given. Go for a walk. Get wet. Dig the earth.”</p> <p>~ Rowan Williams, Archbishop of Canterbury</p>   | <p><b>MAR. 1</b><br/>Run your dishwasher only with a full load. Use the energy-saving modes when available. Don't use heat when drying your dishes.</p>  | <p><b>MAR. 2</b><br/>Program your thermostat to turn down the heat during the day, and again at night while you are sleeping. Set it to turn on shortly before you wake up, and again before you come home at night.</p> | <p><b>MAR. 3</b><br/>Reward yourself with Fair Trade chocolate for all of your actions so far! Theo Chocolate in Seattle <a href="http://www.theochocolate.com">www.theochocolate.com</a> has many delicious, organic varieties.</p>   | <p><b>MAR. 4</b><br/>Make a point of switching off all lights as you leave the room.</p>  | <p><b>MAR. 5</b><br/>When boiling or heating water on the stove, use a pan with a lid. Only use as much water as you need.</p>   | <p><b>MAR. 6</b><br/>Plant trees or shrubs next to your house. This cuts down on cooling costs in warm weather.</p>      |
| <p><b>MAR. 7</b><br/>Think about the environment Jesus lived in and how it affected his ministry. Reflect on examples of Jesus drawing on his environment for illustrations and inspiration.</p>  | <p><b>MAR. 8</b><br/>Turn down your water heater; 120 degrees is usually hot enough. Wrap your water heater in an insulating jacket if the water heater is over 5 years old or has no internal insulation.</p> | <p><b>MAR. 9</b><br/>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. Set aside old or unwanted clothes for recycling.</p>     | <p><b>MAR. 10</b><br/>Take a walk in your community. Greet your neighbors with a smile. Listen to the birds, look at the trees, and feel the rain, snow, or sun on your face. Rejoice in all creation!</p>   | <p><b>MAR. 11</b><br/>Check your tire pressure. Low tire pressure means high energy/fuel consumption.</p>   | <p><b>MAR. 12</b><br/>Say No to Unwanted plastic Bags (SNUB). Use cloth bags for planned shopping trips (see Feb 26), but also stuff 1-2 small plastic bags in your coat pockets for impromptu purchases – that's one less new bag used.</p>   | <p><b>MAR. 13</b><br/>Utilize local shops or farmers markets where available instead of driving to the supermarket.</p>  |
| <p><b>MAR. 14</b><br/>Think prayerfully about how we are using up our resources at an unsustainable rate. Reflect on the fact that the richest 20% of the world's population consumes 80% of its resources, while 80% of the population has to make do with the remaining 20% of resources.</p> | <p><b>MAR. 15</b><br/>Clean or replace air filters as recommended. Replacing a dirty furnace filter can save 15% of the energy used.</p>   | <p><b>MAR. 16</b><br/>Go meat-free for the day. The production of meat uses more carbon than the growing of grains, vegetables, and fruits.</p>  | <p><b>MAR. 17</b><br/>Watch a movie, film or documentary about faithful environmentalism and /or energy &amp; climate change. Good choices include:</p> <p><i>Renewal</i><br/><a href="http://renewalproject.net">http://renewalproject.net</a></p> <p><i>Kilowatt Ours</i><br/><a href="http://www.kilowattours.org">www.kilowattours.org</a></p> <p><i>The Great Warming</i><br/><a href="http://www.thegreatwarming.com">www.thegreatwarming.com</a></p> <p><i>An Inconvenient Truth</i><br/><a href="http://www.climatecrisis.net">www.climatecrisis.net</a></p> | <p><b>MAR. 18</b><br/>Stop unwanted junk mail to save trees, cut down on carbon emissions, and to reduce waste. Look into these websites:</p> <p><a href="http://www.donotmail.org">www.donotmail.org</a></p> <p><a href="http://www.41pounds.org">www.41pounds.org</a></p> <p><a href="http://www.dmachoice.org">www.dmachoice.org</a></p> | <p><b>MAR. 19</b><br/>Consider the carbon impact of having a fire in your fireplace. If you must have a wood fire, look into a fireplace insert, fireplace fan, or high-efficiency wood or pellet stove. Be sure to check for local burn bans before lighting up. And make sure to get your chimney cleaned at least once a year too, for fire safety.</p> | <p><b>MAR. 20</b><br/>Turn the water off while brushing your teeth. If you have children, teach them to do the same.</p> |

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| <p><b>MAR. 21</b><br/>The Bible says that in Jesus all things in heaven and earth were created, and through him all things will be reconciled. How do you think he would judge the way we live in the earth today? Take time to reflect on this both globally and personally.</p> | <p><b>MAR. 22</b><br/>If your family has more than one car, use your most fuel efficient vehicle for most trips, and the larger, less fuel efficient one only when needed. When making your next car purchase, choose one that gets good gas mileage, or consider a hybrid.</p> | <p><b>MAR. 23</b><br/>Contact your local utility to find out what resources are available to help you become more energy efficient. Many utilities offer free or reduced cost energy audits, rebates on energy-saving appliances, low-cost weatherization programs, or other energy services.</p>                             | <p><b>MAR. 24</b><br/>As you plan your garden, consider planting native plants that require less water. For vegetables and flowers, purchase organic seeds from your local nursery or online sources such as Seeds of Change <a href="http://www.seedsofchange.com">www.seedsofchange.com</a>, Park Seed Company <a href="http://www.organicseed.com">www.organicseed.com</a>, Eden Organic Nursery <a href="http://www.eonseed.com">www.eonseed.com</a>, or Organica Seed <a href="http://www.organicaseed.com">www.organicaseed.com</a>.</p> | <p><b>MAR. 25</b><br/>Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by about 4 mpg, a figure that remains fairly constant regardless of vehicle size.</p> | <p><b>MAR. 26</b><br/>Consider joining a religious environmental organization, and sign up for their e-mail newsletter. Earth Ministry/Washington Interfaith Power &amp; Light is a fine choice! ☺<br/><br/><a href="http://www.earthministry.org">www.earthministry.org</a><br/><a href="http://www.waipl.org">www.waipl.org</a></p>   | <p><b>MAR. 27</b><br/>Celebrate Earth Hour today! Join millions of people around the globe taking action on climate change by doing something quite simple—turning off their lights for one hour. In 2010, it's March 27 at 8:30pm local time. See this site for more info: <a href="http://www.earthhour.org">www.earthhour.org</a></p> |
| <p><b>MAR. 28</b><br/>Consider your church's commitment to creation care. How can your congregation become more eco-friendly?<br/>Earth Ministry's Greening Congregation Handbook has great ideas to get started.</p>   | <p><b>MAR. 29</b><br/>Buy rechargeable batteries and compact fluorescent light bulbs (CFLs) for your home. Replace as many incandescent bulbs as you can with CFLs. (Save one CFL for Maundy Thursday). How many light bulbs and batteries did you replace?</p>                 | <p><b>MAR. 30</b><br/>Take time to write or call an elected official about climate change or another creation care issue.<br/><br/>In Washington, you can find your state representative's email address at <a href="http://www.leg.wa.gov">www.leg.wa.gov</a>, or call the legislative hotline number at 1-800-562-6000.</p> | <p><b>MAR. 31</b><br/>Summer isn't that far away, and your thoughts might be turning to an upcoming vacation. Now is the time to explore how you can make it "greener." What about a service (volunteer) experience with your family? Or an eco-tour? Consider the carbon impact of plane flights and long car trips in your planning.</p>   | <p><b>APR. 1</b><br/><b>Maundy Thursday</b><br/>Replace the light bulb you removed on Ash Wednesday with a CFL light bulb.</p>  | <p><b>APR. 2</b><br/><b>GOOD FRIDAY</b><br/>Darkness covered the earth on the first Good Friday. Switch off all the lights and sit in darkness for a while. During this time, take moment to reflect on all the activities you have undertaken during Lent, and how they have contributed to a greener, healthier Earth. Conclude your "Carbon Fast for Lent" by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.</p> |  |

If you want to calculate your carbon savings as you proceed, these websites offer "carbon calculators":

[http://www.epa.gov/climatechange/emissions/ind\\_calculator.html](http://www.epa.gov/climatechange/emissions/ind_calculator.html)

<http://www.climatecrisis.net/calculate-your-impact.php>

[www.carbonfund.org](http://www.carbonfund.org)

For a carbon calculator for congregations, see [www.coolcongregations.com](http://www.coolcongregations.com)

For children's activities, see [www.greengorilla.com](http://www.greengorilla.com)

Many thanks to Rock Spring Congregational UCC for this calendar template and some of the ideas contained in it.