


# LENTEN CARBON FAST CALENDAR 2023



SUN	MON	TUE	WED	THU	FRI	SAT
<b>MARCH</b>						
<p>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.</p>			<p>"I WILL SPRINKLE CLEAN WATER ON YOU." - EZEKIEL 36:25</p> <p>Time how long it takes you to shower, &amp; set a goal of reducing that time (use an alarm to make sure you're on track).</p>	<p>"THERE WILL BE A SHELTER TO GIVE SHADE FROM THE HEAT." - ISAIAH 4:6</p> <p>Invest in a programmable thermostat; aim for 68° during the day and 60° at night (you can start -1° at a time!).</p>	<p>"CRY ALOUD... LIFT UP YOUR VOICE LIKE A TRUMPET." - ISAIAH 58:1</p> <p>Petition &amp; lobby Congress to support mass transit construction, higher miles per gallon standards for cars, &amp; incentives for electric vehicles.</p>	<p>"DO NOT LAY UP FOR YOURSELVES TREASURES ON EARTH." - MATTHEW 6:19</p> <p>Utilize local shops or farmers markets when you can instead of driving to the supermarket. Buy in bulk to avoid extra packaging.</p>
<p>"YOU SHALL NOT POLLUTE THE LAND IN WHICH YOU LIVE." - NUMBERS 35:33</p> <p>Commit to declining the offer for a straw when eating out. Use a stainless steel straw &amp; tumbler. Bring a travel mug when ordering coffee (it's often cheaper!).</p>	<p>"I AM DOING A NEW THING! NOW IT SPRINGS UP: SEE IT?" - ISAIAH 43:19</p> <p>Try composting, even in the winter. Mother Nature can turn food scraps &amp; yard trimmings into fertilizer while reducing landfill waste &amp; CO2.</p>	<p>"YOU PROVIDED IN THE WILDERNESS &amp; THEY WEREN'T IN WANT." - NEHEMIAH 9:21</p> <p>Make a list of the items you throw away today. Identify wasteful items you can eliminate from your daily habits.</p>	<p>"DO NOT BE ANXIOUS ABOUT TOMORROW." - MATTHEW 6:34</p> <p>Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by about 4 miles per gallon, regardless of vehicle size.</p>	<p>"DO NOT QUENCH THE SPIRIT." - 1 THESSALONIANS 5:19</p> <p>Re-wear clothes which aren't dirty and only run your washing machine when it's full. Using the cold water setting saves energy; avoid using the dryer.</p>	<p>"WHATEVER YOU DO, WORK HEARTILY, AS FOR THE LORD." - COLOSSIANS 3:23</p> <p>Check your tire pressure. Low tire pressure means high energy/fuel consumption.</p>	<p>"YOU WERE WASHED, SANCTIFIED, AND JUSTIFIED BY GOD'S SPIRIT." - 1 CORINTHIANS 6:11</p> <p>Install low-flow fittings on your shower head and sink faucets to limit your water use without sacrificing function.</p>
<p>"YOUR FOOTPRINTS WERE UNSEEN." - PSALM 77:19</p> <p>Over 40% of the US' carbon footprint is from the making of, moving, &amp; disposing of single-use items. Commit to using glassware &amp; cloth napkins/towels at home.</p>	<p>"BE CONTENT WITH WHAT YOU HAVE." - HEBREWS 13:5</p> <p>Buy only necessities during this season of Lent. Think about "needs" verses "wants" and be mindful about your purchasing and its source.</p>	<p>"THE WORDS OF THE LORD ARE PURE WORDS." - PSALM 12:6</p> <p>Clean or replace air filters as recommended. Replacing a dirty furnace filter can save 15% of the energy used!</p>	<p>"THEY WHO WAIT ON THE LORD SHALL RENEW THEIR STRENGTH." - ISAIAH 40:31</p> <p>Americans throw away 86,000+ tons of single-use alkaline batteries per year - enough to circle the world at least 6 times! Switch to re-chargeable batteries.</p>	<p>"IN CHRIST I AM A NEW CREATION!" - 2 COR. 5:17</p> <p>Purchasing products from re-constituted &amp; recycled resources (paper, clothing, etc.) shrinks the footprint of raw materials &amp; supports the recycling economy.</p>	<p>"I ARISE TODAY THROUGH THE STRENGTH OF HEAVEN. LIGHT OF SUN; BRILLIANCE OF MOON." - ST. PATRICK</p> <p>Commit to getting one piece of solar equipment: a solar light, a solar charger for your phone, or solar building panels.</p>	<p>"SHOWER, O HEAVENS, AS CLOUDS RAIN DOWN RIGHTEOUSNESS." - ISAIAH 45:8</p> <p>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.</p>
<p>"FOR EACH WILL HAVE TO BEAR HIS OWN LOAD." - GALATIANS 6:5</p> <p>Run your dishwasher only with a full load. Use its energy-saving modes when available, and avoid using the heated drying option.</p>	<p>"THE EARTH BROUGHT FORTH VEGETATION, &amp; IT WAS GOOD." - GENESIS 1:12</p> <p>Buy organically grown produce, which is pesticide &amp; fertilizer-free (bonus if it is native to your geographical area).</p>	<p>"JESUS CHRIST IS THE SAME YESTERDAY, TODAY &amp; FOREVER." - HEBREWS 13:8</p> <p>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.</p>	<p>"I AM THE LIGHT OF THE WORLD." - JOHN 8:12</p> <p>Buy rechargeable batteries &amp; compact fluorescent light bulbs (CFLs) for your home. Replace as many incandescent bulbs as you can with CFLs.</p>	<p>"WITH JOY YOU DRAW WATER FROM THE WELLS OF SALVATION." - ISAIAH 12:3</p> <p>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.</p>	<p>"PRECIOUS TREASURE &amp; OIL ARE IN THE HOME THE WISE." - PROVERBS 21:20</p> <p>Check that all electrical equipment is switched off rather than on standby when not in use. Screen savers don't save electricity.</p>	<p>"GOD GIVES RAIN TO THE EARTH &amp; SENDS WATER ON THE FIELDS." - JOB 5:10</p> <p>Water your garden in the evening or early morning when it evaporates less. Use a drip hose instead of a large nozzle. Plant only bulbs native to your region.</p>
<p>"HE TORE HIS CLOTHES &amp; PUT ON SACKCLOTH &amp; FASTED." - 1 KINGS 21:27</p> <p>Gather up your old garments with holes or stains &amp; take them to Goodwill to be recycled, or use them as rags for pets, floors, or your car. Less in the landfill!</p>	<p>"BUT THEY WHO WAIT FOR THE LORD SHALL RENEW THEIR STRENGTH." - ISAIAH 40:31</p> <p>Take advantage of new financial incentives for purchasing an electric vehicle and/or solar panels through the Inflation Reduction Act.</p>	<p>"THEN SHALL THE TREES SING FOR JOY BEFORE THE LORD." - 1 CHRONICLES 16:33</p> <p>The production &amp; disposal of direct mail uses more energy than 3 million cars. Stop unwanted junk mail to save trees, cut down on carbon emissions, &amp; reduce waste.</p>	<p>"YOU WILL BE CALLED THE REPAIRER OF THE BREACH." - ISAIAH 58:12B</p> <p>Take time today to repair something that you might otherwise have replaced.</p>	<p>"FOR I AM NOT ASHAMED OF THE GOSPEL." - ROMANS 1:6</p> <p>Dispose of waste 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.</p>	<p>"ALL THINGS ARE LAWFUL, BUT NOT ALL THINGS ARE HELPFUL." - 1 CORINTHIANS 6:12</p> <p>Chemical fertilizers do long-term harm to soil &amp; waters. Fertilize with mulch, compost, &amp; manure; use natural methods to remove pests when possible.</p>	

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			<p><b>FEBRUARY</b></p> <p>"ALL ARE FROM THE DUST, AND TO DUST ALL RETURN." <b>22</b> - ECCLESIASTES 3:20</p> <p>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.</p>	<p>"GOD DIVIDED THE LIGHT FROM THE DARKNESS." <b>23</b> - GENESIS 1:4</p> <p>To begin your fast, remove one light bulb in your home and live without it during Lent as a reminder of your Carbon Fast.</p>	<p>"DO NOT POLLUTE THE LAND WHERE YOU ARE." <b>24</b> - NUMBERS 35:33</p> <p>Use your own water bottle and dish ware when on-the-go. Plastic bottles &amp; disposable dishes do not de-compose efficiently.</p>	<p>"KNOCK &amp; THE DOOR WILL BE OPENED FOR YOU." <b>25</b> - MATTHEW 7:7</p> <p>Save 25% in home heating bills: caulk &amp; weatherstrip around doors &amp; windows to plug air leaks; insulate walls &amp; ceilings.</p>
<p>"THEY ARE SUSTAINED AS THEY TRAVEL ALONG." <b>26</b> - PSALM 84:7</p> <p>Honor the Lord's day (&amp; God's Creation) by walking, biking, or taking public transportation to church today. Or even better, offer a ride to a neighbor!</p>	<p>"JESUS ATE NOTHING DURING THOSE [40] DAYS." <b>27</b> - LUKE 4:2</p> <p>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)!</p>	<p>"THEREFORE YOU ALSO MUST BE READY." <b>28</b> - MATTHEW 24:4</p> <p>Tote a small bag in your pocket or purse rather than rely on new plastic, and always take cloth bags with you when shopping.</p>				
						<p><b>APRIL</b></p> <p>"YOUR WORD IS A LAMP TO MY FEET &amp; A LIGHT TO MY PATH." <b>1</b> - PSALM 119:105</p> <p>Replace incandescent &amp; compact fluorescent lights with LEDs. Each bulb replaced will save hundreds of pounds of climate pollution over time.</p>
<p>"BE STILL, AND KNOW THAT I AM GOD." <b>2</b> - PSALM 46:10</p> <p>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!</p>	<p>"YOU SEND YOUR SPIRIT... AND RENEW THE FACE OF THE GROUND." <b>3</b> - PSALM 104:30</p> <p>Switch to bamboo toilet paper instead of regular TP. Bamboo is a quickly renewable resource, while trees take years and decades to grow.</p>	<p>"THE LORD IS WRAPPED IN LIGHT LIKE A GARMENT." <b>4</b> - PSALM 104:2</p> <p>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.</p>	<p>"BASED ON THE GIFT YOU'VE RECEIVED... USE IT TO SERVE OTHERS." <b>5</b> - 1 PETER 4:10</p> <p>Find ways to save paper: set your computer printer to print on both sides; save paper printed on one side &amp; feed it back in to print on the second side.</p>	<p>"WHOEVER BELIEVES IN ME MAY NOT REMAIN IN DARKNESS." <b>6</b> - JOHN 12:46</p> <p>Replace  the light bulb you removed at the start of your fast with a CFL light bulb.</p>	<p>"PRECIOUS TREASURE &amp; OIL ARE IN THE HOME THE WISE." <b>7</b> - PROVERBS 21:20</p> <p>Check that all electrical equipment is switched off rather than on standby when not in use. Screen savers don't save electricity.</p>	<p>"ORDER THE TOMB TO BE MADE SECURE UNTIL THE THIRD DAY." <b>8</b> - MATTHEW 27:64</p> <p>Observe this holy Sabbath by pledging to not use any electronics or extra energy. Unplug your TV, turn off lights unless needed.</p>
<p>"HE IS RISEN!" <b>9</b> - MARK 16:6</p> <p>When celebrating Easter today, make a new tradition of planting seeds or bulbs native to your region. Then utilize all that you have done this Lent throughout the year onward!</p>						
<p><b>ADDITIONAL RESOURCES:</b></p>			<p>Composting: <a href="http://www.epa.gov/recycle/composting-home">www.epa.gov/recycle/composting-home</a>                  Opt-out of junk mail: <a href="http://www.dmachoice.org">www.dmachoice.org</a>                  Inflation Reduction Act: <a href="http://www.citizensclimatelobby.org/inflation-reduction-act">www.citizensclimatelobby.org/inflation-reduction-act</a>                  Tissue Alternatives: <a href="http://www.nrdc.org/stories/shoppers-guide-home-tissue-products">www.nrdc.org/stories/shoppers-guide-home-tissue-products</a>                  Measure your Carbon Footprint: <a href="http://www.co2nsensus.com">www.co2nsensus.com</a>                  Lutherans Restoring Creation: <a href="http://www.LutheransRestoringCreation.org">www.LutheransRestoringCreation.org</a></p>			