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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**Lenten Carbon Fast Calendar 2024**

**FEBRUARY**

- **14** Reflected with gratitude on the reality that we all are made of and fed by the earth, and that to the earth we will return.
- **14** God divided the light from the darkness.
- **15** To begin your fast, remove one light bulb in your home and live without it during Lent as a reminder of your Carbon Fast.
- **16** Do not pollute the land where you are.
- **17** Knock, & the door will be opened for you.

**ADDITIONAL RESOURCES:**
- Composting: [www.epa.gov/recycle/composting-home](http://www.epa.gov/recycle/composting-home)
- Opt-out of junk mail: [www.dmachoice.org](http://www.dmachoice.org)
- Inflation Reduction Act: [www.citizensclimate.org/iract](http://www.citizensclimate.org/iract)
- Measure your Carbon Footprint: [www.co2nscus.com](http://www.co2nscus.com)
- Lutherans Restoring Creation: [www.LutheransRestoringCreation.org](http://www.LutheransRestoringCreation.org)
**LENTEN CARBON FAST CALENDAR**

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<td><strong>31</strong>&lt;br&gt;<strong>You shall not pollute the land which you live.</strong>&lt;br&gt;- Numbers 35:33&lt;br&gt;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!)</td>
<td><strong>4</strong>&lt;br&gt;<strong>I am doing a new thing. Now it springs up, see if it!</strong>&lt;br&gt;- Isaiah 43:19&lt;br&gt;Try composting, even in the winter. Mother Nature can turn food scraps &amp; yard trimmings into fertilizer while reducing landfill waste &amp; CO2.</td>
<td><strong>5</strong>&lt;br&gt;<strong>You provided in the wilderness; and they were fed on manna.</strong>&lt;br&gt;- Nehemiah 9:21&lt;br&gt;Make a list of the items you throw away today. Identify wasteful items you can eliminate from your daily habits.</td>
<td><strong>6</strong>&lt;br&gt;<strong>Do not be anxious about tomorrow.</strong>&lt;br&gt;- Matthew 6:34&lt;br&gt;Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by about 4 miles per gallon, regardless of vehicle size.</td>
<td><strong>7</strong>&lt;br&gt;<strong>Do not quench the spirit.</strong>&lt;br&gt;- 1 Thessalonians 5:19&lt;br&gt;Re-wear clothes that aren’t dirty and only run your washing machine when it’s full. Using the cold water setting saves energy: avoid using the dryer.</td>
<td><strong>8</strong>&lt;br&gt;<strong>Whatever you do, work heartily, as for the Lord.</strong>&lt;br&gt;- Colossians 3:23&lt;br&gt;Check your tire pressure. Low tire pressure means high energy/fuel consumption.</td>
<td><strong>9</strong>&lt;br&gt;<strong>You were washed, sanctified, and justified by God’s Spirit through the body of Christ.</strong>&lt;br&gt;- 1 Corinthians 6:11&lt;br&gt;Install low-flow fittings on your shower head and sink faucets to limit your water use without sacrificing function.</td>
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**March 2024**

1. **1**<br>**Do not lay up for yourselves treasures on earth.**<br>- Matthew 6:19<br>Utilize local shops or farmers markets when you can instead of driving to the supermarket. Buy in bulk to avoid extra packaging. |

2. **2**<br>**God gives rain to the earth;**<br>- 1 Corinthians 4:7<br>Water your garden in the evening or early morning when it evaporates less. Use a drip hose instead of a large nozzle. Plast only bulbs native to your region. |

3. **10**<br>**Over 40% of the US’s carbon footprint is from the making, warming, and disposing of single-use items. Commit to using glassware & cloth napkins/towels at home.**<br>- Galatians 5:8<br>Run your dishwasher only with a full load. Use its energy-saving modes when available, and avoid using the heated drying option. |

4. **11**<br>**The words of the Lord are pure words.**<br>- Psalm 12:6<br>Clean or replace air filters as recommended. Replacing a dirty furnace filter can save 15% of the energy used! |

5. **12**<br>**They who wait on the Lord shall renew their strength.**<br>- Isaiah 40:31<br>Americans throw away 86,000+ tons of single-use alkaline batteries per year - enough to circle the world at least 6 times! Switch to rechargeable batteries. |

6. **13**<br>**In Christ I am a new creation!**<br>- 2 Corinthians 5:17<br>Purchasing products from reconstituted & recycled resources (paper, clothing, etc.) shores the footprint of raw materials & supports the recycling economy. |

7. **14**<br>**I am the light of the world.**<br>- John 8:12<br>Replace all 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. |

8. **15**<br>**All things are lawful, but not all things are helpful.**<br>- 1 Corinthians 12:3<br>Chemical fertilizers do long-term harm to soil & waters. Fertilize with mulch, compost, & manure. Use natural methods to remove pests when possible. |

9. **16**<br>**God gives rain to the earth;**<br>- 1 Corinthians 4:7<br>Water your garden in the evening or early morning when it evaporates less. Use a drip hose instead of a large nozzle. Plast only bulbs native to your region. |

10. **17**<br>**For each one to bear his own load.**<br>- Galatians 6:5<br>Run your dishwasher only with a full load. Use its energy-saving modes when available, and avoid using the heated drying option. |

11. **18**<br>**You must be content with what you have.**<br>- Hebrews 13:5<br>Buy only necessities during this season of Lent. Think about “needs” verses “wants” and be mindful about your purchasing and its source. |

12. **19**<br>**Jesus Christ is the same yesterday, today, and forever.**<br>- Hebrews 13:8<br>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. |

13. **20**<br>**I am the light of the world.**<br>- John 8:12<br>Safe rechargeable batteries & compact fluorescent light bulbs (CFLs) for your home. Replace as many incandescent bulbs as you can with CFLs. |

14. **21**<br>**To whom you will draw water from the wells of salvation.**<br>- Isaiah 55:1<br>Turn off 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. **22**<br>**All things are lawful, but not all things are helpful.**<br>- 1 Corinthians 12:3<br>Chemical fertilizers do long-term harm to soil & waters. Fertilize with mulch, compost, & manure. Use natural methods to remove pests when possible. |

16. **23**<br>**God gives rain to the earth;**<br>- 1 Corinthians 4:7<br>Turn off 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. |

17. **24**<br>**Be still, and know that I am God.**<br>- Psalm 46:10<br>Rest today. Take a walk outdoors with no electronic input. Listen to the sounds of the natural world and notice the beauty around you. |

18. **25**<br>**You send your Spirit, and renew the face of the earth.**<br>- Psalm 104:30<br>Switch to bamboo toilet paper instead of regular TP. Bamboo is a quickly renewable resource, while trees take years and decades to grow. |

19. **26**<br>**The Lord is wrapped in light as a garment.**<br>- Psalm 104:2<br>Turn down your water heater. $120 °F is usually hot enough. Wrap your water heater in an insulating jacket if the water heater is over 5 years. |

20. **27**<br>**I do not despise your people, nor despise your dwelling place.**<br>- Isaiah 44:23<br>Replace the light bulb you removed at the start of your fast with a LED light bulb. |

21. **28**<br>**You shall not light a candle before you have put on your inner garments.**<br>- Matthew 5:16<br>Check that all electrical equipment is switched off rather than on standby when not in use. Screen savers don’t save electricity. |

22. **29**<br>**Order the tomb to be sealed until the third day.**<br>- Matthew 27:62<br>Observe this Holy Sabbath by pledging to not use any electronics or extra energy. Unplug your TV, turn off lights unless needed. |