

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|--|---|
| <p><i>"They are sustained as they travel along."</i> 1 - Psalm 84:7</p> <p>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!</p> | <p><i>"Jesus ate nothing during those [40] days."</i> 2 - 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><i>"Therefore you also must be ready."</i> 3 - Matthew 24:44</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><i>"I will sprinkle clean water on you."</i> 4 - Ezekiel 36:25</p> <p>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).</p> | <p><i>"There will be a shelter to give shade from the heat by day."</i> 5 - 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><i>"Cry aloud; do not hold back; lift up your voice like a trumpet."</i> 6 - Isaiah 58:1</p> <p>Petition & lobby Congress to support mass transit construction, higher miles per gallon standards for cars, & incentives for electric vehicles.</p> | <p><i>"Do not lay up for yourselves treasures on earth."</i> - Matthew 6:19 7</p> <p>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.</p> |
| <p><i>"You shall not pollute the land in which you live."</i> - Numbers 35:33 8</p> <p>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!)</p> | <p><i>"Whether you eat or drink, do all for God's glory."</i> - 1 Cor. 10:31 9</p> <p>MEATLESS MONDAY: Livestock account for more than 14% of global green-house gas emissions. A meatless diet could cut those emissions by 63%!</p> | <p><i>"Indeed, for 40 years You provided for them in the wilderness and they were not in want."</i> - Nehemiah 9:21 10</p> <p>Make a list of the items you throw away today. Identify wasteful items you can eliminate from your daily habits.</p> | <p><i>"Do not be anxious about tomorrow."</i> - Matthew 6:34 11</p> <p>Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by about 4 mpg, regardless of vehicle size.</p> | <p><i>"Do not quench the Spirit."</i> - 1 Thessalonians 5:19 12</p> <p>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.</p> | <p><i>"Whatever you do, work heartily, as for the Lord."</i> - Colossians 3:23 13</p> <p>Check your tire pressure. Low tire pressure means high energy/fuel consumption.</p> | <p><i>"You were washed, sanctified, and justified... by the Spirit of our God."</i> - 1 Corinthians 6:11 14</p> <p>Install low-flow fittings on your shower head and sink faucets to limit your water use without sacrificing function.</p> |
| <p><i>"Your footprints were unseen."</i> - Psalm 77:19 15</p> <p>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.</p> | <p><i>"You care for people and animals alike, O LORD."</i> - Psalm 36:6 16</p> <p>MEATLESS MONDAY: An average family of 4 emits more green-house gases because of the meat they eat than from driving 2 cars. Try avoiding both today!</p> | <p>ST. PATRICK'S DAY 17 <i>"I arise today through the strength of heaven: Light of sun; Brilliance of moon."</i> - 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><i>"The words of the LORD are pure words: as silver tried in a furnace of earth."</i> - Psalm 12:6 18</p> <p>Clean or replace air filters as recommended. Replacing a dirty furnace filter can save 15% of the energy used!</p> | <p><i>"But they who wait upon the LORD shall renew their strength."</i> - Isaiah 40:31 19</p> <p>Americans throw away 86,000+ tons of single use alkaline batteries per year - enough to circle the world at least 6 times! Today, switch to rechargeable batteries.</p> | <p><i>"In Christ I am a new creation!"</i> - 2 Cor. 5:17 20</p> <p>Purchase products from reconstituted & recycled resources – paper, clothing, etc. This shrinks the footprint of raw materials & supports the recycling economy.</p> | <p><i>"Shower, O heavens above, and let the clouds rain down righteousness."</i> - Isaiah 45:8 21</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><i>"For each will have to bear his own load."</i> - Galatians 6:5 22</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><i>"The earth brought forth vegetation, plants yielding seed & trees bearing fruit. And it was good."</i> - Genesis 1:12 23</p> <p>MEATLESS MONDAY: Buy organically grown produce, which is pesticide & fertilizer-free (bonus if it is native to your geographical area).</p> | <p><i>"Jesus Christ is the same yesterday, today & forever."</i> - Heb. 13:8 24</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>"I am the light of the world."</i> - John 8:12 25</p> <p>Buy rechargeable batteries & compact fluorescent light bulbs (CFLs) for your home. Replace as many incandescent bulbs as you can with CFLs.</p> | <p><i>"With joy you will draw water from the wells of salvation."</i> - Is 12:3 26</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><i>"Precious treasure & oil are in the dwelling of a wise person, but a foolish one consumes them."</i> - Proverbs 21:20 27</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><i>"God gives rain to the earth & sends water upon the fields."</i> - Job 5:10 28</p> <p>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.</p> |



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.

"God divided the 27
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.

"Do not pollute the 28
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.

"Ask & it will be given 29
to you; seek & you will
find; knock & the door
will be opened." - Ma 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.

(turn around)

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!

"Blessed are the 30
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.

"Then shall the trees 31
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
for more
information.

"You will be called the 1
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.

April

"For I am not 2
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, esp-
ecially recyclables.

"All things are lawful 3
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 me-
thods to remove
pests.

"Your word is a lamp 4
to my feet & a light to my
path." - Psalm 119:105
Replace in-
candescent & com-
pact 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!

"As one gathers 6
eggs, so I have
gathered all the earth."
- Isaiah 10:14
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!)

"The Lord is wrapped 7
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.

"Based on the gift 8
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.

MAUNDY THURS. 9
"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.

GOOD FRIDAY 10
"Darkness fell across
the whole earth."
- Mark 15:33
Switch off all the
lights & sit in dark-
ness for a while,
reflecting on your
Carbon Fast and
how it has con-
tributed to a
healthier Earth.

HOLY SATURDAY 11
"Order the tomb 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.

EASTER SUNDAY! 12
"He is risen!" - Mark 16:6
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!

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.

Follow us Online: [facebook.com/CSSELCA](https://www.facebook.com/CSSELCA)

Keep track of all the energy you save at

www.carbonfootprint.com