

# 40-day Carbon Fast – Lent 2010

The world can change a lot in 40 days. Biblically, this period takes on huge significance as a time to repent, reflect, sacrifice and hear from God. You are invited to use this 40-day carbon fast as an opportunity to rethink the impact of your lifestyle and consumption.



## Day 1

February 17

**Ash Wednesday**

Remove one light bulb (without inviting danger) and live without it until Easter.

## Day 2

February 18

Dine by candlelight.

## Day 3

February 19

Tread lightly – whether that's by foot, by bike, on to a bus, or on the gas as you drive. Find a way to reduce carbon dioxide emissions when you travel today.

## Day 4

February 20

Check your home (windows and doors) for drafts with a ribbon or feather. If it flutters, consider buying a draft dodger or otherwise stemming the cold inflow.

**SUNDAY**

February 21

## Day 5

February 22

Talk about your carbon fast today. Encourage others to join in.

## Day 6

February 23

Turn your central heating thermostat down by one degree.

## Day 7

February 24

Say good by to standby. Check that all electrical equipment is switched off when not in use. The TV alone will save a hefty 45 pounds of carbon dioxide per year.

## Day 8

February 25

Unplug your mobile phone charger: it uses electricity even when it's not charging.

## Day 9

February 26

Climate change isn't a distant threat. It's affecting poor communities now. Pray for vulnerable communities' ability to adapt to the changing weather. Include in your prayers the recipients of our fourth Sunday hunger offering.

## Day 10

February 27

When you go out, bring your own reusable water bottle. Tomorrow bring your own coffee mug to church for the coffee hour and support the message of the Youth Sunday service.

**SUNDAY**

February 28

Youth Sunday. Fourth Sunday hunger offering.

## Day 11

March 1

Give your dishwasher a day off. If you are buying a dishwasher, buy one that is an Energy-Star qualified appliance.

## Day 12

March 2

Use local shops instead of driving to out-of-town shopping malls and stores. Walk there if possible.

## Day 13

March 3

Find out where one or more of your legislators stand on an energy conservation issue important to you.

## Day 14

March 4

In New Jersey it is possible to designate that some or all of your electricity be generated from green sources (wind, solar, hydro). Consider whether it makes sense for you to do this. For more information, contact the NJ Board of Public Utilities at 1-866-NJSMART or google NJ Clean Power Choice.

## Day 15

March 5

Take a shower (10 minutes or less) instead of a bath: you'll heat less water.

## Day 16

March 6

Snub plastic bags. Get into the habit of taking your own bag to the store or farm market. Ask your supermarket to buy things without unnecessary packaging.

**SUNDAY**

March 7

## Day 17

March 8

Switch off lights as you leave the room.

## Day 18

March 9

Do not waste water. Draw only what you need and think about what you throw away. Water a plant instead.

## Day 19

March 10

Cut the air miles. Don't consume any food that you know has been imported by plane (apart from Fair Trade products).

## Day 20

March 11

Compost. Put the nutrients from food waste back into the soil, not into a landfill.

## Day 21

March 12

Run your washing machine only when you have a full load.

## Day 22

March 13

Turn the faucets completely off. In one day, a hot dripping faucet can fill a bathtub. If you have a leaking faucet, call the plumber.

**SUNDAY**

March 14

## Day 23

March 15

Reduce – or better yet – try to eliminate electronic entertainment. No TV, no radio. Unplug all recharging devices not in use.

## Day 24

March 16

Find a place to use an energy-saving compact fluorescent bulb (CFL). If every American household replaced just one standard bulb with a CFL, we would save enough energy to light more than 3 million homes for a year.

## Day 25

March 17

Who works hardest in the house? It's the fridge. It's churning away 24/7. Clean the coils to make sure it's running efficiently.

## Day 26

March 18

'Love does no harm to its neighbor.' Romans 13:10. But while our lifestyles consume more and more energy, our poorer neighbors are suffering. Reflect on ways to love our neighbors in our increasingly connected world.

## Day 27

March 19

Check your tire pressures. Low tire pressure means high fuel consumption.

## Day 28

March 20

Calculate your carbon footprint using the paper version available at church or try the carbon calculator from either the Environmental Protection Agency <http://www.epa.gov/climatechange/emissions/individual.html> or the Nature Conservancy <http://www.nature.org/initiatives/climatechange/calculator/> Resolve to reduce your carbon footprint.

**SUNDAY**

March 21

## Day 29

March 22

Are you recycling everything possible? Really everything? Look into it today.

## Day 30

March 23

Find out a new fact about the impact of climate change today. Share it with a friend.

## Day 31

March 24

Foaming, caulking and weather-stripping, adding insulation, or replacing windows can help to eliminate uncomfortable cold spots and overheated rooms. Do what you can today. Make plans for further improvements.

## Day 32

March 25

Of the animals we omnivores eat, beef cattle produce the most methane, a greenhouse gas. Try going without beef for a week. Congratulate any vegetarian you know, including yourself if you are one, for contributing less to global warming.

## Day 33

March 26

Find one way to save paper today. Reuse paper or print double sided or something else. Recycle shredded paper.

## Day 34

March 27

Be part of Earth Hour, an international effort to together show we care about our earth. Turn off all the nonessential lights and nonessential appliances in your home for one hour between 8 and 9 pm. Go to [www.earth-hour.org](http://www.earth-hour.org) for more information and to see pictures of what happened in 2009.

**PALM SUNDAY**

March 28

## Day 35

March 29

Touch your water heater carefully. A tank that is warm to the touch needs additional insulation. Heating water is a top energy expense, about 13 percent of the utility bill. Insulation can keep more than 300 pounds of carbon dioxide from entering the atmosphere each year and costs about \$25.

## Day 36

March 30

Re-use an item you would have thrown away, whether that's jam jars, envelopes, cereal box liners, ice-cream containers or something else.

## Day 37

March 31

The state of New Jersey will pay \$30 for recycling your old working refrigerator or freezer. Call 877-270-3520. Also see

[www.njcleanenergy.com](http://www.njcleanenergy.com) New Jersey's Home Performance with ENERGY STAR program offers an opportunity to "save up the 30 percent on energy costs and increase the comfort, safety, and durability of your home." Federal tax credits are now available for energy efficient home improvements. Consider whether any of these programs could help you.

## Day 38

April 1

Maundy Thursday. Stop receiving unwanted catalogs today. Unwanted catalogs cause trees to be cut down for no purpose. Unwanted catalogs take energy to print and distribute. They take energy to collect if recycled. If not recycled, they fill up landfills. Go to [www.catalogchoice.org](http://www.catalogchoice.org).

## Day 39

April 2

Could our church be greener? Join Nassau's Earth Stewardship Advocacy Group and help us figure it out.

## Day 40

April 3

Consider borrowing books from the library instead of buying them. CONGRATULATIONS! You have finished the 40-day carbon fast. Are there some parts of the fast you would like to continue?

**EASTER SUNDAY**

April 4

**Happy Easter**

Adapted from the 2009 40-day Carbon Fast of Saint Mark Presbyterian Church of Rockville, MD which adapted it from Tearfund, UK, 2008 40 Day Energy Fast.