

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>Carbon Fast Calendar</h1> <h2>Lent 2019</h2> <h3>Spencer Presbyterian Church</h3> <p>Lent is the time that we remember the 40 days Jesus being tempted in the wilderness. Join us as we prayerfully consider our own temptations and seek to live more sustainably will all who reside on this Earth, and with the Earth itself.</p>			<p>March 6th: Ash Wednesday Remove one light bulb from a light in your home and live without it during Lent.</p>	<p>7 Change the setting on your computer so it goes into power saver mode faster.</p>	<p>8 Find ways to save paper. For example, print less. Or reuse paper that has only been used on one side.</p>	<p>9 Check the air filters in your home and clean or replace as recommended. This will reduce the energy used, as well as make your home a healthier place to live.</p>
<p>10 Day of Rest This week's focus: Food</p>	<p>11 Reduce food waste during Lent. Be careful to eat or give away any food you buy.</p>	<p>12 Cut the miles your food has traveled by buying local this week. Try a farmer's market or look for locally produced foods at your grocery store.</p>	<p>13 Trace the journey made by the food on your plate for one meal. Reflect on what and who has enabled this food to reach you. foodmiles.com</p>	<p>14 Find a new vegetarian recipe to try. Or share a favorite vegetarian recipe with friends and neighbors.</p>	<p>15 Make sure your fridge is set appropriately. It should be about 38 degrees F.</p>	<p>16 Go meat free for the day. The production of meat uses more carbon than the growing of vegetables, grains, and fruits.</p>

<p>17 Day of Rest</p> <p>This week's focus: Water</p>	<p>18 Use only cold water to do your laundry during Lent. If you're already doing that, hang your laundry to dry rather than use the dryer.</p>	<p>19 Time how long it takes you to shower. Set a goal of reducing that time.</p>	<p>20 Drink only water today. Most other drinks consume extra water in producing them.</p>	<p>21 Stop using bottled water for Lent. If you're already doing that, take it a step further by avoiding all single serving beverages in plastic containers.</p>	<p>22: World Water Day Calculate your water footprint. water calculator.org</p>	<p>23 Check your house for leaks and dripping taps and get them fixed. Also consider changing out the fittings on your faucets for low-flow fittings to reduce your water use.</p>
<p>24 Day of Rest</p> <p>This week's focus: Energy</p>	<p>25 Have dinner by candlelight. Talk, play games, enjoy.</p>	<p>26 Change out your light bulbs with LED bulbs to reduce your energy consumption.</p>	<p>27 Turn your thermostat down by one degree and keep it there for the week.</p>	<p>28 Check your doors and windows for air leaks. Caulk or weather strip any drafty spots.</p>	<p>29 Buy rechargeable batteries for your home.</p>	<p>30: Earth Hour Join people all over the world in turning out the lights for an hour at 8:30pm. If you want to take it a step further, challenge yourself to not use any electronics today.</p>

<p>31 Day of Rest</p> <p>This week's focus: Consumption</p>	<p>April 1 Create your own green cleaning spray with water and white vinegar.</p>	<p>2 Register to stop unwanted junk mail. ecocycle.org/junkmail</p>	<p>3 Buy nothing today. Have a day free from being a consumer.</p>	<p>4 Make a list of the items you throw away today. Identify wasteful items you can eliminate from your daily habits.</p>	<p>5 Refresh your memory about which items your city/county allow for curbside recycling.</p>	<p>6 Clear your closet of unused clothes. Give them away or host a second hand sale. (Do not use this as an excuse to buy more clothing.)</p>
<p>7 Day of Rest</p> <p>This week's focus: Transportation</p>	<p>8 Combine two trips today. Or carpool instead of driving your own vehicle.</p>	<p>9 Check your tire pressure. Cars with low tire pressure use more gas per mile.</p>	<p>10 Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by about 4mpg, regardless of vehicle size.</p>	<p>11 Make sure you're caught up on car maintenance. A car that needs work can greatly reduce its efficiency.</p>	<p>12 40% of car trips are within a two mile radius of home. Eliminate one by walking, biking, or choosing not to go.</p>	<p>13 Have a travel free day. Stay at home and appreciate the preciousness of your surroundings and the people around you.</p>

<p>14 Day of Rest</p> <p>This week's focus: Gratitude & Generosity</p>	<p>15 Pick up at least one piece of litter from the ground today.</p>	<p>16 Capture your joy in creation. Write or take a photo to reflect how creation strengthens your spirit.</p>	<p>17 Share with a friend the activity from this carbon fast that you found most meaningful this lent.</p>	<p>18: Maundy Thursday Pray to live differently from the culture around us and to know that a life filled up with excessive material wealth can be empty.</p>	<p>19: Good Friday Darkness covered the earth on the first Good Friday. Switch off all the lights and sit in the darkness for awhile. During this time, reflect on all the activities you have done during Lent, and how they have contributed to a greener, healthier Earth.</p>	<p>20: Holy Saturday Jesus's body was laid in a tomb. Take a moment to consider your own options for when you die and their impact on the environment.</p> <p>funeralbasics.org/what-is-green-burial/</p>
<p>21: Day of Rest and Celebration</p> <p>Easter Sunday</p>	<p>Thank you to the organizations we borrowed ideas and inspiration for this calendar from: South West Dioceses, Washington Interfaith Power and Light, Global Catholic Climate Movement, and Conference of Leaders of Religious Institutes.</p>					