

February and March 2018 Carbon Fast for Lent

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Ash Wednesday reminds us to be faithful in action even when no one is paying attention. If we were all living in harmony with the rest of God's Creation, especially when no one is looking, our households, our churches, and our society would also be transformed.</p> <p><i>These tips have come from a number of sources, including Washington Interfaith Power and Light, Earth Ministry, the University of Notre Dame's Office of Sustainability and the St. James Cathedral Care for Creation Committee.</i></p>			<p>14 ASH WEDNESDAY</p> <p>Remove one light bulb (without creating an unsafe situation) or unplug one light. Live without its light for the next 40 days. This will decrease your energy use and act as a reminder of your Lenten Carbon Fast.</p> <p>Day of Abstinence and Fasting</p>	<p>15</p> <p>Refrain from using bottled water. 200 billion plastic water bottles are consumed worldwide every year – about 31 bottles for every person on the planet.</p>	<p>16</p> <p>Avoid eating meat today and every Friday during Lent. Choosing meat-free meals is a powerful choice you can make to reduce your carbon footprint.</p> <p>Day of Abstinence</p>	<p>17</p> <p>Reduce plastic and paper waste by bringing reusable bags to get groceries or other shopping.</p>
<p>18</p> <p>Find the most environmentally friendly way to get to the Cathedral today (walk, bike, bus or car share). Remember, carpooling helps you to get to know your fellow parishioners better!</p>	<p>19</p> <p>Turn down your thermostat by at least one degree. Aim for 68 degrees during the day and 60 degrees at night during the winter. Turn the heat down when you leave home.</p>	<p>20</p> <p>Make an effort to have zero food waste at home. Take only the amount of food that you will eat.</p>	<p>21</p> <p>Unplug the chargers for your cell phone and laptop when you leave your home or office today to minimize vampire energy. Many electronics and appliances continue to draw power even when they are off.</p>	<p>22</p> <p>Minimize disposables today. Bring a reusable mug to a coffee shop (you might even get a discount!). Use silverware rather than plastic utensils.</p>	<p>23</p> <p>Clean a room in your house today. Find out what's recyclable and make sure to recycle everything you can!</p> <p>Day of Abstinence</p>	<p>24</p> <p>Plant trees or shrubs next to your house. This cuts down on cooling costs in warm weather.</p>
<p>25</p> <p>Refresh your memory regarding which items your city or town allows for curbside recycling. Start adding items to your bin that you normally haven't recycled. Remind your family, friends and co-workers to recycle.</p>	<p>26</p> <p>It's Monday! Challenge yourself to drink only water today. It takes 600 cups of water to produce a single cup of coffee, and 125 cups of water to produce a cup of tea.</p>	<p>27</p> <p>Take a shower rather than a bath. Showers use less water than filling a bathtub, but remember to keep it short. Even a 5-minute shower uses almost 13 gallons of water!</p>	<p>28</p> <p>Put out some bird food. Birds will almost certainly find it wherever the location. Enjoy the gift of these and other creatures on God's Earth.</p>	<p>March 1</p> <p>Pray and fast today. Join with others around the world who pray and fast for the environment on the 1st of each month.</p>	<p>2</p> <p>Stop unwanted junk mail to save trees, cut down on carbon emissions, and to reduce waste. Look into these websites: www.donotmail.org www.41pounds.org www.dmachoice.org</p> <p>Day of Abstinence</p>	<p>3</p> <p>Purchase more mindfully today. Every dollar you spend is a statement about the kind of world you want and the quality of life you value. Buy wisely, asking yourself: <i>Do I need this & do I need it now? Was it made sustainably? Is it worth the money?</i></p>

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<p>4</p> <p>When driving long distances, make sure to use cruise control in your car. You could increase your mileage by 15%.</p>	<p>5</p> <p>Check your car today to see if it needs any maintenance. A car that is well maintained will have better mileage and a longer lifespan. And check your tire pressure. Low tire pressure means high energy/fuel consumption.</p>	<p>6</p> <p>Save paper today!</p> <ul style="list-style-type: none"> ◆ Print on both sides of paper. ◆ Use hand dryers rather than paper towels in the restrooms. 	<p>7</p> <p>Don't leave taps running excessively, especially when brushing your teeth or washing dishes. If you have children, teach them to do the same.</p>	<p>8</p> <p>Air dry your clothes and let your dryer rest. Dryers consume a lot of energy and shorten the lifespan of your clothes.</p>	<p>9</p> <p>Pick up at least one piece of litter today and dispose of it properly.</p> <p>Day of Abstinence</p>	<p>10</p> <p>Use Recycled Content – if you buy paper or paper towels, make sure they're made from recycled materials.</p>
<p>11</p> <p>Think about the environment Jesus lived in and how it affected his ministry. Reflect on examples of Jesus drawing on his environment for illustrations and inspiration.</p>	<p>12</p> <p>When boiling or heating water on the stove, use a pan with a lid. Only use as much water as you need.</p>	<p>13</p> <p>Only charge electronics when the battery is in the red (under 10% - 20% left) and charge to full. Unplug the charger when you're finished.</p>	<p>14</p> <p>Clean or replace your home's air filter as recommended. Replacing a dirty furnace filter can save 15% of the energy used.</p>	<p>15</p> <p>Check windows and doors for drafts with a ribbon or feather. If it flutters, put in a request for maintenance to seal the leaks. Sealed doors and windows save energy and money.</p>	<p>16</p> <p>Keep your windows shut during the winter and close your blinds at night to help capture heat.</p> <p>Day of Abstinence</p>	<p>17</p> <p>Combine your errands when leaving your home. By combining your errands into a single outing, you will save time and reduce the amount of gas your car consumes driving back and forth.</p>


“Yet all is not lost. Human beings, while capable of the worst, are also capable of rising above themselves, choosing again what is good, and making a new start.”

- Pope Francis, *Laudato Si'*

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<p>18</p> <p>Think prayerfully about how we are using up our resources at an unsustainable rate. Reflect on the fact that the richest 20% of the world's population consumes 80% of its resources, while 80% of the population has to make do with the remaining 20%.</p>	<p>19</p> <p>Recycle batteries, light bulbs, and printer cartridges in proper receptacles.</p>	<p>20</p> <p>Replace all incandescent light bulbs with CFLs or LEDs. Replacing one incandescent saves hundreds of pounds of climate pollution a year.</p>	<p>21</p> <p>Plug all chargers into a powerstrip and turn the powerstrip off when you leave your home. Many electronics draw power even when the item is turned off.</p>	<p>22</p> <p>Save energy by turning off your TV, computer, or tablet today. Read a book instead.</p>	<p>23</p> <p>Have a "Buy Nothing Day" today - or all weekend.</p> <p>Day of Abstinence</p>	<p>24</p> <p>Celebrate Spring! Take a walk to appreciate the Earth's natural beauty. Greet your neighbors with a smile. Listen to the birds, look at the trees, and feel the rain or sun on your face.</p>
<p>25</p> <p>Read the <i>Canticle of the Sun</i> by St. Francis of Assisi and reflect on it with friends and family.</p>	<p>26</p> <p>Run the washing machine with only full loads on the "cold/cold" setting. Washing clothes in cold water uses half the energy and gets them just as clean as using hot water.</p>	<p>27</p> <p>Change the settings on your computer so it hibernates automatically if you haven't used it in 15 minutes.</p>	<p>28</p> <p>Turn off lights that you aren't using. You can put reminders on your switch plates!</p>	<p>29 HOLY THURSDAY</p> <p>Before you walk out your door to go to the Cathedral for Holy Thursday Mass, don't forget to bring your Rice Bowl to support our brothers and sisters throughout the world who face hardship and oppression.</p>	<p>30 GOOD FRIDAY</p> <p>Think about the role of our church in its local environment. Could our community better care for Creation and the environment?</p> <p>Day of Abstinence and Fasting</p>	<p>31 HOLY SATURDAY</p> <p>Replace the bulb/light from Ash Wednesday with a more efficient bulb/light. Just as the Light of the world appeared, let this light serve as a reminder that you too are making a difference!</p>
<p>April 1 EASTER SUNDAY</p> <p>Take some time today to reflect on all of your Lenten activities , and how they have brought you into greater harmony with the Earth and with all life. Conclude your Carbon Fast by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.</p> <p>"Jesus' appearance changed the world. His disciples were being asked: speak truth to power, love your enemies, but most of all love God and your neighbor. This was a new way of being in relationship. Today's seemingly 'impossible appearance' is that humans are changing the climate. This calls for a new way of being in the world, to relate differently to each other and to nature. There are great glimmers of hope on the horizon." - <i>The Rev. Canon Sally G. Bingham</i> <i>President and founder of Interfaith Power & Light</i></p>				<p>Happy Easter!</p> <p>From the St. James Cathedral Care for Creation Committee</p>  <p><i>These tips have come from a number of sources, including Washington Interfaith Power and Light, Earth Ministry, the University of Notre Dame's Office of Sustainability and the St. James Cathedral Care for Creation Committee.</i></p>		