

Carbon Fast – Lent 2018

Love thy neighbor as you fast.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Feb 14 – Ash Wednesday Remove one light bulb from your residence or office and live without it for the next 40 days.	Feb 15 Check your house for drafts with a ribbon or a feather. If it flutters, buy a draft excluder and install it.	Feb 126 Recycle more materials that can be recycled.	Feb 17 Air pollution increases floods & droughts. Study the issue & contact Delegate Dana Stein to add to his efforts to decrease pollution.
Feb 18 Reduce your carbon footprint through resting on the Sabbath.	Feb 19 Check tire pressure. Low pressure means higher fuel consumption.	Feb 20 Talk with your friends about Carbon Fasting and encourage them to join in.	Feb 21 Turn your central heating thermostat down one degree.	Feb 22 Check that all electrical equipment is switched off when not in use. The television alone uses 20 kilograms of carbon dioxide per year	Feb 23 Unplug your mobile phone charger. It uses electricity even when it's not charging.	Feb 24 Find a way to influence a politician to help vulnerable communities adapt to extreme weather changes.
Feb 25 Reduce your carbon footprint through resting on the Sabbath.	Feb 26 Give your dishwasher a day off or buy an energy- efficient one.	Feb 27 Look for the EPA's Energy Star rating when buying a new appliance	Feb 28 Pray for a cultural switch from the law of the jungle to the law of cooperative community..	Mar 1 Put the heat on your electricity or gas supplier. Ask them if they have a green plan	Mar 2 Take a shower instead of a bath. You'll heat and use less water.	Mar 3 Use local shops or farmers' markets instead of driving to distant supermarkets.
Mar 4 Reduce your carbon footprint through resting on the Sabbath.	Mar 5 Switch off lights as you leave a room or office	Mar 6 Only fill your kettle with as much water as you need to make tea or coffee.	Mar 7 Cut the air miles. Don't consume any food that you know has been imported by plane.	Mar 8 Find some way to reduce your carbon dioxide emissions when you travel today	Mar 9 Compost. Put the nutrients from food waste back into the soil, not into a methane-emitting landfill.	Mar 10 Only run your washing machine when you have a full load.

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<p>Mar 11</p> <p>Reduce your carbon footprint through resting on the Sabbath.</p>	<p>Mar 12</p> <p>Find one way to save paper today; reuse an old envelope or print double-sided.</p>	<p>Mar 13</p> <p>Turn the taps off. In one day, a dripping tap could fill a bathtub.</p>	<p>Mar 14</p> <p>Counsel your local city or town council. Thank them for their recycling facilities but ask them if they could provide more.</p>	<p>Mar 15</p> <p>Use a microwave and toaster ovens to cook or warm leftovers. You'll use less energy than cooking with a conventional oven.</p>	<p>Mar 16</p> <p>We are five percent of the world's population, yet we use 40 percent of its resources. Reflect on ways to reduce your use of resources needed by our neighbors.</p>	<p>Mar 17</p> <p>Snub plastic bags. Start taking your backpack or a reusable cloth bag to the supermarket.</p>
<p>Mar 18</p> <p>Reduce your carbon footprint through resting on the Sabbath.</p>	<p>Mar 19</p> <p>Keep your freezer full – it uses less energy than an empty one. For maximum savings, consider filling your freezer with gallon containers of water.</p>	<p>Mar 20</p> <p>Turn off your dishwasher after the wash cycle — and let your dishes air-dry. You'll save energy and keep your dishwasher from heating up your kitchen.</p>	<p>Mar 21</p> <p>Find out a new fact about the impact of climate change today.</p>	<p>Mar 22</p> <p>For home and office use, buy recycled paper.</p>	<p>Mar 23</p> <p>If they're on their last legs, replace old electrical appliances with energy-efficient models.</p>	<p>Mar 24</p> <p>Embrace the silence. Turn off everything – TV, radio, ringtones, cars. It'll be good for the soul.</p>
<p>Mar 25</p> <p>Reduce your carbon footprint through resting on the Sabbath.</p>	<p>Mar 26</p> <p>Use copper-bottomed pots and pans that use heat more efficiently when cooking on the stove.</p>	<p>Mar 27</p> <p>Keep stove reflector pans clean to reflect more heat upward while cooking.</p>	<p>Mar 28</p> <p>Re-use an item you would have thrown away – such as a jam jar, an envelope, or a yogurt container.</p>	<p>Mar 29</p> <p>Put a lid on it. Pans that is, when cooking; it saves energy.</p>	<p>Mar 30</p> <p>Let the sun shine in through the windows to warm your home.</p>	<p>Mar 31</p> <p>Make a personal pledge to serve others by pursuing a more sustainable way of life.</p>
<p>Apr 1</p> <p><i>Happy Easter!</i></p>						