

Alternatives for Simple Living Lenten Carbon Reduction Fast

“Love does no harm to its neighbor”

Romans 13:10

Climate change threatens our neighbors, especially those who are most vulnerable in the global south and the developing world. Many scientists predict that human generated climate change will cause unprecedented drought in parts of the world leading to increased hunger and wars over already scarce resources. In other parts of the world climate change could lead to massive flooding and a rise in sea level that would create millions of environmental refugees when nations like Bangladesh are largely under water. Faced with this challenge what can we do start or continue to change the way our lives impact our neighbors and the planet on which we live?

We invite you to join us in a Lenten Carbon Reduction Fast to raise money for an environmental or hunger relief organization of your choosing (we have several suggestions at the end of the calendar). It is simple: use a jar or box that you would have recycled as suggested in the calendar below. Use a quarter, dime or penny, which ever you choose for that day; think about it prayerfully before you decide. We have designed this Lenten carbon reduction fast to help us all become better aware how our daily decisions about how we live our lives impact people across the globe.

Ash Wednesday:

Remember you are dust and to dust you shall return.

The root of the word “human” comes from the word humus or soil.

Humus is also the root for the word humility.

To be humble is not to be self depreciating,
but to be grounded in our relationship with God and the earth.

Day 2

Put a coin in the jar for every time you turned on the faucet
and received clean, safe water today.

Day 3

Put a coin in the jar for every
fresh piece of paper you used today.

Day 4

Put a coin in your jar for every ten minutes
that your television was on today.

First Sunday in Lent

Pray for people living in poverty and affected by climate change.

Reflect on the energy you use in a week.

Day 5

Put five coins in your jar for any load of laundry you washed with heated water this week.

Day 6

Put a coin in the jar for every short trip in the car you took instead of walking or cycling.

Day 7

Put a coin in the jar for every light bulb in your home that is not a compact fluorescent, LED fixture, or low pressure sodium fixture.

Day 8

Put a coin in your jar for every ten degrees on your thermostat.

Day 9

Put a coin in the jar for every minute you were in the shower today.

Day 10

Put three coins in the jar for every time you used your clothes dryer instead of line drying them out side or inside.

Second Sunday in Lent

Reflect on the beauty and goodness of creation.

Go for a walk near your home and consider your place in cycle of nature. Consider how the food you eat affects the earth and the people on this planet.

Day 11

Put three coins in your jar for every meal which included grain fed meat in the past week.
(The meat industry contributes 18% of the annual green house gases released in North America.)

Day 12

Put a coin in the jar for every meal that you ate this week that included meat, fruit or vegetables that were grown in another state or country.

Day 13

Put a coin in the jar for every meal you ate this week that included produce grown out of season for your geographic region.
(For example: grapes in January in New England).

Day 14

Put 5 coins in the jar for every time
you consumed bottled water this week.

Day 15

Put a coin in your jar for every kind of compostable food
you throw in the trash today.

Day 16

Put five coins in the jar in thanksgiving
for the food you ate this week.

The Third Sunday in Lent

Reflect on what you have bought and consumed recently.

Did you really need everything you bought?

Pray about how you might reduce your consumption
and better enjoy what you have.

Day 17

Put a coin in the jar for every pair of shoes you own.

Day 18

Put a coin in the jar for every non reusable bag
you used while shopping this week.

Day 19

Put a coin in the jar for every item
you put in the trash today.

Day 20

Put a coin in your jar for every room in your house.

Day 21

If you watch television, record a note about all of the commercials
you see and put a coin in your jar for each ad
that suggests that your life will be more fulfilled
if you purchase their product.

Day 22

Put a coin in your jar for every iPod, video game, cell phone,
and every other personal appliance in your household.

Fourth Sunday in Lent

Pray that all countries will commit to tackling climate change.
Pray for leaders and governments as they seek cooperation
in climate change agreements.

Day 23

Put a coin in your jar for every time you use a paper towel
instead of a reusable towel in the this week

Day 24

Put five coins in the jar if you are not using
biodegradable soap for your dishes and laundry.

Day 25

Put a coin in your jar for every window facing north in your house
if you live in the northern hemisphere or south in the southern hemisphere.

Day 26

Count the number of electric appliances in your home and subtract
from the total the number of appliances that are energy star rated.
Put a coin in your jar for the difference.

Day 27

Count the number of days you commuted to work this week
and subtract for the total the number of days you carpooled, walked,
used mass transit, or bicycled to work.
Put a coin in your jar for the difference.

Day 28

Count the light outdoor fixtures on your house
and subtract the number of fixtures that use a timer or motion sensor.
Put a coin in your jar for the difference.

Fifth Sunday in Lent

Take time to consider your carbon footprint today.
What have you learned this month of carbon reduction fasting?
Give thanks for what you have discovered.

Day 29

Put seven coins in a safe place.
At the end of this week put a coin in your jar for every day
that you did not spend ten or more minutes in prayer or meditation.

Day 30

Put seven coins in a safe place.
At the end of this week put a coin in your jar
for every day that you did not walk
or exercise for twenty minutes or more.

Day 31

Keep track of the number of grams of fat in the meals you eat today.
Put a coin in your jar for every gram
over 25 or ten percent of calories consumed.

Day 32

Consider whether you will plant a garden this year.
Put three coins in your jar in thanksgiving
for fruitfulness of the earth.

Day 33

Consider participating in a community supported agriculture cooperative.
Put three coins in your jar in thanksgiving farmers
and those who harvest the produce you eat.

Day 34

Take an hour or two of extra Sabbath time to reflect on the meaning
of Palm or Passion Sunday.

Palm or Passion Sunday

Pray for those for those you are dying;
especially those who are dying
because of the effects of global climate change.

Day 35

Read John 12:1-11.
Consider your worship practices.
Do they honor the God of creation?

Day 36

Read John 12:20-36.
In what ways has your carbon reduction fast
brought light into the world?

Day 37

Read John 13:21-32.
Reflect on the ways that the North American consumer lifestyle
betrays the God of Creation?

Maundy Thursday

Read John 13:1-17, 31b-35.

Give thanks for all the people who harvest the fields,
mill the flour and bake the bread you consume.

Good Friday

Read John 18:1-19:42.

Pray for all the people who are lonely or suffering
from poverty, heart ache, or adversity.

Holy Saturday

Finish the Carbon Reduction Fast by praying
for clarity about where God is calling you to bring Easter life
in our broken and dying world.

Have a Blessed Easter!

Alternatives for Simple Living

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www.SimpleLiving.org

Bread for the World

50 F St. NW, Suite 500

Washington DC, 20001

www.Bread.org

Church World Service

P O Box 968

Elkhart, IN 46515

www.ChurchWorldService.org

Habitat for Humanity

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Americus, GA 31709

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