

# Care for God's Creation

## A Carbon Fast for Lent

### O DAY 1 – ASH WEDNESDAY:

Remove one light bulb from your home and live without it for the next 40 days. This will decrease your energy use and act as a reminder of what you are doing during Lent.



### O DAY 2 – THURSDAY:

Reduce the number of plastic bags you use. Get a reusable bag instead and take it with you.

### O DAY 3 – FRIDAY:

Instead of flushing your unused prescription medicine down the toilet, take them to Metro's household hazardous waste facilities in a clear plastic bag. <http://www.oregonmetro.gov/index.cfm/go/by.web/id=571>

### O DAY 4 – SATURDAY:

Look at what food you throw away this week. Aim to reduce it by a third by eating leftovers, shopping using a list, and planning your meals.

### O DAY 5 – SUNDAY:

Pray for people living in poverty and affected by climate change. <http://zenit.org/article-27563?l=english>

### O DAY 6 – MONDAY:

Recycle plastics that can't be recycled curbside at Far West Fibers. <http://www.farwestfibers.com/Locations/Beaverton.html>. They accept plastics # 1 – 7 as well as their lids, clamshell containers, food containers, straws, rigid plastics like patio chairs, kids play structures, etc.

### O DAY 7 – TUESDAY:

Skip a cup of specialty coffee. Donate the amount you saved to Operation Rice Bowl.

### O DAY 8 – WEDNESDAY:

Know what is considered hazardous waste and properly dispose of it. <http://www.oregonmetro.gov/index.cfm/go/by.web/id=571>



### O DAY 9 – THURSDAY:

Close the curtains to keep the cold out and the heat in.

### O DAY 10 – FRIDAY:

Buy foods grown locally; visit your Farmers' Markets. Before arriving at your plate, the average meal travels over 1,200 miles. Buying products that are locally produced ensures that the energy consumed by transportation is as low as possible.

### O DAY 11 – SATURDAY:

Recycle your plastic bags at your grocery store.

### O DAY 12 – SUNDAY:

Raise a fervent prayer to God, the all-powerful Creator and the Father of mercies, so that all men and women may take to heart the urgent appeal: *If you want to cultivate peace, protect creation.* (Pope Benedict XVI, 2010 World Peace Day Statement)

### O DAY 13 – MONDAY:

Landfill sites are a major source of methane emissions. Reuse and recycle your waste and compost your food waste to reduce the rubbish destined for landfill sites.

### O DAY 14 – TUESDAY:

Avoid buying products that have lots of packaging. Choose loose or bulk products and buy refillable containers where possible.

### O DAY 15 – WEDNESDAY:

Use the library.

### O DAY 16 – THURSDAY:

Disconnect one downspout. Collect the rain water to water your garden.

### O DAY 17 – FRIDAY:

Get rid of junk mail. Call 888-5optout to get rid of junk mail. Go to [www.catalogchoice.org](http://www.catalogchoice.org) to get rid of catalogs. Go to [www.optoutprecreen.com](http://www.optoutprecreen.com) to decline unsolicited credit card offers. Request electronic bills and statements.

### O DAY 18 – SATURDAY:

Use a reusable water bottle rather than buying bottled water. Bottled water produces up to 1.5 million tons of plastic waste each year, which takes about 47 million gallons of oil to produce. The vast majority of plastic bottles end up in land-fills. So filter your tap water and drink up!



### O DAY 19 – SUNDAY:

What comes in and out of your home? Reflect on what you have bought and consumed recently and challenge yourself on your consumption habits. Do you need everything you buy? Pray about what you might do to change any bad habits.

### O DAY 20 – MONDAY:

Place a plastic bottle filled with water in your toilet tank. You'll use less water with each flush.

### O DAY 21 – TUESDAY:

Bike or walk or take MAX. See Metro's site with a bicycle trip planning tool. <http://www.oregonmetro.gov/index.cfm/go/by.web/id=10799>

### O DAY 22 – WEDNESDAY:

Avoid snack size servings of chips, yogurt, etc. Buy the bigger sizes and dish out the proper serving size.

**○ DAY 23 – THURSDAY:**

Reduce “phantom” electricity usage by unplugging cell phone chargers, computers and televisions and any other appliances that drain energy while in an off position. Eight per cent of electricity consumed at home is from appliances that we aren’t even using.



**○ DAY 24 – FRIDAY:**

Donate or purchase materials from Scrap - the School and Community Reuse Action Project.  
<http://scrapaction.org/>



**○ DAY 25 – SATURDAY:**

Wash clothes with cold water.  
Wash full loads only.  
Hang your clothes to dry.

**○ DAY 26 – SUNDAY:**

Visit the Ecumenical Ministries of Oregon site to see how churches can make a difference.  
[http://www.emoregon.org/earth\\_concerns.php](http://www.emoregon.org/earth_concerns.php)

**○ DAY 27 – MONDAY:**

Use cloth napkins.

**○ DAY 28 – TUESDAY:**

Clean or replace filters on your furnace and air conditioner every 3 months.

**○ DAY 29 – WEDNESDAY:**

Bring your own cup when going out for a coffee break. If your office provides coffee use your own cup instead of their paper one.

**○ DAY 30 – THURSDAY:**

Switch off lights when you leave a room. Encourage your office, school or church to do the same.

**○ DAY 31 – FRIDAY:**

Eat less meat; enjoy a vegetarian meal. Livestock production creates more climate change gasses than all the motor vehicles in the world. In addition, much of the world’s deforestation is a result of clearing and burning to create grazing land for livestock. Fruits, vegetables, and grains require 95% less raw materials to produce and, when combined properly, can provide a complete and nutritious diet.



**○ DAY 32 – SATURDAY:**

Buy something organic this week. Eating organic reduces the amount of pesticides and fertilizers released into the environment as well as keeping your family, farmers, and food handlers away from these chemicals.

**○ DAY 33 – SUNDAY:**

Contemplate: [T]oday the great gift of [God’s Creation] is exposed to serious dangers and lifestyles which can degrade it. Environmental pollution is making particularly unsustainable the lives of the poor of the world. In dialogue with Christians of various confessions, we must pledge ourselves to take care of creation and to share its resources in solidarity. (Pope Benedict XVI, August 27, 2006)

**○ DAY 34 – MONDAY:**

Take a shower instead of a bath. Look into getting a more efficient shower with a ‘low-flow’ shower head. Time your showers and take shorter ones.

**○ DAY 35 – TUESDAY:**

When you wash your car, use a carwash. Carwashes are required to recycle their water. The suds from your hand washing end up in the watersheds.

**○ DAY 36 – WEDNESDAY:**

Recycle clothing. Donate gently worn clothing to a local shelter, the school’s clothes closet, Goodwill, Salvation Army, NW Children’s Outreach.

**○ DAY 37 – THURSDAY:**

Move your thermostat down 2 degrees in the winter.

**○ DAY 38 – FRIDAY:**

Receive the bulletin by e-mail instead of by paper. Sign up at [StJuanDiego-subscribe@GoogleGroups.com](mailto:StJuanDiego-subscribe@GoogleGroups.com)

**○ DAY 39 – SATURDAY:**

Telecommute once a week. You can reduce your carbon emissions from driving to work by 20%.



**○ DAY 40 – PALM SUNDAY:**

Take the Catholic Climate Covenant (St. Francis Pledge)  
<http://catholicclimatecovenant.org/>

**○ DAY 41 – MONDAY:**

Put a plant on your desk to cut rising levels of indoor air pollution. Plant a garden.



**○ DAY 42 – TUESDAY:**

Have an energy audit and implement some of the suggestions. Increase insulation, fix air leaks around doors and windows, seal heating and air conditioning ducts.  
[http://www.portlandgeneral.com/home/energy\\_saving\\_s/default.aspx](http://www.portlandgeneral.com/home/energy_saving_s/default.aspx)

**○ DAY 43 – WEDNESDAY:**

Save paper. Don’t print unless you need to and when you do, print double-sided onto recycled paper.

**○ DAY 44 – HOLY THURSDAY:**

Bring your lunch in a reusable container.

**○ DAY 45 – GOOD FRIDAY:**

Calculate your carbon footprint  
[www.earth-lab.com/carbonprofile](http://www.earth-lab.com/carbonprofile)



**○ DAY 46 – HOLY SATURDAY:**

Replace the light bulb you removed at the start of the Carbon Fast (make sure it’s an energy saving one!) Finish the Carbon Fast by asking God what he wants you to do next. What do you want your lifestyle to look like in five years?

Commit to doing one or two new things a month. It can seem overwhelming so you could work with a friend or your family to write down or talk through what you could do.