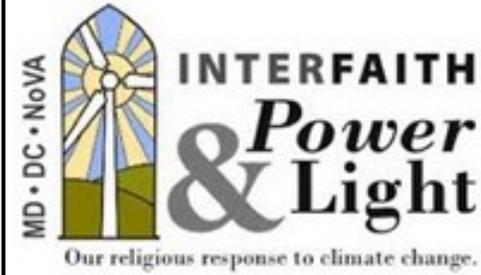


Lenten Carbon Fast 2016

Grace Church Green Team & The Pennyworth Shop

Lent is a time to repent, reflect, sacrifice, and listen for God. As in the past few years, this year Grace Church is joining with many others in taking on a Lenten Carbon "Fast." We are all encouraged to increase our awareness of what each of us, young and old, can do to make a difference in decreasing our "carbon footprint." May this season serve as a wake-up call to be mindful of the ways that our daily choices impact everyone, especially people living in poverty.

We hope that you will take time during Lent to reflect on your personal stewardship of the Earth. Each of these actions will reduce our production of climate pollution and help to preserve God's great gift of Creation.



This calendar and the suggested activities have been adapted from:

The Pennyworth Shop, Tearfund, Nat'l. Council of Churches' Eco-Justice Program, Presbyterian Church, Environmental Ministries, Prince of Peace Lutheran Church, Saint Mark Presbyterian Church, Rock Spring Congregational UCC, IA, IPL, NC IPL, Green America and the Catholic Coalition on Climate Change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10 <i>"So whenever you give alms, do not sound a trumpet before you . . . so that your alms may be done in secret: and your Father who sees in secret will reward you."</i> Matthew 6:2-4</p> <p>Ash Wednesday reminds us to be faithful in action even when no one is paying attention. If we are all living in harmony with the rest of God's Creation, especially when no one is looking, our households, our churches, and our society will also be transformed.</p> <p>Remove one light bulb from your home and 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>11 Check your house for draughts with a ribbon or feather. If it flutters, buy a draught excluder or seal leaks with caulk and weather stripping. (WeatherizeDC.org)</p>	<p>12 Some Christians have avoided meat during Lent for generations. Going meat free for the day is a powerful way to reduce your carbon footprint. (VegDC.com)</p>	<p>13 Consider whether or not you're using all available avenues for recycling. Don't forget that thrift shops, like The Pennyworth Shop, play a valuable role.</p>
<p>14 Find the most environmentally friendly way you can get to church today (car pool, walk, bike)</p>	<p>15 Turn your thermostat down by one degree and program it if you can. If you have separate thermostats on radiators, adjust them to suit the use of the room.</p>	<p>16 Check that all electrical equipment is switched off rather than on standby when not in use. Screen savers do not save electricity.</p>	<p>17 Why should Maryland ban plastic bags? Watch the movie "Bag It!" with your family or plan a screening at church. (interfaithchesapeake.org/bbmovie)</p>	<p>18 What impact are you having on the climate? Calculate your footprint today: (CoolClimate.Berkeley.edu/calculator)</p>	<p>19 Plan your menu for the coming week and buy only what you will use. Look for opportunities to avoid wasting food by planning well and eating leftovers.</p>	<p>20 When shopping, use the LOAF principle: buy Locally produced, Organic, Animal friendly and Fairly traded goods. Consider joining a community supported agriculture (CSA) group. (Localhavest.org)</p>
<p>21 Come together with people of many faiths at 6:30 pm in Annapolis to share sacred texts on Creation care. (tinyurl.com/zcd5swp)</p>	<p>22 Sweatshop free and union made clothing supports the growth of fair labor standards and contributes to a more just and equitable global society. Donating to and shopping at stores like The Pennyworth Shop helps recycle all clothing.</p>	<p>23 Be aware of your hot water use today. Turn off the water while scrubbing dishes. Take a shower instead of a bath, and try to take a shower that lasts half as long as usual.</p>	<p>24 Say NO to Unwated plastic Bags (SNUB). Carry a couple with you and refuse the ones you don't really need. If you already use reusable grocery bags, purchase a set of reusable produce bags. (ecobags.com)</p>	<p>25 Turn off lights you're not using. Shut off lights as you leave a room. Put reminders on switch plates (gwIPL.org) or install motion sensors that turn off lights automatically. (ShopIPL.org)</p>	<p>26 The green team at the National Cathedral is giving up plastic for Lent! Learn more: (interfaithchesapeake.org/bbfast).</p>	<p>27 Begin your gardening year by going organic. Hand weed or hoe rather than spraying and don't be over tidy. You, your garden and its wildlife will benefit from a more relaxed regime.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 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.	29 Pick up at least one piece of litter today and dispose of it properly.	1 Re-wear clothes which aren't dirty and only run your washing machine when you have a full load.	2 Find new ways to save paper . Do you really need to print that email? Wrapping a gift? Chose a lovely scarf or a basket at The Pennyworth Shop instead of using gift wrap.	3 Check the tire pressure of your car today. Cars with low tire pressure use more fuel.	4 Put out some bird food . Birds will almost certainly find it wherever the location.	5 Many caring Christians work to protect Creation. Find a Creation care organization today, and sign up for their e-newsletter: (CreationJustice.org, CatholicClimateCovenant.org, RestoringEden.org, BlessedEarth.org)
6 Think prayerfully about how our current behavior will affect future generations. Reflect on the fact that the richest 20% of the world's population consume 80% of its resources.	7 Give your dryer a rest and dry clothes on a rack or clothesline. Many households spend more than \$100 a year on the energy used by their dryer. Air will dry your clothes for free.	8 Live in MoCo or Western MD? Join your neighbors for a Lobby Night to speak out in Annapolis for cleaner power and climate action. Sign up: (bit.ly/MDLobbyNights)	9 Turn the tap off while brushing your teeth and put the plug in when you wash your face.	10 Pray about ways to address the incredible inequities of our world Explore ways in which to support change, such as bringing clean water to villages. (SELF.org, Energy/Cures.org)	11 See what chemicals you have stored in your cupboards. Dispose of those which are harmful to the environment and replace them with eco-friendly products.	12 Utilize local shops or farmers markets, instead of driving to the supermarket.
13 Have an "embrace the silence" Sunday . Turn off everything and unplug it if you can. No TV, no radio, no ring tones. Stay home after church. It'll be good for the soul.	14 End junk mail that waste resources by registering at www.thedma.org , consumers/offmailinglist.html .	15 Minimize disposables today. Bring a mug to get coffee. Use cloth napkins at a meal. Wipe up with a rag instead of paper towels.	16 The world's poor are being hit hardest by climate change. Learn more: (ActionAidUSA.org > What We Do > Climate Change)	17 Put lids on pans when cooking and use a kettle rather than a pan to boil water.	18 Consider joining an environmental organization like Friends of the Earth, WWF, Greenpeace, Christian Ecology Link, Sierra Club, Chesapeake Climate.	19 Invest in at least one energy saving light bulb . You could also consider investing in some rechargeable batteries.
20 Think about the role of Grace Church within our local environment. Are there things we can do to make it more environmentally friendly?	21 Show reverence for life and the earth today by obeying the speed limit when driving. Every 10 mph in speed reduces fuel economy by 4 mph and increases the risk of getting into an accident.	22 If you're planning to go on a holiday this year, begin to explore how you can make it "greener."	23 Take time to write to a public official on an issue of justice about which you feel strongly.	24 Maundy Thursday Replace the light bulb you removed on Ash Wednesday with a low energy bulb. While doing this, take the time to make a personal pledge to serve others by pursuing a more sustainable way of life.	25 Good Friday Darkness covered the earth on the day of the crucifixion. Switching off lights, sit yourself in darkness for a while Meditate in and on the darkness.	26 Holy Saturday It can be difficult to contemplate our own end. Think today about greening your final arrangements when the time comes. One option is to help protect natural lands: (GreenBurialCouncil.org)

March 27 Easter

"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."

The Rev. Canon Sally G. Bingham, president and founder, Interfaith Power & Light



Take some time today to reflect on all of the activities that you have performed during Lent, and how they have brought you into greater harmony with the Earth and 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.