

# Carbon Fast for Lent

*Living for a Change?*

#carbonfast2016

What is a carbon fast for Lent? For Anglicans, Catholics and many others, Lent is the time when we remember the 40 days that Jesus spent in the wilderness, facing challenge and temptation. It is a time when we reflect on God's purpose for our life. This year we challenge you to take a carbon fast - to reduce the actions which damage God's Creation. Find more details of each days action, as well as a daily scripture and prayer here - [www.greenanglicans.org](http://www.greenanglicans.org) or on [www.facebook.com/GreenAnglicans](https://www.facebook.com/GreenAnglicans)

**Ash Wednesday**  
Reflect on your impact on the Earth. Write yourself a letter from your great great grandchild, what has happened to our Earth?

**11<sup>th</sup> Feb**  
Today, take a moment to watch the sunrise or the sunset, and fully absorb the miracle of light!

**12<sup>th</sup> Feb**  
Think about all living creatures that rely on the Earth to survive.

**13<sup>th</sup> Feb**  
Take a walk in your area. Listen, notice and feel your environment, what are its needs?

**Job 12:7-10**

**14<sup>th</sup> Feb**  
How is your church showing LOVE for the Environment?  
Earth Keepers Day

**15<sup>th</sup> Feb**  
Reduce your meat consumption, starting with a **Meat Free Monday**

**16<sup>th</sup> Feb**  
Local is lekker!  
Buy only local products this week.

**17<sup>th</sup> Feb**  
Look at your food this week, what are you wasting? Aim for zero waste!

**18<sup>th</sup> Feb**  
Fix your fridge! Set the temperature for only as cold as you need it.

**19<sup>th</sup> Feb**  
Fish Friday: Commit to weekly fish bought from sustainable stock.

**20<sup>th</sup> Feb**  
Share a favourite Vegetarian recipe with friends and neighbours.

**21<sup>st</sup> Feb**  
How is your church saving energy?  
2 Sam 22:29

**22<sup>nd</sup> Feb**  
Visualise the millions of people taking action for our Earth - this is Power!  
(Meat Free Monday)

**23<sup>rd</sup> Feb**  
Map your movement - when can you share a lift/take public transport/or walk?

**24<sup>th</sup> Feb**  
Analyse your clothes washing - what can you do to save water and energy?

**25<sup>th</sup> Feb**  
Switch off appliances at the wall to save electricity.

**26<sup>th</sup> Feb**  
Have dinner by candlelight, talk, play games and enjoy!  
(Fish Friday)

**27<sup>th</sup> Feb**  
No electronics day! Challenge yourself to not use any electronics.

**28<sup>th</sup> Feb**  
Does your church recycle? What happens to your churches waste?  
John 6:12-14

**29<sup>th</sup> Feb**  
"Gratitude is the attitude" - Write down the 20 things you are most grateful for.  
(Meat Free Monday)

**1<sup>st</sup> March**  
Join people around the world fasting for the planet on the 1<sup>st</sup> of every month - #fastfortheclimate

**2<sup>nd</sup> March**  
On bin day, look at the size of your rubbish and commit to reducing it by half.

**3<sup>rd</sup> March**  
Create your own green cleaning spray with water and white vinegar solution.

**4<sup>th</sup> March**  
Begin your plastic free journey - what can you reduce?  
(Fish Friday)

**5<sup>th</sup> March**  
Clean out old or unused clothes, give them away or host a second hand sale.

**6<sup>th</sup> March**  
How 'water-savvy' is your church? See what happens in your church bathrooms and kitchens.  
John 4:7-15

**7<sup>th</sup> March**  
Think about the Christian rituals of baptisms and Eucharist - how is water sacred?  
(Meat Free Monday)

**8<sup>th</sup> March**  
Commit to no bottled water today and drink tap water

**9<sup>th</sup> March**  
Do you ever leave a tap running? Brushing teeth? Rinsing veggies? Washing up?

**10<sup>th</sup> March**  
Only fill the kettle with as much water as you need.

**11<sup>th</sup> March**  
Fix leaks at home & report public water leaks to the Municipality.  
(Fish Friday)

**12<sup>th</sup> March**  
Find out where you were baptised and which river that water came from. Give thanks to God for the river!

**13<sup>th</sup> March**  
How Green is your Church?  
Genesis 1:11-12

**14<sup>th</sup> March**  
Ponder this: What does it mean to be of the Earth?  
(Meat Free Monday)

**15<sup>th</sup> March**  
Create a natural weed-killer with vinegar and a squirt of dishwashing liquid.

**16<sup>th</sup> March**  
Commit to planting a tree this month.

**17<sup>th</sup> March**  
Choose plants as birthday or other gifts.

**18<sup>th</sup> March**  
Be a gardener - Grow herbs, veggies or plants in your home.  
(Fish Friday)

**19<sup>th</sup> March**  
Commit to 5 lifestyle changes of your carbon fast to continue in the future.

FOOD

ENERGY

WASTE

WATER

PLANTS