



A Carbon Fast for Lent



2024

<p>Lent is a time of repentance and fasting, of turning away from all that is counter to God’s will and purposes for his world and all who live in it. This year, we invite you to focus your Lenten ‘acts of love and sacrifice’ on our contribution to climate change, and those most impacted by it.</p>		<p>14th Feb This Valentine’s Day why not give a home-made gift or card made with love? Wrap your gift in re-cycled paper or re-use a gift bag.</p>	<p>15th Feb Today, take a moment to watch the sunrise or the sunset, and fully absorb the miracle of light and life!</p>	<p>16th Feb Think about all living creatures that rely on the Earth to survive. “Hear the cry of the Earth”.</p>	<p>17th Feb Take a walk in your area. Listen, notice and feel your environment What are its needs?</p>		
<p>F O O D</p>	<p>18th Feb How is your church showing LOVE for the Environment? Job 12:7-10 <i>Earth Keepers Day</i></p>	<p>19th Feb Reduce your meat consumption, starting with a Meat Free Monday</p>	<p>20th Feb Local is lovely! Buy only local products this week.</p>	<p>21st Feb Aim for zero waste! Look at your food this week, what are you wasting?</p>	<p>22nd Feb Fix your fridge! Set the temperature around 3C (38F).</p>	<p>23rd Feb Fish Friday: Commit to weekly fish bought from sustainable stock.</p>	<p>24th Feb Share a favourite Vegetarian recipe with friends and neighbours.</p>
	<p>E N E R G Y</p>	<p>25th Feb How is your church saving energy? Are the globes energy saving, what kind of heating is used? 2 Sam 22:29</p>	<p>26th Feb Visualise the millions of people taking action for our Earth – together we have Power! (<i>Meat Free Monday</i>)</p>	<p>27th Feb Map your movement – when can you, share a lift/ take public transport/or walk.</p>	<p>28th Feb Analyse your clothes washing – what can you do to save water and energy?</p>	<p>29th Feb Save your cents -Switch off appliances at the wall to save electricity.</p>	<p>1st March #fastfortheclimate - Join people around the world fasting for the planet on the 1st of every month. (Fish Friday)</p>
<p>W A S T E</p>	<p>3rd March Does your church recycle? What happens to your church’s waste? John 6:12-14</p>	<p>4th March Gratitude is the attitude -Write down the 20 things you are most grateful for. (<i>Meat Free Monday</i>)</p>	<p>5th March Compost. Put the nutrients from food waste back into the soil.</p>	<p>6th March Reduce rubbish! On bin day, look at the size of your rubbish and commit to reducing it by half.</p>	<p>7th March Clean Green! Create your own green cleaning spray with water and white vinegar solution.</p>	<p>8th March Plastic Free! Begin your plastic free journey – what can you reduce? (<i>Fish Friday</i>)</p>	<p>9th March Clear your closet of unused clothes, give them away or host a second- hand sale.</p>
	<p>W A T E R</p>	<p>10th March Water is sacred: How ‘water-savvy’ is your church? Look at the bathrooms and kitchens. John 4:7-15</p>	<p>11th March Think about the Christian rituals of baptisms and Eucharist – how is water sacred? (<i>Meat Free Monday</i>)</p>	<p>12th March Ban the Bottle! Commit to no bottled water from today onwards. Buy a strong bottle and drink tap water.</p>	<p>13th March Turn off taps: Do you ever leave a tap running? Brushing teeth? Rinsing veggies? Washing up?</p>	<p>14th March Water wise - Only fill the kettle with as much water as you need.</p>	<p>15th March Fix leaks at home & report public water leaks to the Municipality.</p>
<p>P L A N T S</p>	<p>17th March How Green is your Church? Walk around & dream of what could be grown. Genesis1:11-12</p>	<p>18th March Ponder this: What does it mean to be “of the Earth?” (<i>Meat Free Monday</i>)</p>	<p>19th March Create a natural weed-killer with vinegar and a squirt of dishwashing liquid.</p>	<p>20th March Plant a tree! Think of a place to plant a tree and make it happen this month!</p>	<p>21st March Green Gifts - Choose plants as birthday or other gifts this year.</p>	<p>22nd March Be a Gardener – Grow herbs, veggies or plants in your home. (<i>Fish Friday</i>)</p>	<p>23rd March Commit to 5 lifestyle changes of your carbon fast to continue in the future.</p>