

CHRIST CHURCH

CARBON FAST 2011



On Ash Wednesday Christians will be invited to begin observance of a holy Lent ...by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. (BCP, 265) The Christ Church Environmental Stewardship Ministry team hopes you will consider making a carbon fast a part of your daily Lenten devotions by focusing each week on a particular theme of environmental change and awareness. You may do the suggested actions under each theme daily as you are able or choose one for each day, several for the week, or try to adopt them all. Through these small changes during Lent we hope to become more aware of our wastefulness, our dependence on God, and our need to become better stewards of God's creation.

To join the Environmental Stewardship Ministry team, contact the Rev. Justi Schunior at jschunior@ccalex.org or Jim & Christine Cannon at jtcannon22@comcast.net.

Week 1, March 9–12:

Transportation

God saw everything that he had made, and indeed, it was very good. Genesis 1:31

Pray for the earth, for the air we breathe, for innovators who will transform the way we commute, and for the will to choose environmentally conscious transportation.

- * Take public transportation, walk, or bike to a location instead of driving. If possible, make the decision not to drive at all.
- * Set up a carpool for work or church. If any of your neighbors need a ride to the grocery store, offer one to them.
- * Drive fuel efficiently—look ahead, be prepared to brake slowly, and accelerate more slowly than you normally do. Drive the speed limit.
- * Check your tire pressure and make sure to inflate all tires properly. Keep your car tuned.
- * Plan ahead to combine errands instead of making multiple car trips.
- * Purchase renewable energy offsets for your 2011 auto and airline travel carbon emissions at www.carbonfund.org.



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118 North Washington Street
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Week 2, March 13–19:

Electrical Appliances

Yours is the day, yours also the night; you established the luminaries and the sun. You have fixed all the bounds of the earth; you made summer and winter. Psalm 74:16-17

Pray for mindfulness of electricity use, gratitude for the resources we have, our wise and sparing use of them, and for those without.

- * Unplug electrical appliances, such as phone chargers and nightlights, when not in use.
- * Reduce your phantom load: place coffee makers, toasters, DVD players, TVs, and others on a surge protector. Turn it off when leaving home.
- * Turn off lights when you leave a room.
- * Commit to replacing at least half of the light bulbs in your home with energy efficient ones.
- * Remove one light bulb from your home for all of Lent.
- * Consider switching to energy star appliances (ceiling fans, computer/laptop, televisions, DVRs, portable phones).
- * Turn off TVs and radios when you leave or are not watching or listening to them.
- * Try one day of silence in your home: no TV, no radio, no computer use, no dishwasher, no vacuum cleaner.

Week 3, March 20–26:

Water Usage

...the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Genesis 1:2

Give thanksgiving for water, pray for sufficient clean water for all, pray to remind ourselves not only to reduce our water usage, but also to find new ways to conserve it and share it.

- * Take a military shower once this week—turn the water off while soaping.
- * Turn the water off when you're brushing your teeth, shaving, and washing your face; don't leave the faucet running.
- * Wash laundry in cold water instead of using the warm or hot cycles.
- * Fix all drips and leaks in and around your home
- * Use the low flush setting on your toilet.
- * Replace your current shower head with a water-saving one.



Week 4, March 27–April 2: Food Consumption

When you reap the harvest of your land, you shall not reap to the very edges of your field, or gather the gleanings of your harvest. You shall not strip your vineyard bare, or gather the fallen grapes of your vineyard; you shall leave them for the poor and the alien: I am the Lord your God. Leviticus 19:9–10

Give thanksgiving for the food we eat, pray for sufficient food for all; pray not only to reduce our food waste, but also to find new ways to share with others, and pray to be conscientious of where our food comes from and the effect of wasteful eating on the environment.

- * Give up meat two days this week.
- * Bring mug to work, church, and to the coffee shop.
- * Purchase only locally grown ingredients for one dinner this week.
- * Commit to eating homemade lunches and dinners this week instead of going out. Invite friends to a home-cooked meal.
- * Replace a food item you enjoy with one that is fair trade or organic (e.g., Bishop's Blend coffee from Episcopal Relief & Development www.er-d.org/BishopsBlend).
- * Take reusable bags to the grocery store.
- * Skip a meal this week and reflect on the effects of world hunger and wastefulness.
- * Avoid purchasing products with lots of packaging; buy in bulk.
- * Start a vegetable/herb garden. Tomato, pepper, basil, and other seeds can be started indoors.
- * Find eco-friendly alternatives to chemical fertilizers/weed killers for garden and lawn.



Week 5, April 3–9: Home Energy

Sell your possessions and give alms. Make purses for yourselves that do not wear out, an unfailing treasure in heaven, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also. Luke 12:33–34

Give thanksgiving for shelter, pray for those without it, help us to be responsible in our use of the tools that make our lives easier, help us to be mindful of the impact our energy use has on the environment.

- * Run the dishwasher and the washing machine only when you have full loads.
- * Replace the furnace/air filters in your home.
- * Adjust the thermostat down by a few degrees when you leave home to use less heat in the winter and less air conditioning in the summer.
- * Close the curtains to keep heat in.
- * Check with power and gas companies for greener alternatives. Participate in energy conservation programs that they may offer such as *Smart Cooling Rewards* by Dominion Virginia Power.
- * Air-dry dishes instead of using the dry option on your dishwasher.
- * Line-dry one load of laundry this week.



Week 6, April 10–16: Reduce, Reuse, Recycle

Take care, or you will be seduced into turning away, serving other gods and worshipping them, for then the anger of the Lord will be kindled against you and he will shut up the heavens, so that there will be no rain and the land will yield no fruit; then you will perish quickly off the good land that the Lord is giving you.

Deuteronomy 11:16-17

Pray for forgiveness for our wastefulness; pray for those who are adversely affected by our waste; pray for the will to change our habits and be satisfied with enough so that there is more for others.

- * Donate unwanted clothing, books, household items to a charity.
- * Recycle Brita water filters through Preserve (www.preserveproducts.com). Recycle printer cartridges. Free mailers are available at US Post Offices.
- * Buy Preserve recycled toothbrushes and recycle when done.
- * Make the commitment to recycle this week. Encourage co-workers to recycle.
- * Buy recycled paper towels, toilet paper, printer paper, and aluminum foil.
- * Use cloth napkins instead of paper towels.
- * Use scrap paper instead of sticky notes.
- * Try to go one day without making trash.
- * Research how composting might work for you.
- * Reduce junk mail by contacting the Direct Marketing Association's Mail Preference Service (<http://www.DMAchoice.org>).
- * Donate unwanted tools/home improvement items to Habitat for Humanity's "Restore."
- * Subscribe to online periodicals instead of paper copies.
- * Print fewer copies of documents at work or don't print at all if you can avoid doing so.
- * Install a rain barrel in your yard to water potted plants and garden.



Week 7, April 17–23: Advocacy

Then I saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. Revelation 21:1-2

Pray for our leaders to make wise and just decisions; pray for us to have the courage and energy to speak out when we would rather keep silent; and pray for God to aid us in implementing change.

- * Familiarize yourself with the Episcopal Church's views on the environment by reading *The Catechism for Creation* which can be found in the *A to Z directory* at www.episcopalchurch.org.
- * Contact Senators Webb (202-224-4024) and Warner (202-224-2023) and ask that they support legislation to protect the environment (try to point to specific issues).
- * Subscribe to email alerts about environmental action in our area from Chesapeake Climate Action Network (www.chesapeakeclimate.org).
- * Visit the Rainforest Site (www.therainforestsit.com) and click once per day to help save some rainforest.
- * Play games at www.freepoverty.com and www.freerice.com to donate water and rice to underprivileged people.
- * Add an environmentally-focused book to your book club or reading list, such as *Garbage Land*, by Elizabeth Royte, *Earth-Wise* by Calvin B. DeWitt, and *Eaarth*, by Bill McKibben.
- * Find out when there will be a cleanup day of a local river or park and participate in it.
- * Purchase products from environmentally responsible companies. Support local green businesses such as eco-friendly dry cleaners.
- * Participate in an Earth Day event on April 22.