

Forest Hill Church 2012 Lenten Carbon Fast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This Lenten Carbon Reduction Fast has been designed to help increase awareness of how the daily choices and decisions we make about how we live our lives impact people across the globe. The FHC Earth Care Team invites you to join us as we consider ways our congregation might be more faithful in becoming better stewards of the Earth. Please contact Dave Neff (440-269-1229 or theneffers@sbcglobal.net for more information.</p>			<p>Ash Wednesday: Feb 22</p> <p>Remove one light bulb from a light in your home (without creating an unsafe situation). Do not replace the bulb... for now!</p>	<p>Feb 23</p> <p>Create a paper-free kitchen. Substitute cloth towels for paper towels and use cloth napkins instead of paper napkins.</p>	<p>Feb 24</p> <p>Ensure that your cell phone charger is unplugged when not in use. Many electronics and appliances continue to draw power even when they are off.</p>	<p>Feb 25</p> <p>Compare your normal shower length to a timer set for 5 minutes. Next time, try to finish your next shower before the 5 minutes have passed .Take another step and install a low-flow shower head.</p>
<p>Feb 26 Feed the birds in your backyard. Enjoy the gift of these and other creatures on God’s Earth.</p>	<p>Feb 27 Turn your air conditioner thermostat up by one degree or more during the warmer months and your central heating thermostat down by one degree or more during the cooler months. Consider replacing dirty filters- this simple step can save 15% of the energy used.</p>	<p>Feb 28 Check that electronics are turned off rather than on standby when not in use. Use a power strip to make it easy to switch off electronics like computers, TVs at the end of the day. Remember, screen savers do not save electricity!</p>	<p>Feb 29 Plant a tree. A single tree will absorb one ton of carbon dioxide over its lifetime. No place to plant a tree? Learn how to plant one in a National Forest visit: arborday.org</p>	<p>March 1 Find ways to reduce paper usage. For example, save paper printed on one side and feed it back in to your printer to print on the second side.</p>	<p>March 2 Purchase reusable cloth or canvas bags and use for when shopping. Wash the bags periodically to rid them of dirt and germs that will accumulate. Consider leaving the bags on your passenger seat so they won’t be forgotten in the trunk of your car.</p>	<p>March 3 Refresh your memory about which items your city allows for curbside recycling. Start adding items to the bin that you haven’t recycled. earth911.com has information on where to recycle items your city does not collect.</p>
<p>Prayer: God of all, instill in me the knowledge that I am called upon to tend and care for your garden. Grant me the wisdom to cultivate it for the good of all so that all of your creatures may be fed from the bounty of your creation as we insure that even those without access may be nourished.</p>						

March 4 Reflect on the energy you have used this week. Think about how you are using up our resources at an unsustainable rate. Consider that the richest 20% of the world’s population consumes 80% of its resources, while 80% of the population has to make do with the remaining 20% of its resources.	March 5 Run your dishwasher only with a full load. Use the energy saving modes when available. Don’t use heat when drying your dishes, just open the door after the rinse cycle completes to air dry the dishes.	March 6 Program your thermostat to turn down the furnace during the day while you are away, and again at night while you are sleeping.	March 7 Our church uses Fair Trade coffee from Phoenix Coffee. Every time you enjoy a cup of coffee on Sunday morning you support the coffee growers.	March 8 Make a point of turning off all lights as you leave the room. Help your children and grandchildren learn this important energy saving habit.	March 9 When boiling or heating water on the stove, use a pan with a lid. Only use as much water as you need. You can also turn off the heat source a few minutes early and the food will continue to cook from the residual heat.	March 10 Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by about 4 mpg, a figure that remains fairly constant regardless of vehicle size.
Prayer: God, Creator of all light and power, open my eyes to the ways I can conserve energy and strengthen my resolve to make them daily habits.						
March 11 Think about the environment Jesus lived in and how it affected his ministry. Reflect on the beauty and goodness of creation. Consider your place in the cycle of nature.	March 12 Turn down your water heater; 120 degrees is usually hot enough. Wrap your water heater in an insulating wrap if the water heater is over 5 years old or has no internal insulation.	March 13 Re-wear clothes that aren’t dirty and only run your washing machine when you have a full load. Using the cold water setting saves energy. To save even more energy, put up a clothesline or use a drying rack.	March 14 Take a walk in your community. Greet your neighbors with a smile. Listen to the birds, look at the trees, and feel the rain or sun on your face. Rejoice in all creation!	March 15 Check your tire pressure. Low tire pressure means high energy/fuel consumption and excessive tire tread wear. Save gas by reducing the number of times you have to drive by thinking ahead. Try to consolidate errands and appointments.	March 16 Say No to Unwanted Plastic Bags (SNUB). Use reusable bags for planned shopping trips, but also stuff 1-2 small plastic bags in your coat pockets for impromptu purchases—that’s one less new bag used.	March 17 Give thanks for all the people who harvest the fields, mill the flour, and bake the bread you consume. Utilize local shops or farmers markets and purchase products that have traveled the shortest distance.
Prayer: Loving Creator of our beautiful world, motivate me by compassion, empathy and the recognition to act with love and care for all you call sacred. Help me learn to live in harmony with nature.						

March 18 Take stock: How are you doing so far?	March 19 Forgo drinking bottled water today (and every day). Much energy is used transporting water that is not much different than tap water. Consider buying reusable bottles for use when you're away from home.	March 20 Reuse, repair, donate or sell unwanted items. Reusing is even better than recycling. Freecycle is a great place to post unwanted items. Go to freecycle.com or Yahoo Groups.	March 21 Go meat-free for the day. The production of meat uses more carbon than the growing of grains, fruits and vegetables. Find meatless recipes at: meatlessmonday.com	March 22 Watch a movie, or documentary about faithful environmentalism and/or energy & climate change. <i>The Story of Stuff</i> , a 20-minute film narrated by Anne Leonard is a good film to start with.	March 23 Stop unwanted junk mail to save trees, cut down on carbon emissions, and reduce waste. Visit dmachoice.com or 41pounds.org for more information.	March 24 Turn the water off while brushing your teeth. If you have children, teach them to do the same.
Prayer: God of all, I confess that I have not been a good steward of your creation. Help me to live in the light, walk gently on your earth, always looking for ways I can replenish what has been taken away, to heal what has been damaged.						
March 25 The Bible says that in God all things were crated and He called them good. Reflect on what you have learned this month of carbon fasting. How has it changed what you do and how you relate to the world around you?	March 26 If your family has more than one car, use your most fuel efficient vehicle for most trips, and the larger, less fuel efficient one onle when needed. When making your next vehicle purchase, choose a vehicle that gets better gas mileage, or consider a hybrid.	March 27 Contact your local utility to find out what resources are available to help you become more energy efficient. Many utilities offer free or reduced cost energy audits, rebates on energy-saving appliances, low-cost weatherization programs, or other energy services. Check out energystar.gov for more information on a DIY energy plan.	March 28 As you plan your garden, consider planting native plants. They require less water to grow. For vegetables and flowers, purchase organic seeds from a local nursery. Find more information at extension.osu.edu .	March 29 Visit presbyearthcare.org to learn more about what Presbyterians are doing to care for the earth.	March 30 Plant deciduous shade trees on the south, east and west sides of the house to cast shade in summer and allow warming in winter. Grow plants indoors. Did you know houseplants improve indoor air quality by helping remove chemicals such as formaldehyde and carbon monoxide? Plants act as the lungs of the indoor environment.	March 31 Celebrate Earth Hour today! Join people around the globe taking action on climate change by doing something quite simple – turning off your lights for one houe today at 8:30 pm local time. Visit earthhour.org for more information.
Prayer: Great God, Creator of all that is, I give joyful thanks for all I am discovering during the carbon fast. Keep me mindful that how I live and what I use affects the earth, its people, and resources. Give me courage to take responsibility for renewing your creation through study, prayer and action.						

<p>April 1</p> <p>We are called to worship God with all our being and with all our actions, and to treat His Creation as sacred. Reflect on what you bought and consumed this week. Were they needs or wants? Begin to educate yourself as a consumer. Where did the product come from? How was it manufactured or produced? Under what conditions for the workers?</p>	<p>April 2</p> <p>Buy rechargeable batteries and compact fluorescent light bulbs (CFLs) for your home.</p> <p>Replace as many incandescent bulbs as you can with CFLs (save one for Maundy Thursday).</p> <p>How many light bulbs and batteries did you replace?</p>	<p>April 3</p> <p>If a single decision in congress can either enhance or undo literally millions of individual acts of Christian caring for the Earth, we can and must try to influence such decisions. Take time to write or call an elected official about climate change or another environmental issue.</p> <p>Find your State Representative at legislature.state.oh.us</p>	<p>April 4</p> <p>Summer isn't that far away, and your thoughts might be turning to an upcoming vacation. Start to explore how you can make it greener. What about a service (Volunteer) experience with your family? Or an eco-tour?</p> <p>Calculate the carbon impact of plane flights and long car trips in your planning at carbonfootprint.com</p>	<p>April 5 MAUNDY THURSDAY</p> <p>Replace the light bulb you removed on Ash Wednesday with a CFL light bulb. Reflect on all you have done this Lenten Season to participate in the Carbon Fast.</p> <p>Have you become more aware of how your daily decisions impact people everywhere?</p>	<p>April 6 GOOD FRIDAY</p> <p>Turn out all the lights and reflect on the fact that God sent his only Son, Jesus, to be in the midst of this broken and hurting world. Where the Earth has been mistreated and people suffer as a result, we know that God knows their pain and is present with them. Today, we remember the self-giving love of God and how Jesus came that we might know healing, forgiveness, and new life. Give thanks for Jesus, for the gift of salvation, and for the new creation that God is bringing about.</p>	<p>April 7</p> <p>Prayerfully conclude your Carbon Fast for Lent by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life.</p>
<p>Prayer: Creator of all, help me to treat your creation as sacred in everything I do. Give me insight to change any attitudes the encourage consumption which is destructive to the web of life. Help me to live simply, that others may simply live.</p>						