

February

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

What is Lent?

Lent is the time when we remember the 40 days that Jesus spent in the wilderness fasting and praying and is a time to reflect on God's purpose for our lives. **This Lent, which is from February 17- April 3**, we invite you to participate in our carbon action calendar to reduce actions that damage God's Creation. Follow your own carbon action plan or choose from this calendar of suggested daily actions.

17

Consider how linked we are to the world and all living things. Preview this calendar and commit to thoughtfully consider the suggestions.

18

Calculate your carbon footprint and take note of the activities that are the most carbon-intensive. www3.epa.gov/carbon-footprint-calculator/

19

Review the calculator results and set at least one concrete goal for shrinking that footprint. Begin journaling your choices and goals you set.

20

Learn about climate advocacy groups and join at least one; commit to become actively engaged.

21

Choose the most environmentally friendly way to run errands and get to intended destinations (walk, bike, car share, etc.)

22

Learn about the carbon producing effects of meat consumption and get recipe ideas for meatless Mondays at www.mondaycampaigns.org.

23

Decide how to reduce water consumption, especially hot water. For example, take shorter showers, use cold water for laundry, etc.

24

Replace one or more light bulbs, even if still working with LEDs; doing so will save energy now and money in the long run.

25

Review what can be recycled either at curbside or at recycling centers; learn about the "orange bag" recycling program for other plastics.

26

Make sure all electrical equipment is off rather than on standby when not in use - chargers, seldom used printers, computers, etc.

27

Find ways to reduce paper use. For example, print on both sides, read news online, etc.

March

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28

Sign up for Lincoln Water System's \$2 for trees program to increase carbon sequestration in Lincoln.

1

Turn down your central heating by one degree or more. In summer, turn up the A/C by the same amount. (Meat free Monday)

2

Review Lincoln's draft Climate Action Plan and decide if you would like to get involved as a citizen in the implementation of that plan.

3

Learn about the climate benefits of electric vehicles and begin thinking about purchasing one when it is time for a different vehicle.

4

Make a point of switching off all lights as you leave the room.

5

Clean or replace air filters as recommended. Replacing dirty filters can save 15% or more of the energy used.

6

Do or get help in doing an energy audit. Then, caulk and weatherstrip around doors and windows to plug identified air leaks.

7

Watch the "oldie but goodie" fourteen minute video "God's Creation and Global Warming" at www.creationjustice.org/videos

8

Plan a delicious bean recipe and share it with a friend. Plan a week of meals without using meat. (Meat free Monday)

9

Make sure your vehicle is properly serviced and that the tires are properly inflated for maximum fuel efficiency.

10

Take cloth bags to stores so that neither plastic nor paper bags need be used for purchases.

11

Learn where your food comes from and commit to buying as much food from local sources as possible.

12

Fish Friday? Commit to buying fish from sustainable stock.

13

Take a walk in your community. Listen to the sounds and sights of God's creation.

March

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14

Observe the Sabbath by unplugging your electronics and yourself. Relish in simple pleasures.

15

Obey the speed limit when driving to save fuel. Every gallon of gas burned adds 20 lbs of CO2 to the atmosphere.
(Meat free Monday)

16

On average 53 million trees and 56 billion gallons of water are used annually to produce junk mail. Visit www.dmachoice.org to stop unwanted mail.

17

Learn about and consider subscription to LES's Virtual Net metering and/or Sunshares program

18

When shopping, try to avoid goods that have lots of packaging, especially plastic, that will have to be disposed of.

19

Contact an elected local, state or national official and express your support for taking action on climate change.

20

Watch a nature documentary. "Planet Earth" and "Earth's Natural Wonders" are good options. Marvel at the miracle of God's creation.

21

Consider ordering online a copy of the Green Bible. All passages related to care and justice for God's creation are in green.

22

Run your dishwasher only with a full load and don't use heat to dry the dishes.
(Meat free Monday)

23

Encourage the installation of charging stations for electric vehicles at your workplace, apartment, or retirement community

24

Spend some time problem-solving on reducing food waste at home and at church. See www.epa.gov/sustainable-manage-ment-food.

25

Talk to the owner of a business you frequent about how much you value and appreciate actions to reduce energy usage.

26

Contact your investment professional, pension fund, bank or therorganization to support divestment from fossil fuels.

27

Plan to plant one or more trees in April or before Arbor Day.

28

Think about the environment Jesus lived in. Reflect on examples of Jesus drawing on his environment for inspiration in his teaching.

29

Learn how environmental degradation affects the global poor. Fast until evening meal to remain mindful of their hardship
(Meat free Monday)

30

Consider the impact of having a fire in your fireplace. Look into FP insert, fan, or high efficiency stove.

31

Look at your food waste for the week and evaluate how you can cut down on waste.

April

THURSDAY

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SATURDAY

1

Dedicate some family time free from electronic gadgets.

2

Good Friday
Sit in darkness and reflect on activities undertaken and how they have contributed to a greener, healthier planet.

3

Plan a garden for the spring; reserve a spot in a community garden if you do not have room or enough sun in your yard.



Lenten Carbon Action Calendar 2021

Learn more at www.saintpaulumc.org