

March

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

What is Lent?

Lent begins on **March 2nd and continues through April 16th.** It reminds us of the 40 days that Jesus spent in the wilderness, fasting, praying, and reflecting on God's purpose for our lives.

1

During Lent, we invite you to participate in a carbon-fast, taking steps to reduce damage to God's creation and recognize the injustice inherent in climate change. We provide this calendar to arouse thought and serve as a guide for action.

2

Consider how everything in the world is interconnected; the well-being of all things is interdependent. Review this calendar, asking "how can I help to alleviate climate change?"

3

Calculate your carbon footprint, noting the carbon-intensive activities. www3.epa.gov/carbon-footprint-calculator

4

Review yesterday's carbon footprint calculation and commit to at least one serious step to shrink your carbon impact on the Earth.

5

Run errands in a more environmentally friendly way; combine trips with friends and family; be healthy and walk or bike to the store. Be creative!

6

Get inspired! Go to YouTube and listen to "Earthrise" by Amanda Gorman. The earth is worth fighting for! Ask again what can I do?

7

Learn how eating meat impacts climate. mondaycampaigns.org/meat-less-monday/about

8

Reduce water use (especially hot water): short showers, cold water laundry, fix drippy faucets; strategic plans for lawns and gardens.

9

Consider energy efficient home improvements and save \$. See les.com/sustainability/sustainable-energy-program

10

Learn about the recycling program sponsored by the City of Lincoln. lincoln.ne.gov/City/Departments/LTU/Utilities/Solid-Waste-Management/Recycling

11

Learn about the composting in Lincoln. lincoln.ne.gov/City/Departments/LTU/Utilities/Solid-Waste-Management/Facilities-and-Service/LinGRO

12

Save \$ and the Earth by printing on both sides of computer paper; buy recycled computer paper; read the newspaper on-line.

13

Consider the words of Rabindranath Tagore, "You cannot cross the sea merely by standing and staring at the water".

14

Got a good meatless recipe or want to find one? Enter Saint Paul UMC's Meatless Meet. See March 21 below for details.

15

Put on an extra layer of clothes; sit close to someone you love; and turn the heat down 1 degree. While you're at it, replace the furnace filter.

16

Review the City of Lincoln's Climate Action Plan. lincoln.ne.gov/files/sharedassets/public/projects-programs-amp-initiatives/resilient-lincoln/documents/climateactionplan.pdf

17

St. Patty's Day is a great day to be green. Learn how all-electric cars can really make a difference, maybe buy one! nytimes.com/2021/03/02/climate/electric-vehicles-environment.html

18

Cut down on single-use paper & plastic in the kitchen. Google "kitchen micro-cloths" and "silicon lids" for many options—then buy and use the ones you like best.

19

Did you know the Saint Paul Climate Justice team posts all kinds of information and resources on its website? Check it out: saintpaulumc.org/climate-justice/

20

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

21

Click on this link, learn the "Meatless Meet" contest rules" and enter the contest for fun, food and prizes!! What's not to like?! saintpaulumc.org/mmr

22

Like your dad said: "Turn off the lights when you leave the room." Or was it, "Quit standing with the fridge door open!"? He was ahead of his time. And while you're at it, unplug electrical devices, instead of leaving them in "standby" mode.

23

It's grocery ad day—Buy Local!! buylocalnebraska.org And take your reusable bags.

24

Caulk and weatherstrip all those drafty windows and doors; or go all-out and get an energy audit.

25

Eating fish today? Make sure it's sourced from sustainable stock. Check out seafood-watch.org/recommendations/download-consumer-guides and find which fish are best to buy in Nebraska.

26

We've made it through another Nebraska Winter. Go for a walk; lose the electronics; breathe deep; take in God's creation; and give praise.

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27

Consider the words of Lester Brown, "We have not inherited the earth from our ancestors. We borrow it from our children."

28

Inform your state senator that you want state law that supports climate justice. Contact info: nebraskalegislature.gov/senators/senator_find.php

29

Need another reason to loathe junk mail? Annually, it requires use of 53 million trees and 56 billion gallons of water. Stop delivery to you by visiting dmachoice.org

30

Talk to your investment advisor about divesting fossil fuel interests from your portfolio.

31

Get involved!! Send a note to your faith community's climate justice committee and let them know you wish to join. At SPUMC, email jjcook8020@gmail.com

1

Secure a copy of "Cathedral on Fire" and learn how climate change is a justice concern.

2

Watch "Earth Emergency," an excellent program in plain English science. pbs.org/video/earth-emergency-6njfjx

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3

Read or review the book, "The Future We Choose- The Stubborn Optimist's Guide to the Climate Crisis" by Christiana Figueres and Tom Rivett-Carnac. What do each of us need to do to let go of the old world and embrace the future?

4

Obtain "The Green Bible" to find God's word about justice and the environment. Buying a used copy seems like a good thing to do.

5

Learn about *Faith to Forest*, Lincoln's coalition of faith communities, working together to address climate. firstplymouth.org/cat-forest

6

It's the 150th Anniversary of Arbor Day. arborday150.com Trees and forests are a critical element of any climate solution.

7

Help SPUMC "re-tree" Lincoln. Watch Saint Paul church announcements or go here saintpaulumc.org/climate-justice to learn how you can help restore Lincoln's tree canopy.

8

Mark your calendar for April 24 and plan to participate in Saint Paul UMC's Tree Sabbath

9

Mature trees play an important role in carbon reduction. Learn about tree TLC at nfs.unl.edu/tree-care and lancaster.unl.edu/hort/Forest.shtml

10

"As we work to heal the earth, the earth heals us"— from the book by Robin Wall Kimmerer, "Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teaching of Plants".

11

Project Drawdown is a nonprofit org that seeks "draw-down"—the point in time when levels of greenhouse gases in the atmosphere stop climbing and start to steadily decline. Visit drawdown.org/about

12

Learn more about solar energy on the LES website: les.com/sustainability/solar-power

13

Learn about the impact of toilet paper on deforestation. Consider buying recycled and bamboo brands of TP. Check out this review: greenmatters.com/p/sustainable-toilet-paper

14

Reduce food waste and methane production by implementing 14 tips found at: food.unl.edu/14-ways-consumers-can-reduce-food-waste

15

It's Good Friday. Take some time to reflect on your Lenten experience, knowing you've contributed to a greener, healthier planet.

16

Celebrate the miracle of Easter and the miracle of God's creation. Plant a seed, buy a tree, plan your garden, as a sign of hope for the future.



Lenten Carbon Fast Calendar 2022

Learn more at www.saintpaulumc.org