

Lent Carbon Reduction Calendar 2023

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



— UNITED METHODIST CHURCH —

Learn more about Saint Paul's Climate Justice Ministry at saintpaulumc.org/climate-justice

Lent this year begins on February 22 and Easter is on April 9. As we recall Jesus' 40 days of fasting in the desert, may this Carbon Reduction calendar not only strengthen your faith but encourage you to participate in a carbon-fast--taking steps to reduce damage to God's creation and recognizing the injustice inherent in climate change. We provide this calendar to arouse thought and serve as a guide for action.

FEBRUARY 22

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

23

Here's a list of 18 simple things YOU can do about climate change: <https://www.ucdavis.edu/climate/what-can-i-do/18-simple-things-you-can-do-about-climate-change>

24

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

25

Review yesterday's calculator results and write down steps you could take to shrink your carbon impact on the earth; add new items to your list as you identify them.

26

"The Lord God planted a garden..." Genesis 2:8.

Plant a garden, even a small one on a patio or porch, using plants and native seeds. If you don't have enough space, reserve a spot in a community garden or get a houseplant. Try a philodendron or a succulent.

27

Learn how eating meat products impacts the climate at <https://mondaycampaigns.org/meatless-monday/about> and watch for our tried-and-true meatless recipes during Lenten Mondays.

28

Plastics are hard to recycle. Go to <https://www.wachiskaaudubon.org> to learn about Firstar Fiber, Nebraska's largest plastic recovery facility.

MARCH 1

Use your own water bottle, tumbler and take-out containers when you eat out. Take your own reusable bags when shopping. Avoid getting new plastic bags at grocery stores and other locations.

2

Learn about climate advocacy groups (e.g. Interfaith Power and Light and Creation Justice Ministries); join at least one and commit to becoming actively involved.

3

Inform your state senator and Congressional representatives that you want laws that support climate justice, including measures such as mass transit expansion, higher mileage standards for cars and incentives for electric vehicles.

4

Learn more about the goal to conserve 30% of U.S. lands and freshwater and 30% of U.S. oceans by the year 2030 and let your elected representatives know that you support that goal.

5

"[God says] Look! I'm doing a new thing; now it sprouts up; don't you recognize it? I'm making a way in the desert, paths in the wilderness." Isaiah 43:19

Read [The Future We Choose: the Stubborn Optimist's Guide to the Climate Crisis](#) by Christiana Figueres and Tom Rivett-Carnac; copies are in the church and City libraries.

6

Today's Meatless Monday recipe is chickpea coconut curry. Yum! <https://www.saintpaulumc.org/wp-content/uploads/2023/01/Meatless-Recipes-1.pdf>

7

Periodically check the Climate Justice portion of the SPUMC website to learn about climate-related legislation in the Nebraska Legislature and access climate-related resources. <https://www.saintpaulumc.org/climate-justice/>

8

Turn down your daytime thermostat to at least 68 degrees in the winter and up to at least 78 degrees in the summer. Invest in a programmable thermostat that allows for cooler bed-time temperatures in the winter.

9

Reduce food waste and methane production by implementing 14 tips found at: <https://food.unl.edu/article/preventing-food-waste>.

10

Re-wear clothes that aren't dirty and only run your washing machine when you have a full load. Use the cold water setting and avoid using the dryer when possible.

11

Run your dishwasher only with a full load. Use its energy-saving water and dryer options if available.

12

"Give thanks to the Lord because He is good, because his faithful love endures forever." I Chronicles 16:34

Research local Community Supported Agriculture (CSA) options. Buy local when available.

13

Today's Meatless Monday recipe is black bean chipotle tostados. Tasty! <https://www.saintpaulumc.org/wp-content/uploads/2023/01/Meatless-Recipes-2.pdf>

14

Install low-flow fittings on your shower head and sink faucets to limit your water use without sacrificing function. If possible, collect rainwater for garden use.

15

Learn about the climate benefits of electric vehicles, lawn mowers, and garden equipment. Think about purchasing those when it is time for replacements.

16

Watch nature documentaries. "Planet Earth": <https://www.bbcearth.com/shows/planet-earth> or "Earth Emergency" www.pbs.org/show/earth-emergency/ are both good options.

17

Purchase products from reconstituted and recycled resources—paper, clothing, home improvement materials. This shrinks the footprint of raw materials and supports the recycling economy.

18

Find ways to reduce paper use and save trees: print on both sides, read news online, ask to have financial reports sent in digital format, and stop unwanted junk mail. <https://ecocycle.org/>

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19 *"As we work to heal the earth, the earth heals us"*

Braiding Sweet Grass: Indigenous Wisdom, Scientific Knowledge and the Teaching of Plants by Robin Wall Kimmerer, is an excellent book to check out from your church library, or even in digital, audio or paper copies from your local library.

20

Today's Meatless Monday recipe is totally nutty sweet potatoes. Delish!
<https://www.saintpaulumc.org/wp-content/uploads/2023/01/Meatless-Recipes-3.pdf>

21

Don't flush forests!!! Use post-consumer recycled toilet paper tissues. If every U.S. household annually replaced just ONE 500 sheet roll made from trees with a consumer recycled roll, we could save 423,900 trees each year.

22

Plan vehicle trips to avoid unnecessary miles. Carpool when possible. Select healthier, more environmentally sound ways to run errands, such as bicycling or walking.

23

Review Lincoln's Climate Action Plan www.lincoln.ne.gov/resilient and consider how you might support its implementation.

24

Turn the water off when brushing your teeth and teach your children/grandchildren to do the same. A running tap uses about 4 gallons of water a minute.

25

Project Drawdown is a nonprofit organization that seeks "drawdown"—the point in time when levels of greenhouse gases in the atmosphere stop climbing and start to decline. <https://drawdown.org/about>

26

Purchase or borrow a copy of The Green Bible and read the first creation story in Genesis. Then read one of the articles at the front of the Bible about being green. Copies are available at Lincoln City Libraries

27

Today's Meatless Monday recipe is zucchini soup. Tummy Warming!
<https://www.saintpaulumc.org/wp-content/uploads/2023/01/Meatless-Recipes-4.pdf>

28

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

29

Cut down single-use paper and plastic in the kitchen. Use kitchen micro-cloths and silicon bowl covers. Many options exist online.

30

Commit to getting at least one piece of solar equipment and switch all electrical equipment off, rather than on standby when not in use. Use advanced power strips that turn off when items plugged in are not being used.

31

Learn about food/organic material composting www.wastetoenergylincoln.com in Lincoln as well as the conversion of yard waste into Earth Fuel. www.lincoln.ne.gov/City/Departments/LTU/Utilities/Solid-Waste-Management.

APRIL 1

Contact your investment professional, pension fund, bank or other organization to support divestment in fossil fuel companies.

2

"They took palm branches and went out to meet him. They shouted, "Hosanna! Blessings on the one who comes in the name of the Lord! Blessings on the king of Israel!" John 12:13.

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

3

Today's Meatless Monday recipe is one skillet quinoa with black beans. Way tasty!
<https://www.saintpaulumc.org/wp-content/uploads/2023/01/Meatless-Recipes-5.pdf>

4

Plant trees on your own and sign up for Lincoln Water System's \$2 for trees program. Mature trees play an important role in carbon reduction.

5

Learn about carbon offsets and how you can use them to offset personal carbon emissions. <http://terrapass.com/product-category/individuals>

6

Chemical fertilizers do long-term harm to soil and waters. Leave lawn clippings on the lawn and fertilize garden areas with mulch, compost, manure; use natural methods to remove pests.

7

Consider participating in LES's Virtual Net Metering program or it's Sunshares Program. www.les.com/sustainability/solar-power

8

Plan to take part in the April SPUMC class led by David Lux on David Attenborough's book Life on Our Planet.

9

"The Lord really has risen!" Luke 24:34

Take some time to reflect on your response to this calendar. Give thanks for all you have done, the new you! Reflect on other ways you can reduce your carbon footprint all through the year. Spread the good news that change is possible, a new creation is being born.

Notes:



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