

# Lent Carbon Reduction Calendar 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



As we recall Jesus' 40 days of fasting in the desert, we provide this calendar to arouse thought, promote mindfulness and serve as a guide for action. To receive our daily Carbon Action messages, text 'CARBON' to 97000.

## FEBRUARY 14

Review this calendar and ask "How can I help to alleviate climate change?"

## 15

Here's a list of 18 simple things YOU can do about climate change: <http://tinyurl.com/yzbchsfx>

## 16

Calculate your carbon footprint and notice the activities that are the most carbon-intensive. <http://tinyurl.com/2b22uj3x>

## 17

Review yesterday's calculator results and set goals! Consider keeping a journal for this Lenten season.

## 18

Plastics are hard to recycle. Learn about the recycling industry in the US.. <http://tinyurl.com/5n8t5kx4>

## 19

Learn how eating meat products impacts the climate at <http://tinyurl.com/485r9pt2>

## 20

Inform your state senator and Congressional representatives that you want laws that support climate justice. <http://tinyurl.com/bde5r4hr>

## 21

Learn about climate advocacy groups (e.g. Interfaith Power and Light and Creation Justice Ministries, or Project Drawdown.)

## 22

Use your own water bottle, tumblers, and take-out containers. Take your own reusable bags when shopping.

## 23

The Unicameral is in session! Check the Climate Justice page periodically for updates on climate-related bills.

## 24

Journal prompt: *How do you define your role regarding climate change? What do you think your responsibilities are?*

## 25

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

## 26

Today's Meatless Monday recipe is chickpea coconut curry. Yum! <https://www.saintpaulumc.org/wp-content/uploads/2024/01/Chickpea-Coconut-Curry.pdf>

## 27

Reduce food waste and methane production by implementing 14 tips found here. <http://tinyurl.com/36v2nm5d>

## 28

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

## 29

Re-wear clothes that aren't dirty and only run your washing machine when you have a full load.

## MARCH 1

Purchase products from reconstituted and recycled resources— Only after you have worn out your current stuff.

## 2

Journal prompt: *How do you feel about the future of climate change? How do your feelings impact your actions?*

## 3

Research local Community Supported Agriculture (CSA) options. Buy local when available. <http://tinyurl.com/5n97rkym>

## 4

Today's Meatless Monday recipe is black bean chipotle tostadas. Tasty! <https://www.saintpaulumc.org/wp-content/uploads/2024/01/black-bean-tostadas.pdf>

## 5

Sign up for Lincoln Water System's \$2 for trees program. <http://tinyurl.com/yc2t9tze>

## 6

Learn about the climate benefits of electric vehicles, lawn mowers, and garden equipment.

## 7

See if there are any changes in your workplace that you can advocate for! (e.g. recycling, composting, saving energy habits)

## 8

Learn about the recycling centers in Lincoln, especially for glass, which you can't recycle in your home! <http://tinyurl.com/82ptcfys>

## 9

Journal prompt: *Has climate change altered the way you think about food and/or the soil/water involved in producing it?*

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10

Purchase or borrow a copy of *The Green Bible* and read the first creation story in Genesis.

11

Today's Meatless Monday recipe is one-skillet quinoa with black beans.  
<https://www.saintpaulumc.org/wp-content/uploads/2024/01/One-Skillet-Quinoa.pdf>

12

Consider signing up for Uribe's Composting Program.  
<http://tinyurl.com/4jp5ane4>

13

Review Lincoln's Climate Action Plan and consider how you might support its implementation <http://tinyurl.com/muk2yn6p>

14

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.

15

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.

16

Journal prompt: *What do you think are humanity's biggest challenges in facing climate change?*

17

Get involved in the community! Find local events to attend, or groups to join to build community and community resilience.

18

Today's meatless Monday recipe is Three Sister's soup!  
<https://www.saintpaulumc.org/wp-content/uploads/2024/01/Three-Sister-Soup.pdf>

19

Learn about carbon offsets and how you can use them to offset your personal carbon emissions.  
<http://tinyurl.com/yjibcvfx>

20

Contact your investment professional to support divestment in fossil fuel companies.

21

Spring is here! Take a moment to walk outside and enjoy the beauty of our world.

22

Learn about the Indigenous people from the land you're living on, as well as traditional land-management techniques they have used.

23

Journal prompt: *How do you stay hopeful in this current situation?*

24

Learn about how climate change affects different communities.  
<http://tinyurl.com/5dk8bm9r>

25

Today's Meatless Monday recipe is loaded quinoa tacos!  
<https://www.saintpaulumc.org/wp-content/uploads/2024/01/Quinoa-Tacos.pdf>

26

Of "reduce, reuse, recycle" the first is the most ignored. Consider joining no-buy Facebook groups.

27

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

28

Maundy Thursday: Invite friends over for dinner. Maybe use some of the meatless recipes we have shared!

29

Good Friday: Learn about sacrifice zones in the U.S. and the human cost of them.  
<http://tinyurl.com/2dua xr7k>

30

Journal prompt: *In the spirit of spring and new beginnings, write about what, or who you are thankful for in this current climate.*

31

Take some time to reflect on this calendar. What have you learned?

Notes:

**If this calendar inspired you to make change, please let a member of the Climate Justice Team know.**

**Learn more about Saint Paul's Climate Justice Ministry at [saintpaulumc.org/climate-justice](http://saintpaulumc.org/climate-justice)**