







Lenten Carbon Fast 2021

February						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			<p>17 ASH Wednesday Consider how linked we are to the earth Preview the calendar and set your intentions</p>	<p>18 Consider/pray about your consumption habits Set at least 1 concrete goal for shrinking your carbon foot-print</p>	<p>19 Fish Friday: Commit to buying fish from Sustainable stock</p>	<p>20 Conduct a water audit at home. Check your water meter weekly to monitor your use</p>
<p>21 Find the most environmentally friendly way to get to church (walk, bike, bus, car share)</p>	<p> 22 Meatless Monday Eat less meat to reduce your carbon footprint</p>	<p>23 Remove one light bulb or more from lights without creating an unsafe situation</p>	<p>24 Investigate alternative energy sources available in our area. New York State Green Energy Program can help.</p>	<p>25 Watch the video "Source to Sea" by the Hudson River Keeper. Learn about river quality</p>	<p>26 Use cloth bags for groceries and clothes shopping – reduce your use of plastic!</p>	<p>27 Set a timer for 5 minutes for your shower. Try to finish your shower before the timer goes off</p>
March						
<p>February 28 Plan errands for the week to complete multiple tasks in one trip to save gas. And remember to wear a mask</p>	<p> March 1 Meatless Monday Turn your central heating down one degree or more</p>	<p>2 Install water saving shower heads and sink faucets.</p>	<p>3 Consider the carbon impact of having a fire in your fireplace. Look into a FP insert, fan or high efficiency stove</p>	<p>4 Contact Heat Smart Capital Region to find out how to improve heating and cooling of your home</p>	<p>5 Spend some family time free from electronic gadgets. Play table games or do a puzzle together</p>	<p>6 Wash your clothes with cold water. Unless hot water required</p>
<p>7 "Receive the world God has given, Go for a walk, Get wet. Dig the earth" -Rowan Williams, Archbishop of Canterbury</p>	<p> 8 Meatless Monday Clean or replace air filters as recommended. Clean filters can save 15% of energy use</p>	<p>9 Evaluate your recycling and make sure you are recycling all items correctly</p>	<p>10 Have a "leftovers" meal once a week rather than cooking something new every day</p>	<p>11 Contact Cooperative Extension to learn about composting</p>	<p>12 Look at your food use for the week and evaluate where you can cut down on waste.</p>	<p>13 Turn down your water heater to 120 degrees. Wrap it in insulation if it is over 5 years old</p>

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<p>14</p> <p>Think prayerfully about how we are using up our resources at an unsustainable rate. Reflect on the inequitable distribution of resources in our world.</p>	<p> 15</p> <p>Meatless Monday</p> <p>Buy rechargeable batteries & LED bulbs for your home.</p>	<p>16</p> <p>Give away clothing that no longer fit or not being worn.</p>	<p>17</p> <p>Service your vehicles for maintenance for maximum fuel efficiency & if replacing consider an electric vehicle</p>	<p>18</p> <p>Caulk and weather strip around doors and windows to plug air leaks</p>	<p>19</p> <p>Plan for ways you can visit a local Farmers Market safely</p>	<p>20</p> <p>Turn the water off while brushing your teeth. If you have children teach them to do the same.</p>
<p>21</p> <p>Observe the Sabbath by unplugging your electronics and yourself. Relish simple pleasures!</p>	<p> 22</p> <p>Meatless Monday</p> <p>Run your dishwasher only with a full load: don't use heat to dry dishes</p>	<p>23</p> <p>Investigate ways to reduce paper use.</p>	<p>24</p> <p>Plan a garden to grow your own vegetables. Plan to share extra with others</p>	<p>25</p> <p>Check all electrical items are off rather than on standby when not in use.</p>	<p>26</p> <p>Use old t-shirts to make bags to carry vegetables and fruit from the grocery store</p>	<p>27</p> <p>When heating water on the stove, use a pan with a lid and use only as much water as you need</p>
<p>28</p> <p>Think about the environment Jesus lived in and his ministry. Reflect on examples of Jesus drawing on his environment for inspiration in his teaching.</p>	<p> 29</p> <p>Meatless Monday</p> <p>Plan a week of meals without using meat. Ask friends for their favorite recipes.</p>	<p>30</p> <p>Turn off all lights as you leave a room</p>	<p>31</p> <p>Stop unwanted junk mail to save trees, cut down on carbon emissions and reduce waste</p>	<p>April</p> <p>1</p> <p>Holy Thursday</p> <p>Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by 4 mpg</p>	<p>2</p> <p>Good Friday</p> <p>Sit in darkness and reflect on activities you have undertaken and how they have contributed to a greener planet</p>	<p>3</p> <p>Take a walk in your community. Listen to the birds, look at the trees and celebrate life.</p>

Resources:

<https://www.nytimes.com/2019/02/16/style/plastic-how-to-use-less.html>

<https://www.facebook.com/groups/184950825398030/>

- Zero Waste Capital District

www.plasticfilmrecycling.org

<http://ccschenectady.org/>

- Cornell Cooperative Extension – Schenectady County

www.meatfreeweek.org

- meat free diet

www.climatenetwork.org

- lots of educational information about climate change

<https://www.carbonfootprint.com/calculator.aspx>

- find out your carbon footprint – do with kids

www.donotmail.org

- stopping junk mail

www.FoodScraps360.com

- door to door compost pickup in Capital Region

The NY-SUN Community Solar Program