



New Mexico Interfaith Power and Light 2011 Carbon Fast for Lent

The actions of our lives done mindfully are prayers of love and gratitude for the gifts of life.

May these Lenten suggestions offer you support and reflective living this Lent.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jesus said, "Be on your guard against all kinds of greed: for one's life does not consist in the abundance of possessions." – Luke 12:15 Prayer: O Giver of Life, Teach us to care for creation and only use what we need. May we use Your resources mindfully, with moderation and compassion for those who do not have enough and who may already be suffering from the affects of climate change.			Ash Wednesday, March 9	10 As you tread lightly this Lent, share plans with family/friends. Encourage others to walk with you.	11 Choose a meat free meal. This is a powerful way to reduce carbon footprint.	12 Turn down your thermostat. Aim for 68 or less daytime and 60 or lower at night.
13 Find the most environmentally way to get to church today.	14 Unplug appliances if not in use or install power strips to turn off flow of electricity	15 Remember you live in a desert region. See if you can shower in less than 5 minutes.	16 Share a simple meal of bread and soup. Have children help.	17 Check doors and windows for drafts. If a feather blows, weatherstrip/caulk.	18 As you walk thank God for creation and pick up litter.	19 Bring reusable cloth bags shopping today.
20 Celebrate the Sabbath. Go for a walk, give thanks...	21 Celebrate spring by saying a special prayer while you put out birdseed.	22 World Water Day. Thank "sister water" as you drink a glass of water.	23 Wash laundry in cold water and on full loads.	24 Find ways to save paper. Invite children to draw on back of used paper.	25 Buy local food if possible. More vegetables than meat.	26 Earth Hour! Turn lights off 1 hour at 8:30 p.m. tonight. www.earthhour.org
27 "Rend your hearts not your garments." What heart conversion do I need to simplify my life?	28 Make sure all electric equipment is switched off, not on standby when not in use. Screen savers don't save electricity.	29 Have you installed energy efficient lighting? CFL's save more than 75% and LED lights even more.	30 Run dishwasher with full load & use energy saving mode & no heat to dry.	31 Stop junk mail. www.donotmail.org www.41pounds.org www.dmachoice.org	1 April Turn water off while brushing your teeth. Teach children to do the same.	2 Instead of shopping today go for a walk, a hike and invite others.

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3 Is your faith community an NM IPL member? If not, join-if so thank those working on earth stewardship.	4 This week try to wear clothes that are not really dirty. Can you reduce laundry? This could save time also.	5 When cooking with water on stove, use a lid to save energy. Only use amount of water necessary.	6 Unplug cell phone charge when phone is charged.	7 Replace or clean furnace filter as needed. A clean filter saves 15% of energy used.	8 Turn off lights when you leave a room. If you have children ask them to help you remember.	9 Consider composting food or create a worm box today for your home. Kids love this!
10 Find resources that can incorporate earth care into your worship. www.nm-ipl.org or www.ipl.org .	11 Never dump hazardous wastes down drains, put them in dumpsters. Take batteries, paint, cleaners, oil to designated place.	12 Turn water heater to below 120 degrees. Wrap heater in an insulating blanket.	13 Consider joining or contributing to a religious environmental organization. www.nm-ipl.org .	14 Obey the speed limit today, if you drive. Every 10 mph faster reduces efficiency by 4 mph.	15 Choose to eat meatless today. Give thanks for food. Remember those with none.	16 Combine errands today for one car trip or walk to the store with your children.
17 Consider your communities dedication to creation care. Can more be done? Are you celebrating Earth Day/Sabbath?	18 Contact a congressperson about an environmental concern.	19 Buy rechargeable batteries for electronics and a battery charger.	20 Plant a food producing plant or seeds after work and engage children or plan your spring and summer garden.	21 Maundy Thurs. Share homemade or locally made bread with a special prayer with family or community.	22 Good Friday Dark covered earth on Good Friday. Sit in the dark. Reflect on the activities of Lent. Conclude your carbon fast.	23 Holy Saturday/ Easter Tonight turn off all lights for a moment. Then turn them on. Sing Alleluia and dedicate yourself to greening God's Earth.

If you want to calculate carbon savings as you walk through Lent, these websites offer "carbon calculators":

http://www.epa.gov/climatechange/emissions/ind_calculator.html <http://climatecrisis.net/calculate-your-impact.php> www.carbonfund.org

To calculate use of your congregation go to www.coolcongregations.com and for children's activities go to www.greengorilla.com

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