



# Carbon Fast for Lent 2023

# St. John's Church

*An Inclusive and Caring Christian Community*



This activity is sponsored by the St. John's Green Team

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|--|--|--|--|--|--|--|
| <p>For Lent 2023, we encourage you to forgo your Lenten fast from chocolate or social media, and instead, give up one thing or habit each day that contributes to waste and pollution in our world. As we meditate on Jesus' 40 days of fasting in the desert, may this "Carbon Fast" not only strengthen your faith, but also prove that taking small steps toward environmental stewardship can have a big impact.</p>       |  |  | <p><b>February 22:<br/>Ash Wednesday</b><br/>Remove one light bulb from a light in your home and live without its light for the whole period of your carbon fast (without creating an unsafe situation). It will act as a reminder of how reliant you are on electricity. Do not replace the bulb...for now!</p>   | <p><b>February 23:</b><br/>The richest 20% of the world's population consume 80% of its resources. That means 80% of people have to make do with 20% of resources. Before throwing anything out, think: can it be recycled, reused or repurposed? Make a list of the items you throw away today. Identify wasteful items you can eliminate from your daily habits.</p>   | <p><b>February 24:</b><br/>Capture your joy in creation. Start a daily or weekly diary to reflect on how the natural world strengthens your spirit. What steps could you take to strengthen that bond with nature? Pray daily for God's Creation. For inspiration, try Pope Francis' inter-denominational "Prayer for the Earth" <a href="https://www.laudatosi.org/pope-francis/a-prayer-for-the-earth/">https://www.laudatosi.org/pope-francis/a-prayer-for-the-earth/</a></p> | <p><b>February 25: March 5:</b><br/>Be aware of how much food you throw away. Food waste accounts for 8% of global carbon emissions! Buy only what you need, and if you have left-overs eat them the next day or store in the freezer. Compost instead of putting food waste into the landfill. Check out <a href="http://www.mana-microbesfarms.com">www.mana-microbesfarms.com</a> who trade food scraps for garden compost on Maui.</p> |
| <p><b>February 26:</b><br/>Reflect on examples of Jesus drawing on his environment for illustrations and inspiration. Consider attending today's meeting of the Green Team after the 9:30 service to learn ways to do creation care locally. Or, take a walk in your community. Greet your neighbors with a smile. Listen to the birds, look at the trees, and feel the rain or sun on your face. Rejoice in all creation!</p> | <p><b>February 27:</b><br/>Bishop Bob is encouraging Episcopalians in Hawai'i to start a Meatless Monday pledge. The production of meat uses more carbon than the growing of grains, vegetables, and fruits. Christians have been eating less meat during Lent for generations. Choosing meatless meals could be the single most effective way to reduce your carbon footprint. <a href="http://www.meatfreeweek.org">www.meatfreeweek.org</a></p> | <p><b>February 28:</b><br/>Could you plant a native tree this Lent, perhaps one that will attract wildlife, or could you offer to help a friend or neighbor plant one if you don't have the space? For vegetables and flowers, purchase organic seeds from your local nursery or online sources such as Seeds of Change <a href="http://www.seedsofchange.com">www.seedsofchange.com</a> or Park Seed Company <a href="http://www.organicseed.com">www.organicseed.com</a></p> | <p><b>March 1: March 9:</b><br/>Calculate your carbon footprint. Pray about your consumption habits. Find out where you're making the biggest impact on the environment, so that you can take steps to change that. There are easy-to-use calculators here: <a href="https://www3.epa.gov/carbon-footprint-calculator/">https://www3.epa.gov/carbon-footprint-calculator/</a> <a href="http://www.carbonfund.org">www.carbonfund.org</a></p> | <p><b>March 2: March 10:</b><br/>Use your own water bottle. Plastic bottles &amp; disposable dishes do not de-compose efficiently. Commit to using a stainless steel straw &amp; use it with a reusable tumbler. Bring a reusable mug to the office. Commit to using your own dishware outside of home. Check out <a href="http://www.huizero.com">www.huizero.com</a> for a list of Maui restaurants that will fill your own reusable take-out container.</p> | <p><b>March 3:</b><br/>Watch a movie, film or documentary about faithful environmentalism and /or energy &amp; climate change. Good choices include: The Letter, David Attenborough: A Life on Our Planet, Chasing Coral, Interstellar, No Impact Man, Food Inc., Just Eat It!, The Human Element, and others on <a href="https://earth.org/best-environmental-films/">https://earth.org/best-environmental-films/</a></p>   | <p><b>March 4: March 12:</b><br/>Garden Consciousness: Join us today 9am - Noon at the Adopt-a-Garden event at St. John's. Or, consider assisting the Altar Guild in acquiring and arranging native plants and flowers for our worship services. Water your garden in the evening or early morning, when the water evaporates less. Use a drip hose instead of a large nozzle.</p>   |

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| <p><b>March 5:</b><br/>Find the most environmentally friendly way you can to get to church today (walk, bike, bus or ride share). Use the Instant Church Directory app to find others looking to Ride Share to St. John's.</p>   | <p><b>March 6:</b><br/>Meatless Monday: An average family of 4 emits more greenhouse gases because of the meat they eat than from driving 2 cars. Try avoiding both today!</p>   | <p><b>March 7:</b><br/>Take time to understand often misleading food labels. "Best if Used By" speaks only to peak quality - the food doesn't turn poisonous the next day. Remember, food waste is a sin of privilege. Waste not.</p>  | <p><b>March 8:</b><br/>Roadwise: Check your tire pressure. Low tire pressure means high energy/fuel consumption. Slow down: Every 10 mph faster reduces fuel economy by about 4 mpg.</p>   | <p><b>March 9:</b><br/>Take time to write or call an elected official about climate change or another creation care issue.</p>   | <p><b>March 10:</b><br/>Turn the water off while brushing your teeth. A running tap uses about 4 gallons of water per minute. If you have children, teach them to do the same.</p>   | <p><b>March 11:</b><br/>Go for a beach walk or a walk in a park and pick up trash. Or check calendar-maui.com to join in community beach clean-ups with Maui Surfrider, HILT and others.</p>  |
| <p><b>March 12:</b><br/>Take time this evening (or on the next clear night) to gaze at the night sky. Pause to reflect on the wonder of the created world. Do a bit of research to find out what the star patterns that you see are called.</p>  | <p><b>March 13:</b><br/>Stop unwanted junk mail to save trees, cut down on carbon emissions, and to reduce waste. Look into these websites:<br/><a href="http://www.donotmail.org">www.donotmail.org</a><br/><a href="http://www.41pounds.org">www.41pounds.org</a><br/><a href="http://www.dmachoice.org">www.dmachoice.org</a></p> | <p><b>March 14:</b><br/>Shower Savings: Set a timer for 5 minutes before your shower, and see how your normal shower length compares. Try to finish your next shower before the timer goes off. Turn down your water heater; 120 degrees is usually hot enough.</p>  | <p><b>March 15:</b><br/>Take time today to repair something that you might otherwise have replaced. Identify old clothes that could be cut up and made into cleaning cloths. Use these instead of buying new clothes which very often contain micro plastics.</p>  | <p><b>March 16:</b><br/>Re-wear clothes which aren't dirty and only run your washing machine when you have a full load. Using the cold water setting saves energy. Set aside old or unwanted clothes for recycling or donate to St. John's annual rummage sale.</p>  | <p><b>March 17:</b><br/>Volunteer to Host Coffee Hour and try to use as many unprocessed locally grown and locally raised food products as possible.<br/><a href="https://www.signupgenius.com/go/10c0948aea82faafec70-coffee/">https://www.signupgenius.com/go/10c0948aea82faafec70-coffee/</a></p> | <p><b>March 18:</b><br/>Americans throw away 86,000+ tons of single-use alkaline batteries per year - enough to circle the world at least 6 times! Today, switch to rechargeable batteries.</p>   |
| <p><b>March 19:</b><br/>Summer isn't that far away, and your thoughts might be turning to an upcoming vacation. Now is the time to explore how you can make it "greener." What about a service (volunteer) experience with your family? Or an eco-tour? Consider the carbon impact of plane flights and long car trips in your planning.</p> | <p><b>March 20:</b><br/>Ensure that your cell phone charger is unplugged when not in use. Many electronics and appliances continue to draw power even when they are off. Check that all electrical equipment is switched off rather than on standby when not in use. Screen savers do not save electricity.</p>                      | <p><b>March 21:</b><br/>Utilize local shops or farmers markets where available instead of driving to the grocery store. The need to reduce plastics, especially single-use plastics, is urgent. Check your cupboards and note how many groceries are wrapped in plastic. Buy in bulk when possible to avoid extra packaging.</p> | <p><b>March 22:</b><br/>Over 40% of the US carbon footprint is due to making, moving, and disposing of all the things we use &amp; throw away every day. Commit to using cloth napkins/towels and glassware. Purchase products from reconstituted &amp; recycled resources – paper, clothing, etc. This shrinks the footprint of raw materials &amp; supports the recycling economy.</p> | <p><b>March 23:</b><br/>Volunteer to help wash dishes or sort waste after Coffee Hour or other church events to support our church's commitment to eliminating disposables from our kitchen.<br/><a href="https://www.signupgenius.com/go/10c0948aea82faafec70-coffee/">https://www.signupgenius.com/go/10c0948aea82faafec70-coffee/</a></p> | <p><b>March 24:</b><br/>Contact your local utility company to find out what resources are available to help you become more energy efficient. Many utilities offer free or reduced cost energy audits, rebates on energy-saving appliances, or other energy services.</p>                            | <p><b>March 25:</b><br/>Celebrate Earth Hour today at St. John's at 6pm, an evening of earth-consciousness and creation care. We will begin with a sustainable communal meal and activities and then have a candlelit vigil and labyrinth walk. For more info on the world-wide phenomenon that draws attention to nature loss and climate change: <a href="http://www.earthhour.org">www.earthhour.org</a></p> |

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| <p><b>March 26:</b><br/>Take time to pray for and support projects that are creating positive environmental change. What more could you do to help? Consider St. John's commitment to creation care. The Green team meets today after the 9:30 service, and all are welcome. How can our congregation become more eco-friendly?</p>                                   | <p><b>March 27:</b><br/>Find out about the 'virtual water' that goes into the food you eat and the clothes you buy at <a href="http://www.waterfootprint.org">www.waterfootprint.org</a>. Make a list of things you could change or cut down on.</p>                                  | <p><b>March 28:</b><br/>Check out your kitchen and bathroom products. Make a list of any that contain harmful chemicals, and when empty, start to replace them with environmentally friendly alternatives. Try making some of your own cleaning products! Look up how to make them using ingredients like lemon and vinegar. It's better for the environment, your wallet and your health.</p> | <p><b>March 29:</b><br/>Buy rechargeable batteries and LED light bulbs for your home. Replace as many incandescent bulbs as you can with LEDs. (Save one LED for Maundy Thursday). How many light bulbs and batteries did you replace?</p> <p>Also, make a point of switching off all lights as you leave a room.</p> | <p><b>March 30:</b><br/>Make a pledge to not buy any new clothes for 3 months. Look through your wardrobe, keeping only the items that you know you will wear again. Donate the rest to the St. John's Rummage Sale on April 21-22 so that other people can enjoy them. This is a wonderful way to allow your items to be recycled, reused or repurposed. Items may only be dropped off <b>after</b> Easter.</p> | <p><b>March 31:</b><br/>Kitchen Savings: Run your dishwasher only with a full load. Use the energy saving modes when available. When boiling or heating water on the stove, use a pan with a lid. Only use as much water as you need.</p>  | <p><b>April 1:</b><br/>Join us in caring for the St. John's grounds and preparing them for Easter at today's All Church Work Day from 9am - Noon.</p> <p>Chemical fertilizers do long-term harm to soil and waters. Fertilize with mulch, compost, and manure; use natural methods to remove pests.</p>   |
| <p><b>April 2:</b><br/>As we approach Easter Day, reflect on the good things in your life and the beauty around you. Genesis Chapter 1 invites us to hear God's voice and see God's goodness revealed in creation. Go for a walk and use leave no trace principles like take only photos, leave only footprints from <a href="http://www.lnt.org">www.lnt.org</a></p> | <p><b>April 3:</b><br/>Purchase permanent cloth or canvas bags and use them for your future grocery shopping. Say No to Unwanted plastic Bags (SNUB). Check out hundreds of other Zero Waste Maui resources at <a href="http://www.zerowastemaui.org/">www.zerowastemaui.org/</a></p> | <p><b>April 4:</b><br/>Find ways to save paper. For example, set your computer printer to print on both sides. Save paper printed on one side and feed it back in to print on the second side.</p>   | <p><b>April 5:</b><br/>If your family has more than one car, use your most fuel efficient vehicle for most trips, and the larger, less fuel efficient one only when needed. When making your next car purchase, choose one that gets good gas mileage, or consider a hybrid or electric vehicle.</p>                  | <p><b>April 6:</b><br/><b>Maundy Thursday</b><br/>Replace the light bulb you removed on Ash Wednesday with an LED light bulb.</p>  | <p><b>April 7:</b><br/><b>Good Friday</b><br/>Darkness covered the Earth on the first Good Friday. Switch off all the lights and sit in darkness for a while. Reflect on all you have undertaken during Lent, and how it has contributed to a greener, healthier Earth. Conclude your "Carbon Fast for Lent" by making a personal pledge to serve God and others by pursuing a more sustainable way of life.</p> | <p><b>April 8:</b><br/><b>Holy Saturday</b><br/>Observe this holy Sabbath by enjoying an electricity and gadget-free day. Turn off the TV, computer, cell phone, radio. Instead, rest, play a game, go for a walk, or read a book! Take time to reflect on the words of the former Archbishop Rowan Williams: "Receive the world God has given you. Go for a walk. Get wet. Dig the earth."</p> |
| <p><b>April 9: Easter Sunday</b><br/>When celebrating Easter today, make a new tradition of planting bulbs or plants native to Hawaii. Then, continue all that you have learned this Lent throughout the year.</p>  |   |  | <p>We hope you enjoyed learning more about how you can care for God's creation and how each one of us can have a positive impact on improving our environment, one habit change at a time. If you would like to be more involved with St. John's Green Team initiatives, please let Janet Makua know.</p>             |  |  |   |