

<p>Ash</p> <p>Wednesday</p> <p>Repent.</p> <p>Reflect on <i>your</i> impact on the Earth.</p>	<p>15th Feb</p> <p>Remove one lightbulb, and live without it through Lent as a reminder of what you're doing.</p>	<p>16th Feb</p> <p>Switch off appliances at the wall to save electricity.</p>	<p>17th Feb</p> <p>Have dinner by candlelight.</p> <p>Talk, play games and enjoy.</p>	<p>2nd March</p> <p>Analyse your laundry. How could you do less?</p>	<p>3rd March</p> <p>Green your kitchen. Find three new ways to save energy in the kitchen.</p>	<p>4th March</p> <p>Share your journey so far with church friends.</p>	<p>5th March</p> <p>Meat free Monday.</p> <p>Go veggie for the day.</p>
<p>18th Feb</p> <p>Pray for those whose lives are negatively affected by climate change.</p>	<p>19th Feb</p> <p>Meat free Monday.</p> <p>Go veggie for the day.</p>	<p>20th Feb</p> <p>Map your movement.</p> <p>When can you share a lift or take public transport?</p>	<p>21st Feb</p> <p>Ditch the car and take a healthy walk</p>	<p>6th March</p> <p>Aim for zero waste in your kitchen. What are you throwing away?</p>	<p>7th March</p> <p>Invest in cloth shopping bags and ditch the plastic forever</p>	<p>8th March</p> <p>Find out what your carbon footprint is and find ways to reduce it</p>	<p>9th March</p> <p>Fish Friday.</p> <p>Swap meat for fish from sustainable sources.</p>
<p>22nd Feb</p> <p>Begin your plastic free journey. What can you reduce?</p>	<p>23rd Feb</p> <p>Fish Friday.</p> <p>Swap meat for fish from sustainable sources</p>	<p>24th Feb</p> <p>Create your own eco-friendly cleaning spray with water and white wine</p>	<p>25th Feb</p> <p>Find out how your church saves energy? How could you improve?</p>	<p>10th March</p> <p>Visit your local recycling centre and commit to recycling something new.</p>	<p>11th March</p> <p>Does your church recycle? How does it deal with its waste? Could</p>	<p>12th March</p> <p>Leave the car and take a healthy walk</p>	<p>13th March</p> <p>No electronics day. Challenge yourself not to use any electronics.</p>
<p>26th Feb</p> <p>Reduce your food miles. Buy local this week.</p>	<p>27th Feb</p> <p>Turn off the tap. Don't let water run for longer than</p>	<p>28th Feb</p> <p>Ditch the bottled water. Drink tap water for the next</p>	<p>1st March</p> <p>Unplug your phone charger when not in use.</p>	<p>14th March</p> <p>Use an energy monitor. How can you decrease your energy consumption?</p>	<p>15th March</p> <p>Track the air miles of one meal. How far did your food travel? Could you reduce this?</p>	<p>16th March</p> <p>Try an eco-friendly cleaning product for washing, polishing or cleaning.</p>	<p>17th March</p> <p>Need something new? Try Freecycled, second hand or reconditioned.</p>



<p>18th March Pray for those who don't have access to clean water or energy to meet their basic needs.</p>	<p>19th March Look at your house, can you seal and insulate it better?</p>	<p>20th March Ditch the tumble dryer add an extra spin to your wash and hang to dry.</p>	<p>21st March Only fill the kettle with as much water as you need.</p>
<p>22nd March World water day. Fit water reducing shower heads</p>	<p>23rd March Fish Friday. Swap meat for fish from sustainable sources</p>	<p>24th March Travel using carbon-based fuel is unavoidable. Consider offsetting your carbon emissions.</p>	<p>Holy Week Reflect this week: What have you discovered during the fast?</p>
<p>25th March Drive carefully. Speeding and unnecessary acceleration reduce mileage by up to 33%.</p>	<p>26th March Days are warming up. Could you turn down your thermostat a couple of degrees.</p>	<p>27th March Use a watering can rather than a sprinkler or hose.</p>	<p>28th March Replace your lightbulbs with LED lights. Saves money and energy!</p> 

Maundy Thursday
Have a buy nothing day. Reduce waste, cut carbon.



Good Friday
Reflect: Why do Christians have a responsibility to care for the environment?

Easter Saturday
Pray: Ask God to show you how you, and your church, can be better stewards of Creation.

Easter Day
Pray: For grace to live differently from the culture around us and to know that a life filled up with excessive material wealth can be empty.

After the Carbon Fast

Choose 3 things from the fast that you will commit to continue for the next year.

How could your congregation help fight climate change? Discuss together as a church.

Pray regularly for environmental issues, and those affected by climate change.

A Blessing as we journey on...

Bless us, + in the name of the Father, the Son and the Holy Spirit. As we go forth with joy and hope to care for God's creation.

Walking gently on the earth,
in right relationship,
nurtured by your love,
taking only what we need,
giving back to the earth in gratitude,
honouring all with reverence,
reconciling and healing,
mindful of those who will come after,
and of the poor today
recognizing our proper place as part of,
not apart from, your creation.

Ignite your spark within us, that we may know ourselves as truly human and irrevocably part of the Web of Life.

Amen.

Useful websites

www.eco-prayer.org	www.greenanglicans.org
www.climatestewards.org	footprint.wwf.org.uk
www.arocha.org	ecochurch.arocha.org.uk