

South West Dioceses Tackling Climate Change Together



Welcome to the Carbon Fast for the 40 Days of Lent

- part of our joint witness in this crucial year for the climate. Our special focus is on the link between water and energy use.

To join the Fast and receive daily emails during Lent which include the actions, full readings and a special reflection, sign up at: <http://ecochurchsouthwest.org.uk/carbon-fast>.

Detailed information and more resources including worship resources are also available there for individuals, groups and churches.

18 Feb - Ash Wednesday

To begin the Lent Carbon Fast remove one light bulb in your home and live without it during Lent as a reminder of what you're doing.

GENESIS 1:9

19th Feb

Calculate your Water Footprint. Scottish Water gives energy use and carbon emissions see www.scottishwater.co.uk. There is an extended calculator at www.waterfootprint.org which assesses food as well.

EXODUS 14:21

20th Feb

Borrow or buy an energy monitor. Libraries and Transition Groups often have them available. Watch your energy use for the next month and see where you can decrease your consumption

PROVERBS 5:15

21st Feb

Stop using bottled water for the whole of Lent. It is energy and transport intensive. 200 billion plastic water bottles are consumed worldwide every year – about 31 bottles for every person on the planet.

ISAIAH 49:10

22nd Feb - 1st Sunday of Lent

GENESIS 8: 9-17. Post Flood Covenant with Noah
1 PETER 3:18 - end Flood and Baptism
MARK 1: 9-15 Baptism of a Jesus.
And 40 days in Wilderness

23rd Feb - Fairtrade Fortnight begins

Avoid buying water-rich* foods from water-poor regions (*most fruits except bananas, and vegetables such as green beans). Agriculture counts for 70% of all freshwater use globally. The UK relies heavily on imports of agricultural products and is a major net importer of "virtual water". Many foods from outside the UK, are grown in water-poor regions. Buy other types of fairtrade products from the same country where you can in order support their development.

ISAIAH 12:3

24th Feb

Boil What You Need. On average a kettle uses the same amount of energy to boil a litre of water as it takes to run a fridge for about seven hours. Avoid models with a long 'overboil', some kettles waste energy because they continue to boil for up to 10 seconds before the automatic cut-off switches the kettle off.

REVELATION 22:17

25th Feb

Consider the meat you eat and how it is produced. Some meat can use a significant amount of water in production. Find local sources.

ISAIAH 43:3

26th Feb

Do you use bath rather than a shower?
If you are able to, please use only a shower this week. Even a 5 minute shower uses more water than a person in a slum uses in a whole day.

JOHN 4:14

27th Feb

Don't leave taps running excessively especially when brushing your teeth, washing food, etc.
JOHN 7:37-39

28th Feb

Summer is coming. Set up rainwater harvesting ready for the summer. Rainwater can have a variety of uses not just on the garden if you have one
PSALM 65 9-10

1st March - 2nd Sunday of Lent

GENESIS 17 v 1-17 Covenant with Abraham
MARK 8 v31 - end. Take up cross. Those who try to save life will lose it

2nd March

Place a "hippo" or plastic bottle in all the cisterns in your house - it may need to be small if you have a modern cistern. 50 litres of water is flushed down the toilet every day by the average person in the UK.
PSALM 23:2

3rd March

Take a walk to look at your local rivers and streams today. What role do they have in your community - how much are they being polluted? How often is too much water being taken from them?
2 KINGS 2:19-22

4th March

Have a Sweater Wednesday. Turn your heating down or off. Put on more jumpers, be active in the house or outside. In the evening wrap up in blankets or have an early night.
EZEKIEL 47:1-5

5th March

Ask your Electricity Supplier how much comes of their supply comes from wind? Wind power is the most sustainable source of renewable energy, mainly because of its low greenhouse gas emissions and water consumption. Consider switching to Ecotricity.
ISAIAH 43:2

6th March

Have a Buy Nothing Day today - or this weekend.
PSALM 42: 1-11

7th March

Trace the journey made by the food on your plates for one meal.
Reflect on what and who has enabled this food to reach and nourish you. Don't take them for granted. If you have surpluses of produce at home try to share them with others. Remember most fair trade products are shipped rather than air-freighted, and therefore have a smaller carbon footprint.
EZEKIEL 4:11

8th March - 3rd Sunday of Lent

EXODUS 20 v 1-17 Ten Commandments
1 CORINTHIANS 1 v18 - 25 Gods foolishness wiser than human wisdom
JOHN 2 v1-12 Cleansing of temple

9th March

Check all your house for leaks and dripping taps - get them fixed this week
ISAIAH 41 18-20

10th March

Use public or community transport or share a lift, today or one day this week to replace the car journeys you would make - it may take you much longer, but use this time creatively. To plan your journey use www.travelinesw.com
ISAIAH 55:1

11th March

Offset your carbon. Travel using carbon-based fuel is unavoidable for many reasons – for work, to visit family and friends, for leisure and church events. When you do travel, consider offsetting your carbon emissions with Climate Stewards www.climatestewards.org
PSALM 63:1

12th March

Half way through Lent! Share some of the actions you have taken with your friend or neighbour and ask them to do one of them. If you are on Facebook or twitter you can tell many more people. The Fast is here: @CarbonFast.
GENESIS 1:1-31

13th March

Going on a trip? Fill refillable bottles or take a flask for hot drinks - save money, time and energy
EXODUS 17:1

14th March

Turn your heating down as the days get longer. Get a balance between temperature & ventilation so heated air is not lost through having to open windows.
MATTHEW 14:25

15th March - 4th Sunday of Lent and Mothering Sunday

EXODUS 2 v1-12 Moses in Bulrushes
2 CORINTHIANS 1 v3-17 God consoles us in our afflictions
LUKE 2 v 33-35 Simeon blesses Jesus

16th March

It's an election year - try to visit your MP and meet the Prospective Candidates for your constituency to talk about their priorities for carbon reduction. Look at resources from Hope for the Future - and initiative of the Yorkshire and North East Dioceses. www.hfff.org.uk . This is church-led, but for everyone, so invite your friends and neighbours to be involved.
EXODUS 14:21

17th March

Use eco-friendly cleaning materials for washing, polishing and cleaning. These are less harmful to the environment and break down more quickly.
REVELATION 22:1-2

18th March

Buy some of your clothes second hand to save water. It takes 2700 litres to make a cotton shirt, 11000 litres to make a pair of Jeans. The fashion industry's relationship with water goes beyond cotton. Some 14.4% of an apparel retailer's total water footprint relates to manufacturing. Around 17% of industrial water pollution comes from textile dyeing and treatment and 8,000 synthetic chemicals are used to turn raw materials into textiles, many of which are released into water sources.
2 KINGS 3:16-20

19th March

Have a day just drinking water.
A cup of coffee may be a quarter of litre to drink, but 140 litres of water were needed to produce that single cup. Tea requires 30 litres per cup.
JOHN 7:37-38

20th March

Ask at your supermarket or shop how fresh food has travelled to the store. Waterborne transit is one of the most energy efficient. Inland barges are more than 3x more energy efficient than road trucks and 40% more efficient than rail.
MARK 7 1-13

21st March

Ask for a water meter to be fitted if you don't have one. If you already have one contact your MP to urge them to push the government to make household bills reflect the water that we actually use. The UK is almost alone among European nations in not having universal water metering. It also introduces a financial incentive to save water. This is hard for some families, but over a lifetime it is a fairer way to pay for water.
PSALM 1:1-6

22nd March - 5th Sunday of Lent and World Water Day

JEREMIAH 31 v 31-34 New covenant
HEBREWS 5 v5-10 Learning obedience through suffering
JOHN 12 v20-33 grain of wheat dies to bear much fruit

23rd March

If today is washday, then avoid using a tumble dryer. Use an extra spin on your washing machine to make clothes dry faster. If it's a nice spring day, hanging washing outside can be healthier, cheaper and leave a fresher feel.
ECCLESIASTES 1:7

24th March

Ask your workplace or other businesses or organisations you know in your community to consider their carbon and water footprints. Reducing their emissions and saving water also saves them money.
MATTHEW 14:22-33

25th March

The Annunciation Pray today for those without access to enough clean water and enough energy for their basic needs. Remember the clients from food banks who have nothing to heat food with, the peasant farmer who faces drought and the child who has only dirty water to drink. Remember also those still affected by floods in the South West.
ISAIAH 43:19-21

26th March

Explore ways to garden with your church or community.

Regenerate a forgotten wasteland or help weed a neighbour's garden. Invite others to garden for you. Grow things you can all eat and enjoy. Take on an allotment.

Plant a Community Orchard.

JUDGES 15: 19

27th March

From today until Good Friday try to only use

seasonal fresh food and buy it loose

and with soil still on where possible. Use local independent shops and suppliers.

Food grown in season usually uses less energy and less water. One of the big uses of water is the washing of prepared food - bagged salads and greens are "triple washed".

PSALM 107: 33-36

28th March

As we approach Holy Week pray

today for grace to always live differently from the culture around us and to know that a life filled up with excessive material wealth can be empty. Be generous and enact the principles of sharing or giving away goods to others who need them.

MATTHEW 5: 45

29th March - Palm Sunday

MARK 14:1-15:47 Passion according to Mark Jesus weeping over the city as he sees forthcoming disaster

30th March

It's the Carbon Fast Big Switch Monday.

Make the switch to a green electricity supplier.

Ecochurch Southwest works with Ecotricity

<http://ecochurchsouthwest.org.uk/actions/green-energy-deal>.

MATTHEW 28:19

31st March

If you are travelling this week by car, think about the speed you will go and the energy you could save. Driving at 70 mph compared to 50 mph uses 15% more fuel. Drive smoothly, accelerate gently and read the road ahead to avoid unnecessary braking. Change gear when you hit 2000rpm (diesel) or 2500 (petrol). Turn off electrical items when not needed.

ACTS 8: 36-38

1st April

Pray and Fast today. Join with others in the UK around the world who Pray and Fast for the Climate on the 1st of each month in the lead up to the UN Climate Talks in December this year.

www.prayandfastfortheclimate.org.uk/about-us.

JOHN 7: 38-39

2nd April

Consider today who in your community

struggles with access to water - a large family on low income? Gypsies and Travellers on the roadside? Homeless people? - "Many a time I've gone to ask for a drink of water, but because people judge people they've said 'No' "(Amanda).

REVELATION 21:6

3rd April

A day for reflection. Try a no-power day - no electricity, gas or hot water. If you are not quite ready for that, try an "embrace the silence day" - no TV, no radio, no phone - and remember to replace the light bulb you removed.

4th April

As many people prepare to renew their baptismal vows, consider the role of water in the Christian Faith. Think also what will you take from the readings, reflection and actions that you have considered and what you will do beyond Lent?

5th April - Easter Sunday

Have a Wonderful Easter!

SW DIOCESES & ECOCHURCH SOUTHWEST

<http://ecochurchsouthwest.org.uk>

 @CarbonFast

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