



What is a carbon fast for Lent? For Anglicans, Catholics and many others, Lent is the time when we remember the 40 days that Jesus spent in the wilderness, facing challenge and temptation. It is a time when we reflect on God's purpose for our life. This year we challenge you to take a carbon fast - to reduce the actions which damage God's Creation. Find more details of each day's action, as well as a daily scripture and prayer here - www.greenanglicans.org or on www.facebook.com/GreenAnglicans

Ash Wednesday
Reflect on your impact on the Earth. Write a letter to yourself from your great great grandchild, what have we done to our Earth?

11th Feb
Today, take a moment to watch the sunrise or the sunset, and fully absorb the miracle of light and life!

12th Feb
Think about all living creatures that rely on the Earth to survive. "Hear the cry of the Earth".

13th Feb
Take a walk in your area. Listen, notice and feel your environment. What are its needs?

14th Feb
How is your church showing LOVE for the Environment?
Job 12:7-10
Earth Keepers Day

15th Feb
Reduce your meat consumption, starting with a **Meat Free Monday**

16th Feb
Local is lekker!
Buy only local products this week.

17th Feb
Aim for zero waste!
Look at your food this week, what are you wasting?

18th Feb
Fix your fridge! Set the temperature around 3°C (38°F).

19th Feb
Fish Friday: Commit to weekly fish bought from sustainable stock.

20th Feb
Share a favourite Vegetarian recipe with friends and neighbours.

21st Feb
How is your church saving energy? Are the globes energy saving, what kind of heating is used?
2 Sam 22:29

22nd Feb
Visualise the millions of people taking action for our Earth - together we have Power!
(Meat Free Monday)

23rd Feb
Map your movement - when can you share a lift/take public transport/or walk?

24th Feb
Analyse your clothes washing - what can you do to save water and energy?

25th Feb
Save your cents - Switch off appliances at the wall to save electricity.

26th Feb
Have dinner by candlelight, talk, play games and enjoy!
(Fish Friday)

27th Feb
No electronics day! Challenge yourself to not use any electronics.

28th Feb
Does your church recycle? What happens to your church's waste?
John 6:12-14

29th Feb
Gratitude is the attitude - Write down the 20 things you are most grateful for.
(Meat Free Monday)

1st March
#fastfortheclimate - Join people around the world fasting for the planet on the 1st of every month.

2nd March
Reduce rubbish! On bin day, look at the size of your rubbish and commit to reducing it by half.

3rd March
Clean Green! Create your own green cleaning spray with water and white vinegar solution.

4th March
Plastic Free! Begin your plastic free journey - what can you reduce?
(Fish Friday)

5th March
Clear your closet of unused clothes, give them away or host a second hand sale.

6th March
Water is sacred: How 'water-savvy' is your church? Look at the bathrooms and kitchens.
John 4:7-15

7th March
Think about the Christian rituals of baptisms and Eucharist - how is water sacred?
(Meat Free Monday)

8th March
Ban the Bottle! Commit to no bottled water from today onwards. Buy a strong bottle and drink tap water.

9th March
Turn off taps: Do you ever leave a tap running? Brushing teeth? Rinsing veggies? Washing up?

10th March
Water wise - Only fill the kettle with as much water as you need.

11th March
Fix leaks at home & report public water leaks to the Municipality.
(Fish Friday)

12th March
Find out where you were baptised and which river that water came from. Give thanks to God for the river!

13th March
How Green is your Church? Walk around & dream of what could be grown.
Genesis 1:11-12

14th March
Ponder this: What does it mean to be "of the Earth?"
(Meat Free Monday)

15th March
Create a natural weed-killer with vinegar and a squirt of dishwashing liquid.

16th March
Plant a tree! Think of a place to plant a tree and make it happen this month!

17th March
Green Gifts - Choose plants as birthday or other gifts this year.

18th March
Be a Gardener - Grow herbs, veggies or plants in your home.
(Fish Friday)

19th March
Commit to 5 lifestyle changes of your carbon fast to continue in the future.

FOOD

ENERGY

WASTE

WATER

PLANTS