



**SAINT DENNIS PARISH**  
A CATHOLIC CHURCH CENTERED ON CHRIST

**2020 Lenten Carbon Fast**

			26	27	28	29
			Reflect on your impact on the Earth Calculate your carbon footprint <a href="https://stdennisparish.org/wp-content/uploads/Carbon-Footprint-Estimate-Calculator-PDF.pdf">https://stdennisparish.org/wp-content/uploads/Carbon-Footprint-Estimate-Calculator-PDF.pdf</a>	Talk with your friends about carbon fasting and encourage them to join in.	Observe the beauty of the sunrise or sunset	Pray for all the living things that rely on the Earth
1	2	3	4	5	6	7
Turn off lights when leaving a room	Consider alternative transportation, or carpooling, today and each day this week	Unplug electronics when done with them, including phone chargers	Program your thermostat. Consider turning it down one degree.	Replace an incandescent light bulb with CFLs or LEDs	Check your tire pressure. Low pressure means higher fuel consumption.	Take some time to learn about solar panels or Green Power Tomorrow
8	9	10	11	12	13	14
Keep track of how much food you discard this week and look for ways to reduce food waste.	Enjoy a meat free Monday	Plan a meal with food that has not had to travel by plane.	Share a vegetarian recipe with a friend	Learn about composting and consider adding this to your household if you can.	Enjoy sustainably harvested fish. Consider how you can make this a part of each Friday this Lent	Buy locally sourced food, as much as possible
15	16	17	18	19	20	21
Are you recycling everything you can? Refresh your memory with the Madison Recyclopedia.	Re-use an item you would have thrown away, like a jam jar or a plastic yogurt container.	Eliminate single use plastics – when out to eat, request no straw	Try some new 'green' cleaning products or make your own	Fill a reusable water bottle instead of using a single use plastic bottle	Stop unwanted junk mail to save trees, cut down on carbon emissions, and reduce waste.	Bring reusable bags with you to get groceries and leave them in your vehicle for future trips.

22 Instead of buying bottled water, purchase (or dig out of your cabinet!) a reusable bottle to use this week.	23 Turn off the faucet when brushing your teeth to conserve water	24 Only run your washing machine when you have a full load. The cold water setting saves energy.	25 Time your shower today, then see if you can take less time on future days.	26 Scrape rather than rinse your plates today. It saves water.	27 When boiling or heating water on the stove, use a pan with a lid. Only use as much water as you need.	28 Fix a leaky faucet or toilet in your home today to conserve water
29 Take a walk today. Listen to the birds, look at the trees, and feel the sun (or snow!) on your face. Rejoice in all creation!	30 Put out some bird food. The birds will find it and you can enjoy the gift of these creatures.	31 Green your home with a new potted plant. It will spruce up a space and clean the air inside.	1 Buy free range eggs – the farms are more environmentally and economically sustainable than factory farms, minimalizing impact on the Earth.	2 Learn more about how the destruction of rainforests impacts climate change.	3 Learn more about the impact of plastics on our oceans and the animals that live in them.	4 Plan your spring garden. Make a plan to add a tree or shrub near your house – it can cut down on cooling costs.
5 Think prayerfully about how we are using resources at an unsustainable rate.	6 Find a book about ecology or climate change. Consider reading with a friend or your family so you can discuss!	7 Pray for those most affected by climate change, especially the world's poor who contribute the least to climate change, but may be most affected.	8 Watch a movie, film or documentary about faithful environmentalism and /or energy & climate change. Some choices include: Renewal <a href="http://renewalproject.net">http://renewalproject.net</a> An Inconvenient Truth <a href="http://www.climatecrisis.net">www.climatecrisis.net</a>	9 Pray and reflect on your role in preserving God's creation and the difference you have made this Lent.	10 Write down at least 2 habits you have learned this Lenten season that you can carry forward. Write or phone your legislators to tell them that protecting creation is important to you.	11 Take some time today to reflect on the activities that you have performed during Lent, and how they have brought you into greater harmony with our common home. Make a personal pledge to pursue a more sustainable way of life.
12 Happy Easter!						