

COMMUNITY:

John 13:35

A vehicle that is not serviced uses more energy and releases more emissions. They also pollute the air and contribute to the health problems of others. **Make sure your engine is serviced and your tyres properly inflated.** This will help with clean air for all.

Friday, 13 March

SHARE:

Hebrews 13:16

Find energy saving tips online or **write down 5 things that you could do to save energy on a daily basis.** Share what you have found out with a friend. Decide which ones you will implement in your home, church, community, office.

Saturday, 14 March

PLAN:

Proverbs 3:13

A simple act like opening the fridge and keeping it open unnecessarily wastes energy. **Plan your Sunday meal beforehand** and then make as few trips to the fridge as possible. This will conserve on energy, and ultimately reduce emissions.

Sunday, 15 March

WEEK 4 – WATER

For I will pour water on the thirsty land, and streams on the dry ground; I will pour my Spirit upon your offspring, and my blessing on your descendants. - Isaiah 44:3

ACT:

Deuteronomy 32:1-2

Climate change will affect the available water for Jamaica. Conservation is a good habit to develop. **Consider taking shorter showers for Lent.** Set a timer for 5 minutes and see how your normal shower length compares. Try to finish your next shower before the timer. Also remember **Paperless Mondays.**

Monday, 16 March

THINK:

Isaiah 43:20-21

Bottling water produces more than 2.5 million tons of CO₂ and the majority of the cost of bottling water goes into its plastic packaging. **Reduce or eliminate your consumption of bottled water for today.** Boil your water instead or get a reusable bottle and fill it up.

Tuesday, 17 March

THE OCEAN:

Psalm 104:24-25

Our oceans are important for livelihoods, recreation, food and as a part of nature. Improperly disposed of garbage and untreated wastewater which end up in our oceans destroy the habitat and kill the wildlife. Dispose of your garbage properly in Lent. Pray for proper waste water management. **Consider doing or supporting a beach clean-up project in Lent or afterwards.**

Wednesday, 18 March

TEACH & SHARE:

Proverbs 22:6

Turn the water off while brushing your teeth. If you brush your teeth twice a day and allow the water to run for only 2 minutes or less, you can save up to 70 gallons of water per week! If you have children, teach them to do this. Also share the tip with a friend.

Thursday, 19 March

DO:

Romans 1:20

Global studies show that about 10% of the water used in homes is wasted because of leaks. A leak of only 1 drop per second, wastes 2,400 gallons per year! **Check your taps for leaks.** Turn off tightly or repair. Give God thanks for his provision of water and commit to being a good steward of it.

Friday, 20 March

INTERNATIONAL DAY OF FORESTS:

Psalm 96:10-13

The theme for 2015 is *Forests| Climate| Change|*. Our forests are important as they capture rainfall and cleanse and replenish our water supply. Cutting down trees for charcoal is endangering Jamaica's forests. Next time ask where the charcoal you use comes from. **Pray for those who daily protect our forests.** Visit www.forestry.gov.jm

Saturday, 21 March

WORLD WATER DAY:

Revelation 5:13

World Water Day is observed annually on March 22. The theme this year is 'Water and Sustainable Development'. Access by all to freshwater is among Jamaica's Vision 2030 goals. **Raise awareness of World Water Day.** Do something in your home, church, community, or workplace. Visit www.wra.gov.jm and www.unwater.org

Sunday, 22 March

WEEK 5 – REDUCE, REUSE, RECYCLE

The earth is defiled by its people; they have disobeyed the laws, violated the statutes and broken the everlasting covenant. Therefore a curse consumes the earth; its people must bear their guilt. - Isaiah 24:4-6

WORLD

METEOROLOGICAL DAY:

Matthew 25:23

Recycling paper can keep 6 million tons of waste out of full landfills. **Can you use the other side of the paper?** Start the habit. **Paperless Mondays.**

The theme for World Met Day is *Climate Knowledge for Climate Action.* **Pray for those who provide climate information.** Visit www.metservice.gov.jm

Monday, 23 March

COMMUNITY:

Galatians 6:9

If not already doing so, start **sorting plastic items for deposit** to one of the new recycling collection points around the country. Establish a central collection point in your office, church or community. Find out how to get the plastic to the recycling depots. Why not give them a call?

Tuesday, 24 March

THE ENVIRONMENT:

Isaiah 24:3-6

Can you **live polystyrene (or what we call styrofoam) free for a day?** Polystyrene takes hundreds of years to degrade and is not easily recyclable. It hangs around in the environment if not properly disposed of. Buy your lunch in a box today. Consider paper or glass plated meals for remaining gatherings in Lent.

Wednesday, 25 March

SHARE:

Exodus 35:31-32

How many ways can you use a plastic bag? After you bring them home from the shop, what happens to them? Think of ways to reuse 'scandal bags'. Can they be used in innovative craft? Can you use them again when next you shop? Think of three ways to reuse plastic bags and share with a friend.

Thursday, 26 March

DO:

1 Corinthians 10:24

When an appliance is plugged in, even if it is not on, it is using electricity. **Consider plugging out** the charger when the phone is fully charged. Attach the TV and other appliances to a power strip and plug it out at night. Reduce your use. Reduce emissions.

Friday, 27 March

THE EARTH:

Psalm 8:6-9

We are a throw-away society. If it stops working we throw it away and buy a new one. We are generating a lot of e-waste and it is becoming a problem for the environment. **Is there something you could fix instead of throwing out?** Consider doing so and helping out the earth.

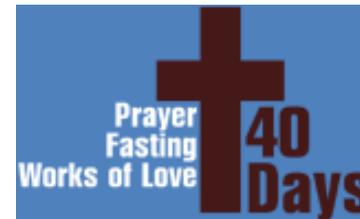
Saturday, 28 March

MEDITATE:

Genesis 1:31

Reflect on the entire experience of the Carbon Fast. What stands out the most? Is there anything that you will carry on even after Lent? **Share your thoughts on our website.** Pray that you may continue to be a good steward for the environment.

Sunday, 29 March



YOUR 40-DAY GUIDE TO TAKING THE PATH LESS TRAVELLED THIS LENT
<http://carbonfastjamaica.com>

Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction and many enter through it. - Matthew 7:13

What is a carbon fast for Lent?

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. Many persons take this opportunity to fast from something. This year our challenge to you is to undertake a carbon fast.

Carbon dioxide or CO₂ produced by human activity is causing global warming which is in turn causing climates to change. In Jamaica we are aware of climate change because of our warmer temperatures, swings between floods and droughts, and rising sea levels. These changes result in adverse impacts which affect our quality of life and threaten the survival of the natural world. Additionally other environmentally unfriendly actions (e.g. littering, cutting down our forests) make the impacts of climate change worse.

A carbon fast is a challenge to us all to look at our daily actions, to reflect on how they impact on the environment and our fellow Jamaicans. It challenges us to take some small steps – some of which will reduce our carbon dioxide (CO₂) output while others will help the environment in other ways – and so contribute to preserving the integrity of Creation. In the process we may come to rediscover a different relationship with God, with His Creation and with one another as part of Creation.

Join the Carbon Fast because you can change the world a little in 40 days, but more importantly you can change yourself a lot!

How do I take a carbon fast?

Consider Ash Wednesday, 18 February, to Palm Sunday 29 March as a time of reflection and action. Each week has a theme and challenges. Read the daily verse, consider the challenge, pray, and then, where possible, do that day's challenge or commit to doing it later. See also if you can make these actions into habits to continue after Lent.

“Love the earth just as much as God does...” - Archbishop Emeritus Desmond Tutu

WELCOME TO LENT 2015

PREPARATION: We're glad that you are joining us on a path less travelled towards a carbon-light, environmentally sensitive lifestyle and outlook. From today through to Sunday of this week we will prepare ourselves for the fast ahead by thinking about what makes up our environment. Start the day by reading the Creation story, Genesis 1: 1-31. Reflect on the completeness of Creation. Pray to God asking Him for insight, wisdom and courage to do the tasks ahead as we go on the road less travelled.

Gracious Lord, as we fast from carbon, we mourn the destruction of so much of your creation. May we take up the challenge to walk the path less travelled, to restore more of your creation than we destroy. Help us to act with love and care for all that you have created.

Ash Wednesday, 18 February

THE AIR:

Genesis 1: 6-8

Air pollution is a problem in our world. We breathe 20,000 liters of air each day. The more polluted the air is, the more harmful things we breathe into our lungs. **Do you make it difficult for someone to breathe?** (e.g. smoking, burning garbage) Consider giving it up for Lent.

Thursday, 19 February

THE OCEANS:

Genesis 1:9-10, 20-23

Fish on Fridays is a tradition during Lent. Jamaica's fish stocks are dwindling, in part because of improperly disposed of garbage reaching the sea and killing the coral reefs which are home to our fish. How do you dispose of your garbage? **Pick up litter around you** even if you did not put it there.

Friday, 20 February

THE EARTH:

Genesis 1:9-12, 24-26

The Giant Swallowtail is the largest butterfly in this hemisphere. They are found only in regions of the John Crow Mountains and the Cockpit Country. Their habitat is threatened by destruction. **Consider planting a tree this Lent.** Pray for all who work in forestry preservation.

Saturday, 21 February

PEOPLE:

Genesis 2:15

Environmental stewardship refers to responsible use and protection of the natural environment. Do our lives reflect a calling to stewardship? Reflect on how you have treated the environment. **Call a friend.** Invite them to join you in the Carbon Fast.

Sunday, 22 February

WEEK 1 – SIMPLE LIVING

Woe to the shepherds of Israel who only take care of themselves! Should not shepherds take care of the flock? You eat the curds, clothe yourselves with the wool and slaughter the choice animals, but you do not take care of the flock. - Ezekiel 34:2-4

ACT:

James 4:17

30–40 percent of all urban waste is paper, and 50% of office waste going to landfills is paper. Landfills produce emissions that contribute to global warming. How much paper do you use every day? Can you reduce your usage? Consider making all the Mondays in Lent, **Paperless Mondays.**

Monday, 23 February

THINK:

Deuteronomy 2:7

A joint pastoral letter from the Bishops of the Antilles Episcopal Conference called for Christians to set their face against the tide of consumerism and to preach to the world by the simplicity of their lives. Increased consumption leads to increased emissions. **Think twice about purchases** you make this week. Do you really need it? Forego something that you don't really need.

Tuesday, 24 February

COMMUNITY

Acts 4:32-34

A neighbourhood is a space where common goods are shared. Burning garbage, stealing or wasting electricity, and wasting scarce resources such as water impacts all who share a community. It is also not good stewardship. **Are you a good neighbour?** Pledge to change an action for the benefit of others in your home or church community.

Wednesday, 25 February

MEDITATE:

Psalms 24:1

Do we **appreciate the value of all that is created** e.g. the plants and other animals? Are things only valuable because of their benefit to us or do they have their own intrinsic worth? Do we live in ways such that our environment suffers? Meditate on Psalm 24:1 and see what changes we can make to how we live to benefit the non-human world.

Thursday, 26 February

SHARE:

Matthew 6:28-30

Are there lightly used items in your closet or that of your family members that can be shared with others? Lent is a good time to de-clutter, live lightly and share with others in need. Identify some things to give away that others can use and find somewhere to **donate them.**

Friday, 27 February

GLOBAL:

Amos 5:24

Think where your 'stuff' comes from. Who and what processes are involved in making the goods you possess and treasure – clothing, food, furniture? **Pray that items we need are manufactured without exploitation of persons and by using energy efficient means** that don't emit CO₂ and cause global warming.

Saturday, 28 February

COUNTRY:

Micah 7:13

Jamaica's environment is suffering because of garbage we produce that is not properly disposed of. When the environment is degraded then the impacts of storms and extreme events are made worse. Can we **commit to reducing the amount of garbage** we produce this Lent? For our sakes and for our country's?

Sunday, 1 March

WEEK 2 – FORESTS & FOOD

So, whether you eat or drink, or whatever you do, do all to the glory of God. – 1 Corinthians 10:31

GLOBAL:

Jeremiah 10:3

Trees in the forests are cut down for use as timber or to produce paper. Paper is usually discarded (and decomposes) or burnt after use releasing the carbon back into the atmosphere. Using less paper will save our forests. Halve or eliminate your paper usage today. Remember Mondays in Lent are **Paperless Mondays.**

Monday, 2 March

SHARE:

Isaiah 41:18-20

About 30% of our island is forests. Forests provide valuable ecological and environmental services. For example, forests are the main source of oxygen in the atmosphere. Visit the Forestry Department's website or think of other valuable roles forests play. **Share what you have learnt** with a friend.

Tuesday, 3 March

COMMUNITY:

1 Chronicles 16:33

Trees directly remove carbon dioxide through foliage and wood above and below ground. Trees planted near buildings reduce the demand for air conditioning, and electric power production. **Arrange in your community or in your church to plant a fruit tree(s)** for Lent and help reduce emissions.

Wednesday, 4 March

MEDITATE:

Philippians 4:8

If you can, skip one meal today and go for a **walk in a green space.** While walking meditate on Philippians 4:8. *"...whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."*

Thursday, 5 March

ACT ON IT

John 6:12

Lots of food is wasted every year and one third of municipal waste is household food waste. Food waste sent to landfills degrades and generates methane gas which also causes global warming. We can avoid this by not cooking too much, eating all we cook, not buying too much food and using all we buy before it goes bad. **Cook less and buy less at the grocery for Lent.**

Friday, 6 March

THE EARTH:

Genesis 1:29

Producing food organically through backyard farming will result in lower emissions. Organic farming locks up CO₂ in the soil by relying on natural methods of increasing soil fertility. **Consider starting a backyard garden** today using organic material. Alternatively, consider **supporting local farmers during Lent** who use natural methods to produce their foods.

Saturday, 7 March

COUNTRY:

Exodus 23:10-11

How faraway did the ingredients you will use to make Sunday dinner come from? Buying local supports the economy and reduces emission from transportation associated with importation. Consider making Sunday dinner from mostly locally grown foods or ingredients produced by local manufacturers. Why not, **buy local for Lent?** Remember also to share with someone in need.

Sunday, 8 March

WEEK 3 – ENERGY & TRANSPORTATION

There is the sea, vast and spacious, teeming with creatures beyond number—living things both large and small. There the ships go to and fro. - Psalms 104: 25-30

ACT:

James 3:17

One of the ways to reduce emissions is simply to reduce electricity use. Every time you turn off or don't use electricity, less fossil fuels need to be burnt. In your office today, can you turn off the printer or copy machine? Remember Mondays in Lent are **Paperless Mondays.**

Monday, 9 March

GLOBAL:

Ephesians 5:8

Jamaica's electricity consumption is highest between 6 and 7 pm daily. Today consider **not turning on any appliance** or as few as needed for one hour between 6 and 7 pm. By so doing you are lowering your electricity bill and helping to save the planet. Consider doing this every Tuesday for the rest of Lent.

Tuesday, 10 March

MEDITATE:

Deuteronomy 11:13-15

Transportation of all kinds is one of the biggest contributors to global warming. Consider **sharing the taxi with your friend or offering someone a ride for today.** Or even better yet... just walk if you can! As you go about your day meditate on Deuteronomy 11:13-15 Think on what it says about obeying God and what will result.

Wednesday, 11 March

THE AIR:

Psalms 19:1

The largest contributors to the electricity bills of offices are air conditioning units. Cooling is one of the biggest energy consumers and contributors to emissions. In your office today **open the window** if you can. If you can't then consider adjusting the temperature to make it one degree warmer.

Thursday, 12 March