

Lent: An Invitation to a Carbon Fast

During the season of Lent, we are called to *metanoia* -- the changing of our minds and hearts to new ways of thinking and acting.

Change involves taking a honest look at ourselves -- the lives we live and the choices we make -- and discerning how our values correspond to those that Jesus offers his disciples -- *you and me*.

Global Climate Change

2006

12 islands have disappeared at the Sunderbans delta.

Lochachara Island, home to 10,000 people, was lost to rising sea levels.

By 2020

An estimated 70,000 residents of the 4.1 million people living on the islands would be rendered homeless from the Indian part of the Sundarbans.

This Lenten season, we call you back to reclaiming our roles as stewards of creation as we invite you to participate in a carbon fast.

Look over for suggestions.

Average emissions of carbon per person per year:

US: 19.8 tons

India: 1.2 tons

Bangladesh: 0.3 tons

What you can do to reduce your carbon consumption on a daily basis.

- Switch off all electrical equipment instead of leaving them "on standby."
- If you drink bottled water, give up bottled water.
- Select the air-dry option on your dishwasher.
- Reduce travel miles.
- Commit to line-drying your clothes whenever possible.
- Select the Cold/Cold wash when washing clothes.
- Eat less meat and seafood. When you do, purchase locally or sustainably raised meat and seafood.
- Avoid using disposable goods that really aren't necessary; e.g. styrofoam or plastic ware.
- Switch to compact fluorescent light bulbs and other energy efficient appliances.

If you are already doing all of this and want to do more, please visit our website.

Sources: www.americancatholic.org/Features/Lent/0-86716-243-0.asp; www.independent.co.uk/environment/climate-change/disappearing-world-global-warming-claims-tropical-island-429764.html; www.hindu.com/2008/09/15/stories/2008091556632000.htm; <http://www.guardian.co.uk/global/interactive/2008/dec/09/climatechange-carbonemissions>; geosci.uchicago.edu/~gidon/papers/nutri/nutriEl.pdf



Prairie Carbon Fast

From your friends at Prairie Climate Stewardship Network
Engaging People of Faith in Climate Stewardship
www.prairiestewardship.org / www.prairiecarbonfast.org
701-647-2532