

CARBON FAST 2024 ST. JOHNS METHODIST CHURCH - SETTLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 <i>Preparation Week</i>	Feb 12th Lent is a time to reflect through personal sacrifice. We invite you to participate in a carbon fast, to help reduce actions that damage God's creation. Why not set your own personal challenge, perhaps from one action a week to all of them. You decide, and know that whatever you do is helping Earth and Nature.		Feb 14th Act Start your Lenten journey by watching any programme by David Attenborough. Marvel at God's extravagant creation and love for it.	Feb 15th Challenge Calculate your carbon footprint using one of the many websites that help. Alternatively read "How Bad are Bananas?" which is on display in the Hall.	Feb 16th Commit Remove one lightbulb from your home and live without its light for the next 40 days to remind you of your commitment to this fast.	Feb 18th Pray Pray for those most affected by climate change. For some Pacific Island Peoples they may lose not just their homes but their country!
Week 2 <i>Waste Week</i>	Feb 19th Reduce Plastic bottles can take millennia to biodegrade. Try to reuse your bottles by washing and refilling. There are local shops offering refills of many household products.	Feb 20th Recycle Ensure you are recycling everything you can. There are opportunities to recycle batteries, jewellery, stamps and ink cartridges at church.	Feb 21st Coffee Pot Coffee Pot uses Fairtrade tea, coffee, and sugar. The kitchen recycles everything it can, even tea bags! Come along, enjoy fellowship and share any tips on recycling.	Feb 22nd Re-Use Settle is blessed with many charity shops where you can donate and buy pre-loved items. Take a tour and de-clutter at the same time!	Feb 23rd Plastic bags Always try and carry a re-usable bag when shopping. Also try and eliminate single use plastics from your home when you can.	Feb 24th Paper Try finding ways to reduce your paper use and always re-cycle. Have you tried shredding newspaper and mixing it into your compost bin.
Week 3 <i>Food Week</i>	Feb 26th Meat & Dairy You can reduce your carbon footprint by eating and drinking less meat, butter, cheese and milk. Perhaps try a vegetarian day each week?	Feb 27th Ethical Shopping Buy a Fairtrade product. Tea, coffee, wine, cookies, bananas and chocolate can be found in our Co-Op. All of them support local producers.	Feb 28th Farmers Try and support our local farmers. Many farm sustainably, managing the land for food production and protecting wildlife.	Feb 29th Eat Local Take note of where your food comes from and try to buy fruit and vegetables when they are in season; they're usually cheaper!	Mar 1st Try Organic Try to buy food that has been grown without the use of harmful pesticides and fertilisers.	Mar 2nd Fruit & Vegetables Loose fruit and vegetables save packaging and usually water too. Lots of bagged groceries are washed multiple times.
Week 4 <i>Energy Week</i>	Mar 4th Lighting When changing a faulty light bulb always try and replace with an LED bulb, they are at least 10 times more efficient and don't even get too hot!	Mar 5th Renewables Settle Energy Local Club is developing energy locally to benefit the community. It will be open to all. Please ask Sandy, Bruce or Kath if you are interested.	Mar 6th Save Energy Don't leave electricals like TVs on standby, switch them off and save a bit of money. You can get a free thermometer card from Age UK to monitor your heating	Mar 7th Watch Your kettle Only boil just the amount of water you need, it saves time and money as well as the planet! And remember to put lids on saucepans when heating.	Mar 8th Go for Solar Look into buying one solar powered product, perhaps a garden light or battery charger; maybe even a solar (PV) panel.	Mar 9th Take a walk Enjoy an extra walk today. Exercise is good for physical, mental and spiritual health and well-being.
Week 5 <i>Water Week</i>	Mar 11th Rainwater Leave buckets and pots out to collect rainfall. If you don't already have one, think about buying a water butt so you can water your plants.	Mar 12th Save Water Don't forget to turn off the tap when washing vegetables or brushing your teeth.	Mar 13th Leaks Check all your taps and pipes for small leaks, they can waste a lot of water and money over time.	Mar 14th Running Water! We often take our clean running water for granted but 700 million people in the world don't have any. Perhaps think about a donation to Water Aid.	Mar 15th Showers Time how long it takes to shower. Why not set a goal to reduce the time. Some folk use an egg-timer!	Mar 16th Flush with Pride Put a "water hippo" or brick in your cistern to reduce the water used for each flush. Yorkshire Water can supply lots of water saving gadgets for free!
Week 6 <i>Nature Week</i>	Mar 18th Nurture Plant some seeds in your garden or window box and watch them grow.	Mar 19th Scavenger! Go on a nature scavenge hunt and see what you can find. Foraging is fun for all ages!	Mar 20th Feed the Birds and Animals Buy or make a bird feeder or perhaps a bug hotel! Keep a log of what you see in the garden.	Mar 21st Eco Garden Call in to the church Eco Garden. All are welcome and it's a great place for a chat or quiet reflection.	Mar 22nd Dig for Creation Dig up some soil and see what you find. Learn a bit about the important job that worms, spiders and beetles do.	Mar 23rd Pick Litter Go out and enjoy a nature walk and pick up one piece of litter, or more!