



**YOUR
LENTEN
FAST**

Lent is a forty-day period of preparation for Easter that begins on Ash Wednesday. Traditionally, it is a time of fasting. There are many ways to keep a fast for Lent. Typically, a fast entails denying oneself something pleasurable during the period. Alternately, one might choose to add a new discipline for the forty days.

This Lenten season, prayerfully consider what you might give up, or what you might do that will have a positive impact on the stewardship of our planet.

Although your fast is a personal decision, your individual choice can also be a part of a larger collective effort. Consider making your fast in the form of a pledge to make an effort to reduce your ecological "footprint." You could choose to turn down your thermostat or walk instead of driving.

Our hope is that many of the pledges will be measurable, allowing us to calculate the total impact of our congregation.

One measure of conservation is to consider the amount of greenhouse gas that is produced by the action. Go to <http://www.climatecrisis.net/takeaction/carboncalculator/> to calculate your annual impact. For a more specific measure, you can use this chart:

SOURCE	AMOUNT	LBS. OF CO ₂
Electricity	1 kilowatt	1.3
Natural Gas	1000 cu. ft.	11.7
Heating Oil	1 gallon	22.4
Propane	1 gallon	12.7
Gasoline	1 gallon	19.6

Use the form below to describe your fast. On Ash Wednesday, bring it to be dedicated during worship. By collecting these pledges, we will be able to measure the impact that we can make together during this season and celebrate that on Easter.

✂-----

My Lenten Fast

Measurable impact:

Name (optional):

