

THE WORLD CAN CHANGE A LOT IN 40 DAYS. BIBLICALLY, THIS PERIOD TAKES ON HUGE SIGNIFICANCE AS A TIME TO REPENT, REFLECT, SACRIFICE AND HEAR FROM GOD. THIS YEAR, WE INVITE YOU TO JOIN A 40-DAY – OR SEVEN DAYS IF THAT BETTER SUITS YOUR LIFESTYLE – CARBON FAST AS A WAKE-UP CALL TO CONSUMPTION AND AN OPPORTUNITY TO RETHINK THE WAY OUR LIFESTYLES IMPACT PEOPLE LIVING IN POVERTY.



DAY 1 (ASH WEDNESDAY IF YOU ARE DOING THE FAST FOR LENT): REMOVE ONE LIGHT BULB (WITHOUT INVITING DANGER) AND LIVE WITHOUT IT FOR THE NEXT 40 DAYS.

Day 2: Check your house for draughts with a ribbon or feather. If it flutters, buy a draught excluder.

Day 3: Tread lightly – whether that's by foot, by bike, on to a bus or on the gas as you drive. Find a way to reduce carbon dioxide emissions when you travel today.

Day 4: Are you recycling everything possible? Really – everything? Look into it today.



DAY 5:

Can you talk about your Carbon Fast at church today? Encourage others to join in. Visit www.tearfund.org/carbonfast or call 0845 355 8355 (ROI 00 44 845 355 8355) for more copies of this guide.

Day 6: Turn your central heating thermostat down by one degree.



Day 7: Say au revoir to standby. Check that all electrical equipment is switched off when not in use. The TV alone will save a hefty 20kg of carbon dioxide per year.



Day 8: Unplug your mobile phone charger: it uses electricity even when it's not charging.

Day 9: Climate change isn't a distant threat – it's affecting poor communities now. Pray for Tearfund's work to help vulnerable communities adapt to the changing weather.

Day 10: Give your dishwasher a day off or promote it to a Grade A energy efficient appliance.

Day 11: Use local shops or farmers markets (www.farmersmarkets.net) instead of driving to out-of-town shopping parks. They will thank you; supermarkets won't notice your absence.

DAY 12:

Tell politicians to take action on climate change today. Check out Tearfund's campaign work at www.tearfund.org/climate or return the campaign postcard in the centre of this booklet.

Day 13: Put the heat on your electricity or gas suppliers and ask them if they have a green plan. Make the switch and feel cosy.

Day 14: Take a shower instead of a bath: you'll heat less water.

Day 15: Snub plastic bags. Get into the habit of taking your rucksack to the supermarket or go retro with a trolley. Ask your supermarket to remove unnecessary packaging.

Day 16: Switch off lights as you leave the room.

Day 17: Only fill your kettle with as much water as you need.



Day 18: Cut the air miles. Don't consume any food that you know has been imported by plane (apart from Fairtrade products).



Day 20: Compost. Put the nutrients from food waste back into the soil – not into a methane-emitting landfill.

Day 21: Only run your washing machine when you have a full load.



Day 22: Find one way to save paper today: re use an old envelope or print double sided.

Day 23: Turn the taps off. In one day a hot dripping tap could fill a bath.



Day 24: Counsel your local council. Thank them for their recycling facilities but ask them if they could provide any more.

Day 25: Who works hardest in the house? Mum? Dad? No, the fridge. It's churning away 24/7. Treat it to a good de-icing to make sure it's running efficiently.

DAY 19:

Grace Maglasey and her husband Andrew struggle to grow enough food because their village in Malawi is caught in a cycle of floods and droughts. Join in with Grace's prayer today: 'We pray that those of us who farm should harvest a lot of food so that this year we will not have hunger. In the name of Jesus, Amen.'

DAY 26:

'Love does no harm to its neighbour.' Romans 13:10. But while our lifestyles consume more and more energy, our poorer neighbours are suffering. Reflect on ways to love our neighbours in our increasingly connected world.

Day 27: Pressure a car-owner to check their tyre pressures. Low tyre pressure means high fuel consumption.



Day 28: Do a home energy check at www.energysavingtrust.org.uk or call 0800 512 012 for a paper copy. You could save up to £250 a year on bills.

Day 29: Run your washing machine at 30 degrees. This uses 40 per cent less electricity than running at 40 degrees.



Day 30: Find out a new fact about the impact of climate change today. Amaze your friends.

Day 31: Fit aluminium foil behind your radiator – allowing you to turn the radiator down and save £10 a year per radiator.

Day 32: Any old iron? If it's on its last legs replace old electrical appliances for energy-efficient models, they could save a third of the energy.

Day 34: Tell the Mailing Preference Service that you want to stop junk mail. Call 0845 7034599 or visit www.mpsonline.org.uk. Sign up to Tearfund's e-newsletter Twelve at www.tearfund.org/twelve

Day 35: Put an insulation jacket on your hot water tank. If everyone does, we'll cut enough carbon dioxide to fill 148,000 hot air balloons.

Day 36: Re-use an item you would have thrown away – whether that's jam jars, envelopes or ice-cream containers.

Day 37: Put a lid on it. That's pans when cooking and use a kettle to boil water.



Day 38: Draw the curtains to keep the heat in.



Day 39: Could your church be greener? Talk to your church leaders. Tearfund can help – visit www.tearfund.org/climate

DAY 33:

Have an embrace-the-silence Sunday. Turn off everything. No TV, no radio, no ring tones, no cars. It'll be good for the soul.

DAY 40:

Replace your missing bulb with an energy-saving light-bulb. Over its lifetime, you will save 60kg of carbon dioxide per year and up to £60. Make a personal pledge to serve others by pursuing a more sustainable way of life.