**Fasting from Carbon during the Lenten Season**

Lent is a season to slow down and reflect on our lives. For some, it is a time to make a sacrifice by giving up an activity, food or drink. For others, it may mean taking on new, positive actions.

In an interesting and earth-friendly ‘twist’ on Lent, the New England Regional Environmental Ministries (NERM) offers an Ecumenical Lenten Carbon Fast. The goal of the carbon fast is to help Christians be more mindful of climate change and the ways we all contribute to it in our daily lives. Over the Lenten season, individuals can sign up to receive NERM’s daily e-mails. The e-mails provide a carbon-related issue to contemplate and a corresponding action you can take.

For example, the Contemplation for Day 7 is:

*Bring to mind a voluntary choice you have freely made to constrain yourself from some action you very much wanted to take, but you realized would (even in some small way) harm creation.  How do you understand that choice?  How do you frame it?  Was it a sacrifice?  Do you regard it as befriending a new discipline or commitment?  Even in a small way, do you experience yourself as called by God to do this?*

And the Action for Day 7 is:

*Avoid eating meat and cheese one day a week during the rest of lent (and beyond if you feel called).  If everyone in the U.S. did this, it would be the equivalent of taking 7.6 million cars off the road for an equivalent time.  Read* [The Meat Eater's Guide](http://r20.rs6.net/tn.jsp?f=0019tC2O3ewXs0ir7LlwbPGEtlTETx4YSGOdV3O4SgyzVR_hr40C6hmPqs17WcVH1eIdM4dGN_1NYnp4zQuKjn77GftcCRmsPl7lwVLPb9jR3pb97JU7og6AEbMWvjSd5zSY3KqTqT2s5dSnr58pE4OsVvYrns-yWdAAKfJSFonnwuNx9bjtbmSLqmZ7mmmyyx1kyyB3AcI5s37PDgZ4TDW1HLSfchJliSz&c=okRSqr98doF7Jgq0RtSD0wq7lVFb2PNtURNGwHOCPW1Bgh6ps7vROQ==&ch=36aEsPS9skYOui7HoIWH5qBUR04X-xIGCQFC-5NcEufcT5zJ28d77g==) *for a concise, yet detailed explanation and other suggestions.*

*Already doing this or feeling ambitious?  Eating* [*locally*](http://r20.rs6.net/tn.jsp?f=0019tC2O3ewXs0ir7LlwbPGEtlTETx4YSGOdV3O4SgyzVR_hr40C6hmPtCFLdJOL-NjjKrwPHVOqhYqHX7c1FkNwzrkr1iLCQFyljtn-IMfSxJjepAe4-zc-yB-JgYmT7GZ3gmgruJZMCukSP7F1GBJawr_12TKKULX3zFLcrFGCaNUULH87g3vEw==&c=okRSqr98doF7Jgq0RtSD0wq7lVFb2PNtURNGwHOCPW1Bgh6ps7vROQ==&ch=36aEsPS9skYOui7HoIWH5qBUR04X-xIGCQFC-5NcEufcT5zJ28d77g==) *requires fewer fossil fuels to transport your food, eating* [*seasonally*](http://r20.rs6.net/tn.jsp?f=0019tC2O3ewXs0ir7LlwbPGEtlTETx4YSGOdV3O4SgyzVR_hr40C6hmPqs17WcVH1eIjBTQvTDTQVRIL7ditMoCGUso6EHOZujd2WVwNMeBJLgFDuSvICk3urg1QnHQC3CTsfn0OsS8_VLXez9zh_1YXiS53YaG_x7zqzuipIdIQuDjcF_h0z50HOOu0jjtHDRaRbHmgr0cSJd4TUI5jSCHnuAfaTsw-ou2t4bR3pLI7mm6gWbPKq8gpe5EsIvI3ZNL&c=okRSqr98doF7Jgq0RtSD0wq7lVFb2PNtURNGwHOCPW1Bgh6ps7vROQ==&ch=36aEsPS9skYOui7HoIWH5qBUR04X-xIGCQFC-5NcEufcT5zJ28d77g==) *requires less energy for refrigeration, eating* [*organically*](http://r20.rs6.net/tn.jsp?f=0019tC2O3ewXs0ir7LlwbPGEtlTETx4YSGOdV3O4SgyzVR_hr40C6hmPi7MySz257hck0pIBvX6QSvMYUA_Md2xUX2bl0uDL_62Wp0kmmOxI72Q5E5VVetTox7I4KsMYR91qGa0J60D-HIo8dXcDSFWpaQogGndRCuXoq2p0ZKNaPEWaBHDrWqgig==&c=okRSqr98doF7Jgq0RtSD0wq7lVFb2PNtURNGwHOCPW1Bgh6ps7vROQ==&ch=36aEsPS9skYOui7HoIWH5qBUR04X-xIGCQFC-5NcEufcT5zJ28d77g==) *helps restore soil ecosystems that pull carbon out of the atmosphere.*

If you’d like to sign-up for Ecumenical Lenten Carbon Fast e-mails, go to https://www.macucc.org/carbonfast