**A Lenten Pledge**

**Day one**  
(Ash Wednesday.) Remove one light bulb and live without it for the next 40 days.

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

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

**Day four**  
Are you recycling everything possible? Really – everything? Look into it today.

**Day five**  
Can you talk about your Carbon Fast at Mass today? Encourage others to join in.

**Day six**  
Turn your central heating thermostat down by one degree.

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

**Day nine**  
Climate change isn't a distant threat – it's affecting poor communities now. Pray for Trocaire’s work in this year’s Lenten campaign.

**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 instead of driving to supermarkets.

**Day 12**  
Tell politicians to take action on climate change today.

**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.

**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**  
Avoid consuming any food that you know has been imported by plane (apart from Fairtrade).

**Day 19**  
Join in the prayer of those who struggle to grow enough food because their village in Malawi is caught in a cycle of floods and droughts. "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 20**  
Compost. Put the nutrients from food waste back into the soil –

**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**  
Ask your local council about Recycling facilities.

**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 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.

**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 [energysavingtrust.org.uk](http://www.energysavingtrust.org.uk) You could save up to €250 a year on bills.

**Day 29**  
Run your washing machine at 30 degrees. This uses 40% 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 they're on their last legs replace old electrical appliances with energy-efficient models. They could save a third of the energy.

**Day 33**  
Have an embrace-the-silence Sunday. Turn off everything. No TV, no radio, no ringtones, no cars. It'll be good for the soul.

**Day 34**  
Stop junk mail by putting a sign on your door.

**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 – such as a jam jar, an envelope or an ice-cream container.

**Day 37**  
Put a lid on it; that's any pan 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.

**Day 40**  
Replace your missing bulb with an energy-saving lightbulb. 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.