

Christians begin the season of Lent today, which lasts until Easter Sunday on April 11th. Whether or not this practice is part of your faith tradition, it can be a renewing experience to try to extend your energy-saving habits one step further for a specified amount of time. If you haven't decided what to give up yet, you might try one of the following ideas or a few, depending on how far you want to go:

Buy more locally produced food. You can reduce emissions from transportation by buying from farmers markets and eating foods in season rather than foods shipped in from around the globe.

Use alternative transportation to work, school, or your place of worship. This is a good way to slow down and find a few extra minutes for contemplation during Lent.

Eat less meat. Reducing the amount of meat you consume, even just one day a week, will make a difference in your carbon footprint.

Turn down your thermostat. Grab a blanket and add an extra layer of clothing. Even one degree lower will add up to big energy savings.

Try a media fast. It can be very rewarding to turn off televisions, computers, and radios a few nights a week and sit down to a board game with your family.

[Find more ideas here!](#)

If you are trying any of these green Lenten ideas, or have some of your own, we want to hear from you. Let us know what you are doing by replying to this message so we can tell your story on the [IPL Blog!](#)

Keep the faith,



The Rev. Canon Sally G. Bingham