

Lenten Pledge Ticket



Please cut this portion of the ticket out and return to the church with the **total carbon** your actions saved throughout Lent:

*As always, you don't have to calculate to participate.
Please feel free to fill in your ticket with actions,
rather than numbers, if you prefer.*

Lord God,
in your loving wisdom
you appointed humankind to care
for your creation;
but through our ignorance and
wilful actions
parts of the planet are laid waste.

We lament and seek forgiveness,
praying that during this Lent we
resolve to live more lightly on
planet earth
anticipating your new creation
restored by love.

Amen

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Lent is a period of fasting and repentance for 6 weeks leading up to Easter. This is an opportunity to think about intentional actions you can take during Lent to both express repentance and have a positive impact for Creation. We've provided ideas and estimates of CO₂ savings for each action.

You might choose an action to carry out for all 6 weeks or choose something different for each week.

	My Pledged Action	Potential Savings	Actual Savings
Wk 1			
Wk 2			
Wk 3			
Wk 4			
Wk 5			
Wk 6			
Total Carbon Savings			See back of ticket

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Total Carbon Savings			See back of ticket

FOOD

Give up chocolate 3 kg/ small bar
 Give up alcohol 18 kg/ bottle of wine
 Reduce red meat 8 kg/ portion

HOME ENERGY

Turn the heating off at night 6 kg/ week
 Air dry the laundry 1.5 kg/ load
 Reduce the washer temp from 40° to 30° 1 kg/ load

TRANSPORTATION

Walk or share a ride to church .5 kg/ mile
 Train (not car) to Edinburgh 32 kg / trip
 Train (not fly) to London 298 kg / trip

BUYING

Repairing (instead of replacing):

- A cotton t-shirt 7.5 kg/ shirt*
- A wool jumper 16 kg/ jumper*
- A pair of shoes 32 kg/ pair**
- A waterproof jacket 45 kg/ jacket*

*Fasting from buying, would result in the same carbon savings.

** Look for shoes with soles of synthetic rubber, natural rubber, or leather. These can be repaired, others cannot

For more ideas, see the Green Ticket Scheme Handbook. There are copies available at the church or you can find it online at <https://www.stasstas.com/greenticket.html>

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