



## New Year's Resolutions are the Worst

Welcome, 2016!

Good intentions are in the air. Here at Michigan IPL, Cathy wants to get fit, Bob is starting a meditation practice, and Leah has vowed to save water by showering less and wearing more deodorant.



We make these goals in the spirit of optimism, but "resolving" to do something often isn't enough to help us make our desired changes stick. Instead, we need to build *habits*. It's a subtle but important shift.

While making resolutions puts the emphasis on end results, creating good habits gets us focused on process. We do a certain behavior, repeat it, ritualize it, and gradually build momentum. We know we've successfully formed a habit when the action becomes just another part of the routine-- like drinking your morning coffee or reading to your kids before bed.

Many people use the New Year as their starting point for making positive changes in their lives. In the Christian tradition, many approach the season of Lent in a similar way.

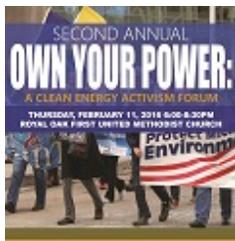
To help you engage with the spirituality of this season and build sustainable habits, we have developed a calendar that suggests actions you can take each day to reduce your carbon footprint. We're calling it the "Carbon Fast for Lent."

The goal is that through committing ourselves to sustainable actions, we will integrate the intention to shrink our carbon footprints into our decision-making and daily practices. Lent begins this year on Feb. 10. Sign up to do the Carbon Fast with other Michigan IPL supporters or just [download the calendar](#).

Join the Carbon Fast!



Whether you observe Lent or not, we encourage you to begin the new year by prayerfully considering how you might focus your attention on sustainable living in 2016!



Save the Date! We are teaming up with the Sierra Club to host our second annual Own Your Power clean energy advocacy workshop on the evening of Thursday, Feb. 11 at Royal Oak First United Methodist Church. Rep. Julie Plawecki (who sits on the House Energy & Technology committee) will be our Keynote Speaker. Stay tuned for more details!



The cities of Farmington and Farmington Hills are competing for a \$5 million prize in a national energy efficiency contest. Michigan IPL and Consumers Energy are supporting this effort by offering free energy efficiency workshops at area houses of worship. Contact Leah, [outreach@miipl.org](mailto:outreach@miipl.org), 248-376-4603, to become a host.

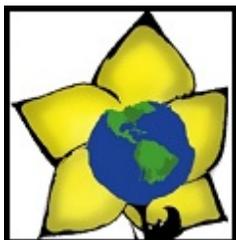
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Registration for the 2016 Battle of the Buildings is now open, and houses of worship are eligible to compete. Join the fun, "kill a watt," and engage in some friendly competition among Michigan building operators!

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"Faith and Climate Justice," a series of conversations about earth care, will be held Tuesdays, February 2, 9, 16, and 23, at First



Presbyterian Church in Kalamazoo from 7-8:30pm. Clergy from Christian, Jewish, and Muslim traditions will discuss religious teachings on Earth care and how religious communities can contribute to the great work that lies ahead. Contact Cybelle Shattuck for more information: [scybelle@umich.edu](mailto:scybelle@umich.edu).



US Green Building Council Students invite you to their conference (in Grand Rapids Feb. 19-21) for one-on-one help in crafting sustainability plans for your congregation. Contact Leah, [outreach@miipl.org](mailto:outreach@miipl.org), 248-376-4603, for more information.

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### Resources

Check out our free resources-- from energy efficiency manuals to study guides on the spiritual foundations of earth care.

[Resources »](#)

### Love Our Work?

Your support enables us to help faith communities become more sustainable through action, education, and advocacy.

[Donate »](#)

### Become an Advocate

We have a moral responsibility to protect the Earth and love our neighbors. Help us make systemic change!

[Advocate »](#)

### Connect with Us



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