



Lenten Calendar

March 2022

Lent is a time to repent, reflect, listen to God. This year, our church is joining with many others in heeding the call to be stewards of God's Creation. Over the weeks of Lenten, allow these daily reflections to reside in your heart and take action.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| | | <p>Ash Wednesday</p> <p><i>“Love is the most universal, the most tremendous of cosmic forces. Love is a sacred reserve of energy; it is like the blood of spiritual evolution.” (P. Teilhard de Chardin, SJ)</i></p> <p>For what Love is calling me to during this time of Lenten?</p> | <p>3</p> <p><i>Those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen (Fratelli Tutti 61)</i></p> <p>Is your circle of neighbors expanding or contracting? Explore WHY?</p> | <p>4</p> <p><i>“My work is loving the world” (Mary Oliver)</i></p> <p>Explore the beauty of your bioregion and be grateful to our Creator</p> | <p>5</p> <p><i>“God’s love is the fundamental moving force in all created things” (Laudato Si, 77)</i></p> <p>Take a break from the TV and internet. Turn off everything and unplug if you can. Go for a walk or read a book.</p> | <p>6</p> <p>LAND</p> <p><i>“The violence present in our hearts is also reflected in the symptoms of sickness evident in the soil, in the water, in the air and in all forms of life” (Laudato Si, 2)</i></p> <p>The Earth Charter asks us to leave behind a period of destruction and make a new start. Read more..</p> |
| <p>7</p> <p><i>Berta Caceres was a Lenca indigenous woman and human rights defender. She was on the front lines defending the territory and the rights of indigenous Lenca people. She was murdered on March 2016.</i></p> <p>Learn more about the Indigenous People in our southwest region</p> <p>New Mexico's 23 Tribes</p> <p>Native Americans at the Pass of the North</p> | <p>8</p> <p><i>“The Torah reminds us that we are made up, ultimately, of stardust, as is the rest of creation. We share the origin with every substance in the universe. Terrestrial life on our planet absorbs most of its vitality from the six-inch layer of topsoil” (Rabbi Yonatan Neril)</i></p> <p>Begin spring gardening by going organic.</p> | <p>9</p> <p><i>“Nature is the storehouse of potential life of future generations and is sacred”</i></p> <p>Audrey Shenandoah, Onondagan Writer</p> <p>Think prayerfully about how we are using resources at an unsustainable rate. Reflect on the fact that the richest 20% of the world consumes 80% of its resources, while 80% of the population has to make do with the remaining 20%.</p> | <p>10</p> <p><i>“We must learn to view our planet through a lens of interconnected ecosystems, not just individual species” (Rabbi Yonatan Neril)</i></p> <p>Learn about permaculture</p> | <p>11</p> <p><i>“This responsibility for God’s earth means that human beings, endowed with intelligence, must respect the laws of nature and the delicate equilibria existing between the creatures of this world” Laudato Si, 68</i></p> <p>Reduce the size of your lawn and grow native plants...or plant herbs in a pot.</p> | <p>12</p> <p><i>Creator of the Universe, who is making Heaven and Earth, let all that lives tell out your glory....all join to sing out your Holy Name. -Episcopal Prayer for the Earth.</i></p> <p>Think about your church’s role in the local environment. Could your community care for creation better? Consider signing up for IPL sacred land & water committee.</p> | <p>13</p> <p>FOOD</p> <p><i>God said, “See I give you every seed-bearing plant... and every tree that has seed-bearing fruit; they shall be yours for food” (Gen.1:29)</i></p> <p>Purchase locally grown food today.</p> |

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| <p style="text-align: right;">14</p> <p><i>“You must not use your God-given body for killing God’s creatures, whether they are human, animal or whatever”</i> (Yajur Veda, 12.32).</p> <p>Respect food for food is a gift from God. Offer blessings at meals. Grow your own vegetable and herb garden</p> | <p style="text-align: right;">15</p> <p><i>The number of people on the brink of starvation across Africa’s Sahel region is ten times higher than in 2019, the World Food Programme (WFP) is warning, while the number of people who are displaced is up by 400 percent.</i></p> <p>The combined effects of conflict, the COVID-19 pandemic, climate and rising costs are putting people in the region at risk</p> | <p style="text-align: right;">16</p> <p>Purim</p> <p><i>Purim is a Jewish celebration in honor of Queen Esther who saved her people</i></p> <p>Participate in a food festival, or share food with friends.</p> | <p style="text-align: right;">17</p> <p><i>“We know that approximately a third of all food produced is discarded, and whenever food is thrown out it is as if it were stolen from the table of the poor”</i> (Laudato Si 50)</p> <p>Reduce food waste by planning and eating leftovers.</p> | <p style="text-align: right;">18</p> <p><i>If the world is to meet its target of limiting global warming to “well below” 2C, some degree of diet shift will be necessary, <u>scientists say</u>. If it is to strive for the most optimistic target of keeping warming to 1.5C, changes to diet may be even more crucial.</i></p> <p>Eat a more climate friendly diet by limiting meat and cheese.</p> | <p style="text-align: right;">19</p> <p><i>“Each year sees the disappearance of thousands of plant and animal species. The great majority become extinct for reasons related to human activity.</i> (Laudato Si, 33)</p> <p>Put out some bird food. Birds will almost certainly find it wherever the location</p> | <p style="text-align: right;">20</p> <p>WATER</p> <p><i>“the most comforting speech in the world is the talk that rain makes by itself”</i> (Thomas Merton)</p> <p>Let us recognize that water is a gift, and it is living.</p> <p>We are grateful for the water cycle that draws all the water into our atmosphere, bringing the cleansing rains that feed all of life.</p> <p>May we be reverent to this marvelous gift</p> |
| <p style="text-align: right;">21</p> <p><i>“For I will pour water on the thirsty land, and streams on the dry ground; I will pour out my Spirit on your offspring, and my blessing on your descendants”.</i> Isaiah 44.33</p> <p>Access to safe water is a basic and universal right. Learn more about human right to water:</p> | <p style="text-align: right;">22</p> <p><i>With joy you will draw water from the wells of salvation.</i></p> <p>Isaiah 12:3</p> <p>Watch Videos of Our IPL Annual Meeting, Acting for Sister Water: A Soul Emergency</p> <p>Video 1</p> <p>Video 2</p> | <p style="text-align: right;">23</p> <p><i>But let justice roll on like a river, righteousness like a never-failing stream!</i> Ps 23:2</p> <p>Healthy human bodies can live for many days without food but can survive less than three days without water.</p> <p>Set a timer for 5 minutes and see how your normal shower length compares. Try to finish your next shower before the timer goes off.</p> | <p style="text-align: right;">24</p> <p><i>Currently, plastic accounts for 85 per cent of all marine litter.</i></p> <p>Give up bottled water for Lent.... And then forever. Buy yourself a reusable water bottle.</p> | <p style="text-align: right;">25</p> <p><i>There is a growing concern about pharmaceuticals in water bodies and in drinking water.</i></p> <p>Learn More</p> <p>And avoid pharma overuse.</p> | <p style="text-align: right;">26</p> <p><i>The ocean is the origin and the core of all life on this planet — and it is under threat.</i></p> <p>Learn more about Save the Sea</p> | <p style="text-align: right;">27</p> <p>SUN and WIND</p> <p><i>“May you be you praised, my Lord, for brother wind and the air and clouds, clear skies and all weathers by which you give sustenance to your creatures”</i> (St Francis of Assisi)</p> <p>Be grateful for the gift of the sun and the wind for they are gifts for clean energy sources.</p> |

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| <p style="text-align: right;">28</p> <p><i>There is an effort to promote hydrogen as a solution to the climate crisis.</i></p> <p>Learn More about why this is not a good idea.</p> | <p style="text-align: right;">29</p> <p><i>“Exposition to atmospheric pollutants produces a broad spectrum of health hazards, especially for the poor” (Laudato si, 20)</i></p> <p>Tell EPA you support strong regulations on methane pollution</p> | <p style="text-align: right;">30</p> <p><i>Do you know that when it comes to actual energy, the internet is a hungry system.</i></p> <p>Learn More</p> <p>Check that all electrical equipment is switched off rather than on standby when not in use. (Screen savers do not save electricity)</p> | <p style="text-align: right;">31</p> <p><i>There is a growing concern about climate change from the congregations and communities. Some of them used renewable energy</i></p> <p>Read Success Stories</p> | | | |
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