



LENT 2018: A JOURNEY TO FULLNESS OF LIFE... FOR MYSELF, OTHERS, EARTH

“The universe, by definition, is a single, celebratory event.” ~Thomas Berry

February

14 Ash Wednesday – Begin your Lenten Journey to fullness of life by gazing at the stars and reflect that almost all the elements in your body as well as the palm ash on your forehead were birthed in the bellies of great stars. Marvel at how connected life is!

15 Take some quiet time to plan your Lent. Choose three actions that will lead to fuller life for yourself, for another, for Earth.

16 Try to fast from plastic bags during the season of Lent.

17 Be conscious of being cordial to strangers today.

18 First Sunday of Lent

“Love expresses itself not only *through* us but *as* us.” ~William May

19 Pause a moment before you answer the phone to pray for the person to whom you will be speaking.

20 Pause after you watch the news or read the paper and be present to victims of violence and poverty.

21 Take time to tell family, friends, community members how much they mean to you.

22 Today is the anniversary of the execution of Sophie Scholl (1943), resister against the Nazi regime, who said, “I will cling to the rope God has thrown me in Jesus Christ, even when my numb hands can no longer feel it.”

23 Become aware this week of how much food you discard and plan better to avoid waste.

24 Give a donation to a peace or environmental organization.

25 Second Sunday of Lent

“Yes, let us break bread together, eat, take time together. We are always running. We have no time for gratuity. The most important things is to have coffee, asking 'What are you feeling?' and 'What am I feeling?' ~Ivone Gebara

26 Anniversary of the murder (2012) of Trayvon Martin, 17 year old African American. What will you do to make “black lives matter?”

27 Write a note to someone with whom you’ve fallen out of touch.

28 Jewish Feast of Purim. Read the Book of Esther about how a shrewd woman overcame an oppressive king. How are you called to active resistance of oppression?

March

1 Look at the full moon tonight and praise God for the gentle light of Sister Moon.

2 Fast from language that is violent or negative.

3 Take a few moments to breathe deeply and receive the communion of the Holy Spirit, sacred breath of God.

4 Third Sunday of Lent

“The greatest challenge of the day is: how to bring about a revolution of the heart, a revolution which has to start with each one of us?” ~Dorothy Day

5 During this week be conscious of trying to talk less and listen more.

6 Check the labels to see where your clothes are made and pray and advocate for workers in those countries.

7 Reduce the use of disposables: bring a re-usable container when you buy coffee; cloth napkins; rags instead of paper towels.

8 International Women’s Day – Send a card to a woman who inspires you.

9 Fast from complaining. Whenever a complaint comes to mind, turn it into a prayer of thanks for one of your advantages.

10 Death of Harriet Tubman (1913) “...and I prayed to God to make me strong and able to fight, and that’s what I’ve always prayed for ever since.”

11 Fourth Sunday of Lent

“We must repent, disarm, and redistribute the planet’s wealth. We must stop heaping corpses upon the altar of national security and instead worship the God who resides in the victims.” ~Steve Baggaly

12 This Sunday was Laetare (Rejoice) Sunday – Make a list of the things that give you joy and make sure there is regular space in your life for them.

13 On this day in 2013, Pope Francis was elected, Spend time today reading parts of “The Joy of the Gospel” and pray for his ministry.

14 Have a conversation today about what would make the United States a more peaceful and peacemaking nation.

15 Fast from electronic media today.

16 Anniversary of the murder (2003) of Rachel Corrie, American activist for Palestinian rights, who said, “We should be inspired by people... who show that human beings can be kind, brave, generous, beautiful, strong-even in the most difficult circumstances.”

17 St. Patrick’s Day 4.5 million Irish immigrated to the United States. Eat some soda bread and pray that it will strengthen you to work for justice for immigrants and refugees today.

18 Fifth Sunday of Lent

“I believe we were created for ecstasy. And redeemed for it, at a considerable cost.” ~Daniel Berrigan, SJ

19 Feast of St. Joseph – During Lent, like Joseph, pay attention to your dreams. What invitation from God can you hear in them?

20 Spring Equinox – Look outside, look inside, look to another – what delicate beginnings of new life do you see in each?

21 Today is World Poetry Day – read some poetry; write some!

22 World Water Day – Drink a glass of water slowly, with profound gratitude for the gift of clean drinking water.

23 Try to shop mindfully. Do I really need this? Does it have minimal packaging?

24 Feast of Blessed Oscar Romero “Each one of you has to be God’s microphone. Each one of you has to be a messenger, a prophet. Let us not hide the talent that God gave us on the day of our baptism and let us truly live the beauty and responsibility of being a prophetic people.”

25 Palm Sunday

“The mystics cry - I don’t care if you’re dead! Jesus is here, and he wants to resurrect somebody!” ~Rumi

26 Pray for catechumens during their final week of preparation for Baptism; may they always find in the Church a community of the fullness of life!

27 Imagine Jesus in his prison cell; pray for the incarcerated; those in solitary confinement; those condemned to death.

28 “Spy Wednesday” Pray for those who feel betrayed by those they loved.

28 Holy Thursday Be conscious today that every bite of food is a holy communion.

30 Good Friday Look for new buds on trees and reverence the Cross as the Tree of Life.

31 Holy Saturday Light a candle and renew your commitment to fullness of life for yourself, others, Earth.

April 1 Easter Sunday

“Easter is laughter freed forever and forever.” ~Patrick Kavanaugh

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