



Savoring Lent 2019

Lent did not begin as a season of grim self-denial. It began as a 40 day retreat for catechumens, candidates for Baptism at the Easter Vigil celebration. It was a time of restless anticipation of rebirth in Christ and welcome to the Christian community. In this spirit, we invite you to savor Lent. Welcome to a season of deep joy and deep enjoyment.

March

6 Ash Wednesday Remember that you are dust – star dust! Rejoice that we live in a universe of kin.

7 Pick a challenging book to read during Lent and savor the stretching of mind and heart. Some suggestions: Antonio Pagola, *Jesus: An Historical Approximation*; Robin Wall Kimmerer, *Braiding Sweetgrass*; Robin DiAngelo, *Deconstructing White Privilege*

8 International Women's Day Sit quietly and savor the memory of the women who have been life-givers to you. Don't forget Mother Earth! How can you show your gratitude to them?

9 Have a conversation with someone about what brings you joy.

10 1st Sunday of Lent Plan this week to savor the wonderful creation of God that you are! Choose positive self-talk and avoid putting yourself down.

11 Plan this week to savor the process of meal preparation. Buy less packaged food. Eat less processed food. Make meals from scratch. Try to eat as many meatless meals as you can.

12 Look through the photos on your iphone or a box of old photos and prayerfully savor the people and experiences that have made up your life.

13 Election of Pope Francis (2013) Savor the writings of Pope Francis. *The Joy of the Gospel* and *Rejoice and Be Glad: The Call to Holiness in Today's World* are good places to start.

14 Savor the beautiful diversity of humanity. Learn to say "welcome" in five languages.

15 Make your own the prayer of Dorothy Day in times of tension and difficulty, "Our Lady of Cana, send us some wine!"

16 "When you know you are of worth, you don't have to raise your voice, you don't have to become rude, you don't have to become vulgar; you just are. And you are like the sky is, as the air is, the same way water is wet. It doesn't have to protest." Maya Angelou

17 2nd Sunday of Lent/ St. Patrick's Day Savor the enveloping presence of Christ in the words of St. Patrick: "Christ beneath me, Christ above me, Christ in quiet, Christ in danger, Christ in the hearts of all that that love me, Christ in the mouth of friend and stranger."

18 "A good house is one you send love letters from," Daniel Berrigan, SJ. Write a card or a letter to a loved one.

19 Feast of St. Joseph – Do some physical work that you have been avoiding. Savor the experience of the movement of your body. Do some work for a neighbor.

20 Look at the full moon tonight and savor the gentle light of Sister Moon.

21 Spring Equinox – Take a walk and savor the signs of new growth in nature.

22 World Water Day – Drink a glass of water slowly, with reverence. Recall those who do not have this luxury. Do something to help them Support Water with Blessings www.waterwithblessings.org

23 Rejoice in the diversity of religious traditions. Learn a prayer from a tradition different from your own.

24 3rd Sunday of Lent When planning your meals this week, plan to savor as many different types of vegetables as you can...and as little red meat as you can.

25 Feast of the Annunciation "From her arms, her breasts, He walks into our lives."
Daniel Berrigan, SJ

- 26 Be gracious with wait staff and tip generously.
- 27 Last Day of Passover – Pray Psalms 113-118 – the Hallel psalms traditional on Jewish holydays. Savor the beauty of the words of Scripture.
- 28 Reflect on the words of Fr. Robert Farrar Capon: “The world is to God as wine and chocolate are to us. Creation isn't something God needs; it's something God likes.”
- 29 Do something today to revive a relationship with a person who has been important to you and with whom you have fallen out of touch. Begin by savoring the memory of your relationship.
- 30 Earth Hour – Join people all around the world in spending an hour without energy use (8:30-9:30 pm) – light candles, play games, tell stories.
- 31 **4th Sunday of Lent – Laetare Sunday** “Joy is the air Christians breathe.” Savor the ability to breathe deeply and repeat the mantra of Buddhist teacher Thich Nhat Hanh “Present Moment, Wonderful Moment.”
- April
- 1 Savor laughter by sharing a good joke with a friend.
- 2 Plan this month to give gifts of plants for birthdays and other occasions.
- 3 Write down a list of the 20 things for which you are the most grateful. Savor the abundance in your life.
- 4 Death of Martin Luther King (1968) “How often are our lives characterized by a high blood pressure of creeds and an anemia of deeds!”
- 5 Live the words of Mary Oliver: “When it's over, I want to say: all my life I was a bride married to amazement. I was the bridegroom, taking the world into my arms.”
- 6 Savor your money. Make a contribution to an organization that supports your vision of the way the world should be. Smile as you write the check.
- 7 **5th Sunday of Lent** Pick a day this week when you will observe both the sunrise and the sunset. “Even after all this time the sun never says to the Earth, ‘You owe me.’ Look what happens with a love like that. It lights the whole sky.” ~ Hafiz
- 8 When you buy chocolates for your Easter Basket check out this Chocolate Scorecard <https://www.greenamerica.org/end-child-labor-cocoa/chocolate-scorecard> Don't let your pleasure be the source of misery to others. Best brands: Divine, Equal Exchange. Worst: Ferrero, Godiva.
- 9 Frequently throughout today, take a moment to smile to yourself, breathe deeply, and try to discover the goodness at the heart of life.
- 10 Notice what you complain about frequently. How does the habit of complaint diminish your joy in life?
- 11 St. John XXIII issues *Pacem in Terris* on this day in 1963 “Before a society can be considered well-ordered, creative, and consonant with human dignity, it must be based on truth.”
- 12 Yam HaShoah/Holocaust Remembrance Day “The enemy against which we fight is not only hatred in all of its forms, but even more fundamentally indifference, for it is indifference that paralyzes and impedes us from doing what is right even when we know that it is right.” Words of Pope Francis at Auschwitz
- 13 On his death bed, St. John of the Cross told his brothers to stop the prayers for the dying and instead to read to him the Song of Songs. Read this short book of the Bible today and savor its sensuous language and images.
- 14 **Palm Sunday** - “Remember that the ashes that were on your forehead are created from the burnt palms of last Palm Sunday. New beginnings invariably come from old false things that are allowed to die.” Richard Rohr
- 15 Write a card of support to the catechumens in your parish. Share what you love about the faith.
- 16 Martin Luther King writes *Letter from the Birmingham Jail* “We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people.” How will you break your appalling silence?
- 17 Imagine Jesus in his prison cell; pray for the incarcerated; those in solitary confinement; those subject to torture; those condemned to death.
- 18 Holy Thursday On this day of the institution of the Eucharist, chew every morsel of food slowly and mindfully. Celebrate the holy communion that unites all of creation.
- 19 Good Friday Look for new buds on trees and reverence the Cross as the Tree of Life.
- 20 Holy Saturday Light a candle and renew your commitment to savor the gift of life.
- 21 **Easter Sunday** “The powers of death and destruction appear to reign. But they are undone. In short, dear friends: Be not awed by the mayhem with which the powers of this world would bamboozle us. When you light a candle let it mean intransigent resistance. When you pray imagine a new world is possible. And then live it.” Elizabeth McAlister