

EarthConnection's Lenten Calendar

March 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>3</p> <p>Each Sunday will offer a quote for personal reflection.</p>	<p>4</p>	<p>5</p> 	<p>6 Ash Wednesday</p> <p>Remember that you are made of the same stardust as all of creation.</p>	<p>7</p> <p>Pray for refugees fleeing from hunger, violence and the ravages of climate change.</p>	<p>8</p> <p>Pope Francis calls the Beatitudes "The Christian Identity Card". Read Mt. 5: 3-10</p>	<p>9</p> <p>Do some spring cleaning today. Donate good used items to Goodwill, etc.</p>
<p>10</p> <p>"The quieter you are the more you are able to hear." -Rumi</p>	<p>11</p> <p>Pray to know the difference between need and want in your life.</p>	<p>12</p> <p>Use recyclable shopping bags.</p>	<p>13</p> <p>Fast from TV today.</p>	<p>14</p> <p>Write down five things you are grateful for in your life.</p>	<p>15</p> <p>Volunteer at a soup kitchen or shelter for the homeless.</p>	<p>16</p> <p>Repair a relationship with someone from whom you have been estranged.</p>
<p>17</p> <p>"We humans are one small twig in a forest of related branches."</p>	<p>18 Pray for the people of Dominica and Puerto Rico who are still recovering from Hurricane Maria.</p>	<p>19</p> <p>Give a plant to someone as a gift.</p>	<p>20</p> <p>Donate food to a local food bank.</p>	<p>21</p> <p>Water scarcity affects more than 40% of the world's people. Give thanks for clean water.</p>	<p>22</p> <p>1 in 6 Americans live below the poverty line. What can you do about it?</p>	<p>23</p> <p>Do a random act of kindness today.</p>
<p>24</p> <p>"What we do with our hearts affects the entire universe."</p>	<p>25</p> <p>When you pray, you are not alone. You are part of a global community.</p>	<p>26</p> <p>Give a donation to an organization that supports environmental sustainability..</p>	<p>27</p> <p>What spiritual discipline do I need to improve upon or want to try?</p>	<p>28</p> <p>Read the Gospel of Mark in its entirety.</p>	<p>29</p> <p>Take an inventory of the number and kinds of trees in your environment.</p>	<p>30</p> <p>Invite someone who may be lonely to lunch or dinner.</p>
<p>31</p> <p>The wisdom of God and something of the heart of the universe...is deep within us." JP Newell</p>						

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	1 Take the time to sit by a window or outside and give thanks for creation.	2 Choose a country on a world map and pray for the people who live there.	3 Write a letter to the editor about an environmental issue in your local community.	4 Reduce the clutter in your life.	5 Do something artistic today.	6 Reduce, Reuse, Recycle, Replenish, Restore
7 "If we surrendered to Earth's intelligence, we could rise up rooted like trees." -Rilke	8 Avoid buying "disposable" products as often as possible.	9 Learn something about your local watershed.	10 Take a walk and notice all that you see.	11 Put some birdseed out in the yard and enjoy the winged visitors.	12 Read a book or magazine article about nature.	13 Write a few words, a poem or an essay about something you observed in nature.
14 "We will be known forever by the tracks we leave." -Dakota proverb	15 Make a conscious effort to live in the present moment.	16 Learn the names of some of the birds in your backyard.	17 Spend time outside listening to nature's songs.	18 Write to someone who has been an inspiration in your life.	19 Buy local produce; save the pollution incurred by transporting goods long distances.	20 Plant a vegetable garden or support a local community garden.
21 EASTER Hope, Renewal, New Life! ALLELUIA!	22 Celebrate EARTH DAY!					