

LENITI 2019 - Aho 'e 40 'o e fa'ahita'u Leniti



Monite	Tusite	Pulelulu	Tu'apulelulu	Falaite	Tokonaki	Sapate
Ma'asi		6 Pulelulu Fakaefuefu. Kole ha Fakamolemole.	7 Fokotu'u ho'o kaveinga ngaue'i he Leniti.	8 Fakama'u 'aukai, vete he 1 ho'ata.	9 Hu kitu'a 'o huo e ngoue, mo kosi. Tokoni ki he ma'a 'ataakai.	10 Kau ki he lotu hengihengi 'o e 'aho ni.
11 Kai fakataha mo e famili he tepile, talanoa mo e lotu.	12 Tanaki vala 'ikai ngaue'aki 'ave ki he Salvation Army.	13 Kau ki he lotu 'o e efiafi ni fakataha mo e Siasi.	14 Fakakaukau ki he Fonua 'oku ke nofo ai hono Lelei ma'au.	15 Fakama'u 'aukai, toki vete 1 ho'ata.	16 Fakamaau ho Loki ke ma'a. Ko ho'o mo'ui ke maau mo ma'a.	17 Feinga mai 'o kau he lotu ho'ata mo e Siasi.
18 Teuteu me'atokoni ma'a ho'o Fa'e mo e Tamai.	19 Tufi 'a e veve, he feitu'u 'oku ke ngaue ai.	20 Ako ki he hingoa 'o e ngaahi 'akau tupu'a 'o e Fonua ni.	21 Fa'u ha fo'i hiva, pe maau kau ki he pekia 'a Sisu.	22 Fakama'u 'aukai, toki vete 1 ho'ata.	23 Fanongo hiva fakalotu ha miniti 'e 20, manatua 'a e 'Eiki.	24 'Alu ki ha 'api 'e taha 'o talanoa mo ipu ti ai.
25 Tala ki ha taha 'a e 'uhinga 'o e Leniti.	26 Ako ma'uloto 'a e 'Aisea 53:5. Fononga mo ia he 'aho.	27 Lotu ma'ae taha 'oku 'ikai teke lelei'ia ai.	28 'Oua ngaue'aki ho'o Telefoni pe mopaila he 'aho ni.	29 Fakama'u 'aukai, toki vete 1 ho'ata.	30 'Alu ki matatahi 'o fakalaulaulotoa 'a e lahi 'o ho 'Otua	31 Feinga ke ke fakalongolongo 'o fakaongo ki he le'o 'o e 'Otua.
Epeleli						
1 Sio Faiva fakataha mo e famili. Falefaiva pe Dvd 'i 'api.	2 Kai vesitapolo mo e fua'i'akau 'ata'ata pe he 'aho ni.	3 Teuteu'i ha'o kai ho'ata mei 'api. 'Oua 'e fakatau.	4 'Oua na'a ke ngaue'aki ho'o komipiuta.	5 Fakama'u 'aukai, toki vete 1 ho'ata.	6 Fai ha tohi kole fakamolemole ki mamani, ko e ngaahi maumau.	7 To'o ha'o \$20 'o foaki he lipa'anga 'o e 'aho ni 'a e Siasi .
8 'Alu mo ho famili 'o lue fakamalo'ia 'a e 'Ea 'oku ke manava'aki.	9 Lau Saame 19 pea kumi ha malohi mo ha ivi fo'ou.	10 Tokoni ki ha taha he 'aho ni oku ne fiema'u ho'o tokoni.	11 'Alu ki ha Kalasi'aho 'o feohi ai mo ho kaunga lotu.	12 Fakama'u 'aukai toki vete 1 ho'ata.	13 Fakatau ha fu'u 'akau fua 'o to homou 'api.	14 Sapate Paame Foaki ha me'a ma'a ha taha 'i he Siasi 'oku 'ikai ke mo maheni.
15 Feohi Famili. Mahu'inga Matu'a Mahu'inga Fanau. Mahu'inga Famili.	16 Fakaafe'i ha famili fo'ou ki ho 'api, ke mou feohi.	17 Lau Luke 12:22- 31. Fai ha'o fakafeta'i ki he me'ofa 'a e 'Otua.	18 Tu'apulelulu Toputapu. Fai hangaue fakasevaniti ki ha taha.	19 Falaite Lelei Kau ki he 'Apitanga Siasi.	20 Fifili. Ka ne 'ikai ha 'Otua, ko e ha me'a 'e hoko?	21 Sapate Toetu'u Fetapa. Kuo Toetu'u 'a e 'Eiki. Kuo toetu'u mo'oni.

Fast today from a practice that has a large carbon footprint	Reduce the waste wilderness - pick up some litter today. Kaua e tukupara	Check out a website to understand food miles	Find a way to re-use a waste product that would end up in landfill	Check out a regular food purchase: can you find a product with less packaging?	Drink a glass of water instead of a coffee or dessert and use its cost to donate to a charity	Share a simple meal with someone
Identify an issue around injustice in your locality or workplace. Talk to someone about it	Learn the name of a native tree/rākau and how to identify it	Learn the name of a native bird/manu and how to identify it	Send a card/photo of something beautiful to a child or young person telling them why you like it	Write an apology to the earth for a time when you have damaged the natural environment	Write a psalm of lament for a time when your human need has caused damage	Take a walk in the bush, thanking God for the unique environment of Aotearoa
Light pollution can upset native fauna. Turn off unused lighting.	In our noisy world, find a place of only natural sounds and enjoy it for 10 min	Find a safe way to collect and use grey waste water in your home or workplace	Read the Charter for Compassion https://charterforcompassion.org/charter	Find a way to express an aspect of the Charter of Compassion	Pass on a garment you don't need to an Op Shop	Invite someone to help you choose a tree and plant it
Find a way to use a garment you no longer wear	Sit in a quiet, dark place and listen to God's Spirit	Spend a day without checking texts	Leave an email message to say you are taking a day off from the computer	Use public transport instead of a car. What were the positives?	Download and print https://www.unicef.org/rightsite/files/unaccchildfriendlylanguage.pdf	Read Psalm 19 and find new strength
Find a way to implement one article from the Rights of the Child	Think of how to explain Lenten practice and tell someone this month	Prepare and eat a meal today using raw/ non-processed food	If you usually buy your lunch, take a homemade meal today	Buy and use a keep-cup for takeaway coffee	Walk beside a river, stream or the sea and think of how we depend on water	Read Luke 12:22-31 and offer thanks for one of God's gifts
Think about the land where you live. To whom did it belong in 1840?	Give away some home baking or home-grown produce	Eat more than one vegetarian meal this week	Collect rain water and give thanks for rain	Where are your local marae?	Talk to tangata whenua about what issues are important for them	Talk to someone from another culture about their favourite national food
<i>Your choice</i>	<i>Your choice</i>	<i>Your choice</i>	<i>Your choice</i>	<i>Your choice</i>	<i>Your choice</i>	<i>Your choice</i>

How to use this Calendar

Lent is traditionally a time of fasting and repentance, inner reflection and preparation for Easter. Lent is a time to adopt habits and actions for gospel values...

The squares/coupons above are examples of things you might do during Lent 2019 - every day or occasionally to support your Lenten journey.

For information or feedback email Betsan Martin at: betsan@response.org.nz

English calendar created by Viv Whimster: Tongan calendar by - Revd Goll Manukia and Soana Muimuiheata (Lotofale'ia Mangere Tongan Methodist Church)