

LENT 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March		6 Ash Wednesday	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
April						
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Palm Sunday
15	16	17	18 Maundy Thursday	19 Good Friday	20	21 Easter Sunday

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 'Our Climate Declaration' https://www.ourclimatedeclaration.org.nz/the_declaration	Find an aspect of Our Climate Declaration you agree to act on	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/uncrcchildfriendlylanguage.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. In more recent times, Lent has also been a time to adopt good habits and start some action to live out gospel values...

The squares/coupons above are examples of things you might do during Lent 2019 – choose or peel off one occasionally or every day to support your Lenten journey. There are 40 days of fasting, excluding Sundays, and the suggestions are intended to suit a variety of life-styles.

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Created by Viv Whimster for Methodist Public issues