

# Martha Justice Ministry Lenten Calendar 2021

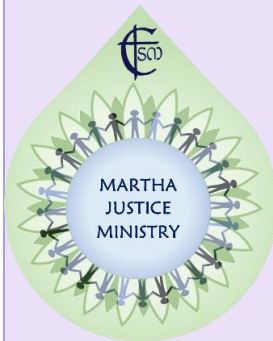
Dear Sisters and Friends,

The Lenten season is a time for deep reflection. We are called to enter “the wilderness” for 40 days, to face life in its full reality, as difficult and glorious. We walk with Jesus in this time, knowing that even he had to face the hardships and temptations of life, while fully embracing his unity with the divine.





We are used to fasting and giving things up for Lent, which can help us let go of unnecessary things and deepen our sense of gratitude. But Lent is more about being conscious of how our lives are aligned with God. It calls us to a higher form of care – for ourselves, each other, and our planet as reflections of the sacred. In this way, we look at the difficulty of the Covid-19 pandemic, the climate crisis, and rising social and racial injustices with that higher form of care that breaks through the darkness of this time and leaves us with a renewed commitment to live and act out of love for our neighbour and for creation.







May this Lenten season bring you a sense of deepened connection and spiritual strength. Blessings!

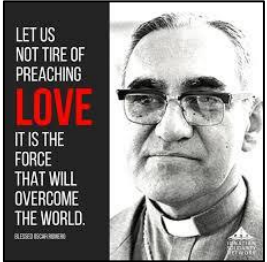







Darlene O’Leary, Coordinator, Martha Justice Ministry



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 14	15	16	17	18	19	20
		<p>In entering the Lenten season, take time to set intentions for each week. How will we deepen our communion with our deepest selves, each other, creation, and God?</p> <p><b>Shrove Tuesday</b> Enjoy your pancakes!</p>	<p><b>Ash Wednesday</b> Isaiah 58:6 “Is not this the fast that I choose: to loose the bonds of injustice, ... to let the oppressed go free, and to break every yoke?” How do we hear this call in our lives? How do we respond?</p>	<p>Learn about <b>For the Love of Creation’s Faith-in-Action campaign</b> mobilizing people of faith across Canada to commit to reducing household greenhouse gas emissions and calling for increased federal climate action: <a href="https://cpj.ca/register-for-the-love-of-creation-campaign/">https://cpj.ca/register-for-the-love-of-creation-campaign/</a></p>	<p>Each year, Development and Peace organizes its <b>Share Lent</b> campaign to highlight the need for continued solidarity with those oppressed and exploited, particularly in the Global South. See more about their campaign: <a href="https://www.devp.org/en">https://www.devp.org/en</a></p>	<p><b>World Day of Social Justice</b> Take time to reflect on the importance of social justice work, including tackling systemic problems of poverty, social and economic inequity, and human rights violations. See how faith groups like Kairos respond to these challenges: <a href="https://www.kairosCanada.org/">https://www.kairosCanada.org/</a></p>
21	22	23	24	25	26	27
<p><b>1<sup>st</sup> Sunday of Lent</b> Mark 1:13 “He was in the wilderness forty days...” Reflect on what the “wilderness” is for</p>	<p>For people living in poverty, every day brings multiple challenges. Anti-poverty organizations work hard to make</p>	<p>The <b>Global Catholic Climate Movement</b>, inspired by Pope Francis’ encyclical <i>Laudato Si</i>,’ is organizing a <b><i>Laudato Si</i></b>’</p>	<p>Indigenous peoples of Canada carry deep knowledge, traditions, and cultures that were almost wiped out by colonialism,</p>	<p>Recently, Canada has recognized in legislation the <b>right to housing</b>. Still, however, many people in Canada</p>	<p>The Covid-19 pandemic has taken a toll on everyone, but the increased isolation and hardship</p>	<p>Reflect on this <b>Prayer of Lenten Solidarity</b> from Catholic Relief Services: “As we look ahead to our Lenten</p>

<p>you. How do we experience God’s presence in difficult times? How does that build our sense of compassion and solidarity?</p> 	<p>human dignity, human rights, and social justice the core of their work. Take time in prayer for those living in poverty and learn more about <b>anti-poverty work in Canada</b> at CPJ: <a href="https://cpj.ca/poverty-in-canada/">https://cpj.ca/poverty-in-canada/</a></p>	<p><b>Lent</b> campaign. This campaign encourages Catholics to take time this Lent to “Reflect, Repent, and Renew Together” with a focus on fasting for the planet. Learn more about this campaign: <a href="https://laudatosilent.org/">https://laudatosilent.org/</a></p> 	<p>residential schools, displacement, and institutional racism. Take time to learn more about this history and recommendations from the <b>Truth and Reconciliation Commission</b>: <a href="http://nctr.ca/reports.php">http://nctr.ca/reports.php</a></p>	<p>remain homeless, precariously housed, or living in unaffordable, unsafe housing. Take time to pray and learn about the need for <b>affordable housing</b> in Canada: <a href="https://www.policyalternatives.ca/publications/reports/rent-due-soon">https://www.policyalternatives.ca/publications/reports/rent-due-soon</a></p>	<p>particularly impacts those with <b>mental health challenges</b> and struggling with <b>addictions</b>. How can we as a community do more to support people with these struggles? Take time to learn more: <a href="http://www.camh.ca/">http://www.camh.ca/</a></p>	<p>journey, may our fasting be a hunger for justice, our alms an offering of peace, and our prayers a reflection of humble and grateful hearts.” For the full prayer go to: <a href="https://www.crs.org/resource-center/prayer-lenten-solidarity">https://www.crs.org/resource-center/prayer-lenten-solidarity</a></p>
28	<b>March 1</b>	2	3	4	5	6
<p><b>2<sup>nd</sup> Sunday of Lent</b> Mark 8:35 <i>“For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it.”</i> How are we called to let go of our smaller selves and live more fully in communion with God?</p>	<p>Take time today to pray for those who have committed their lives to the struggle for <b>human rights</b>, particularly for <b>political prisoners</b>. Learn more about campaigns to act in solidarity with those in this struggle: <a href="https://www.amnesty.ca/">https://www.amnesty.ca/</a></p> 	<p><b>Food insecurity</b> impacts millions of people in Canada, with 1 in 8 people in marginal to severe food insecurity. While supports like food banks help, more is needed to address root causes of hunger. Take time to pray for those who are food insecure, and learn about policy options: <a href="https://proof.utoronto.ca/food-insecurity/">https://proof.utoronto.ca/food-insecurity/</a></p>	<p><b>World Wildlife Day</b> Take time today to learn about the wild animals and plants in your area. What species are in your local area? How do they contribute to the fabric of the ecosystem? Are they thriving or at risk? Learn more at: <a href="https://wwf.ca/">https://wwf.ca/</a></p>	<p>The more we know about our local environment, the more likely we will act to protect it. What areas in your region are protected conservation areas? Commit to visiting a protected area or learning about <b>nature conservation</b>: <a href="https://www.natureconservancy.ca/en/">https://www.natureconservancy.ca/en/</a></p>	<p>Over 500 organizations across Canada have endorsed the <b>Principles of a Just Recovery</b> to ensure that our governments put people and the planet first in responding to the Covid-19 pandemic. Take time to learn more: <a href="https://justrecoveryforall.ca/">https://justrecoveryforall.ca/</a></p>	<p>Take time to enjoy Wendell Berry’s poem, <b>“The Peace of Wild Things”</b>: <a href="https://onbeing.org/poetry/the-peace-of-wild-things/">https://onbeing.org/poetry/the-peace-of-wild-things/</a></p> 
7	8	9	10	11	12	13
<p><b>3<sup>rd</sup> Sunday of Lent</b> John 2:19 <i>“Destroy this temple, and in three days I will raise it up.”</i> In what ways do movements for justice, peace, and</p>	<p><b>International Women’s Day</b> This year, we recognize women’s work and significant role in caregiving and the “care economy.” Take time to</p>	<p>We know that instances of <b>gender-based violence</b> have increased during the pandemic, as people are experiencing further isolation and stress.</p>	<p>About 80% of <b>single parent households</b> in Canada are female-led, and they experience some of the highest poverty rates. Take time to pray for mothers</p>	<p>Find inspiration today from what faith communities are doing to live the wisdom of <i>Laudato Si’</i> five years following its release:</p>	<p>People with <b>lived experience of poverty</b>, or <b>“First voice”</b> people, must have the space to lead and inform the work to end poverty. Pray</p>	<p>“Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh</p>

<p>creation care raise up the Spirit beyond our smaller selves?</p> 	<p>acknowledge the women in your life and the caring that they do. Learn about women's work during the pandemic: <a href="https://behindthenumbers.ca/2020/03/20/covid-19-crisis-response-must-address-gender-faultlines/">https://behindthenumbers.ca/2020/03/20/covid-19-crisis-response-must-address-gender-faultlines/</a></p>	<p>Take time in prayer for those who are victims of domestic violence. Learn more about how to help: <a href="https://endingviolencecanada.org/">https://endingviolencecanada.org/</a></p> 	<p>struggling to provide for their children on low-income. Learn more about the policies that would make a difference in their lives: <a href="https://cwp-csp.ca/poverty/just-the-facts/">https://cwp-csp.ca/poverty/just-the-facts/</a></p>	<p><a href="https://www.faithcommongood.org/">https://www.faithcommongood.org/</a></p> <p>Concern for the environment thus needs to be joined to a sincere love for our fellow human beings and an unwavering commitment to resolving the problems society.</p> <p>Pope Francis Laudate Si: Oh, Care For Our Common Home</p> 	<p>for those living in poverty and working to end poverty. Take time to learn more: <a href="https://acorncanada.org/">https://acorncanada.org/</a></p>	<p>and exciting — over and over announcing your place in the family of things.” – Mary Oliver, “Wild Geese”</p> 
<p>14 <b>4<sup>th</sup> Sunday of Lent</b> John 3:16 <i>“For God so loved the world that he gave his only Son...”</i> Today, focus on how you see God’s love in your life and in the world around you. How can we more fully live out of this love in the world?</p> 	<p>15 <b>Week of Solidarity with Peoples struggling against racism</b> Take time this week to deepen your understanding of how racism functions in our communities, society, and churches. Pray and learn more about ending racism with Fr. Bryan Massingale: <a href="https://www.youtube.com/watch?v=ONiie2oYJCQ">https://www.youtube.com/watch?v=ONiie2oYJCQ</a></p>	<p>16 Due to systemic racism and the legacy of colonialism, Indigenous communities experience some of the highest rates of poverty and child poverty in Canada. Take time to learn more from Indigenous leaders about <b>addressing poverty for Indigenous peoples in Canada</b>: <a href="https://www.tamarackcommunity.ca/library/indigenous-perspectives-on-poverty-reduction">https://www.tamarackcommunity.ca/library/indigenous-perspectives-on-poverty-reduction</a></p>	<p>17 <b>The Kairos Blanket Exercise</b> is an important Indigenous-led educational tool that walks participants through Indigenous history from pre-contact, to colonialism, Treaties, and residential schools. Take time to deepen your understanding and solidarity with Indigenous peoples: <a href="https://www.kairosblanketexercise.org/event/">https://www.kairosblanketexercise.org/event/</a></p>	<p>18 <b>Environmental racism</b> is a reality globally, with racialized communities often being located near or subjected to highly polluted or hazardous sites. This has been the case for Indigenous and Black communities in Nova Scotia. Take time to learn about environmental racism: <a href="https://www.enrichproject.org/">https://www.enrichproject.org/</a></p> 	<p>19 Take time to learn more about the Principles of <b>Catholic Social Teaching</b> and how they relate to living our faith in justice and ecology work: <a href="https://www.devp.org/en/cst">https://www.devp.org/en/cst</a></p>	<p>20 Take time to listen to the poem, <b>“The Hill We Climb,”</b> by Amanda Gorman, American National Youth Poet Laureate. <a href="https://www.youtube.com/watch?v=LZ05SilliN4">https://www.youtube.com/watch?v=LZ05SilliN4</a>  “When day comes we ask ourselves, where can we find light in this never-ending shade?”</p>
<p>21 <b>Solidarity Sunday International Day for the Elimination of Racial Discrimination</b> John 12:24 <i>“unless a grain of wheat falls</i></p>	<p>22 <b>World Water Day</b> Water is a sacred gift that must be protected. Access to safe water is an increasing challenge globally, and many</p>	<p>23 Take time today to pray and reflect on the deep inter-connection of all life, from microscopic organisms to human social relationships. How do we live in</p>	<p>24 <b>Blessed Feast Day of Saint Oscar Romero</b> Take time in prayer and remembrance of Saint Romero and his work to end poverty and violence in El</p>	<p>25 <b>International Day of Remembrance for Victims of Slavery</b> Take time today in prayer and remembrance for those who suffered</p>	<p>26 For more than a decade, Canadian faith groups have been calling for an <b>Ombudsperson</b> to ensure protections for communities</p>	<p>27 <b>Playing for Change</b> is a movement of musicians from around the world working to build connections and break down barriers.</p>

<p><i>into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.”</i></p> <p>Today, we are reminded of the fight to end apartheid and the need for continued solidarity to end racial discrimination.</p>	<p>Indigenous communities in Canada have endured decades of unsafe water. Take time to think about what water means to you. Learn about campaigns to protect water: <a href="https://canadians.org/water">https://canadians.org/water</a></p>	<p>communion with this inter-connection? Learn more about <b>Integral Ecology</b> and Pope Francis understanding of this interconnectedness: <a href="https://www.ncronline.org/blogs/faith-and-justice/integral-ecology-everything-connected">https://www.ncronline.org/blogs/faith-and-justice/integral-ecology-everything-connected</a></p>	<p>Salvador: <a href="https://cafod.org.uk/News/International-news/Oscar-Romero-life-timeline">https://cafod.org.uk/News/International-news/Oscar-Romero-life-timeline</a></p> 	<p>under the brutality of the transatlantic slave trade, and all forms of slavery, which continue to this day. Learn more about the work to end slavery: <a href="https://www.antislavery.org/">https://www.antislavery.org/</a></p>	<p>experiencing human rights and environmental violations at the hands of Canadian corporations. Learn more: <a href="https://www.kairos.ca/canada/what-we-do/ecological-justice/open4justice">https://www.kairos.ca/canada/what-we-do/ecological-justice/open4justice</a></p>	<p>Their songs are often calls for peace, justice, and coming together in love. Take time to listen to this hopeful music: <a href="https://playingforchange.com/">https://playingforchange.com/</a></p> 
<p>28</p> <p><b>Palm Sunday Earth Hour</b></p> <p>Mark 11:9 <i>“Blessed is the one who comes in the name of the Lord!”</i></p> 	<p>29</p> <p>The <b>UN Sustainable Development Goals</b> hold the world to the challenge to “leave no one behind.” The 17 goals outline a path forward for a healthier, safer, and more equitable world by 2030. Learn more about the SDGs: <a href="https://sdgs.un.org/goals">https://sdgs.un.org/goals</a></p>	<p>30</p> <p>Jesus said, “Blessed are the peacemakers,” but peace has never been easy. There are so many divisions to overcome, most profoundly in our hearts and minds. Take time in reflection on how we can live the call to be peacemakers. Learn about the work of <b>Christian Peacemaker Teams</b>: <a href="https://www.cpt.org/">https://www.cpt.org/</a></p>	<p>31</p> <p>In January, the <b>UN Treaty for the Prohibition of Nuclear Weapons</b> came into effect. It is an important effort to free the world of the threat of nuclear weapons. However, Canada has not yet signed on. Learn more: <a href="https://www.icanw.org/">https://www.icanw.org/</a></p>	<p><b>April 1</b></p> <p><b>Holy Thursday</b></p> <p>Walking toward the passion, Jesus shows us what love and service look like by washing the feet of his disciples. Take time today to reflect on how we are called to serve and love, particularly those who are marginalized.</p> 	<p>2</p> <p><b>Good Friday</b></p> <p>Pray and reflect on the Stations of the Cross and hold in your heart those persecuted for doing the work of justice.</p> 	<p>3</p> <p><b>Holy Saturday</b></p> <p>We hold vigil as we wait in hope for the light, the resurrection, in the face of darkness.</p> 
<p>5</p> <p><b>Easter Sunday Refugee Rights Day</b></p> <p>ALLELULIA! Christ is Risen!</p> 	<p><b>Easter Monday</b></p> <p>“Let us rejoice and be glad.”</p> 	<p>“All Powerful God...Encourage us, we pray, in our struggle for justice, love and peace.”</p> <p>Pope Francis, <i>Laudato Si’</i></p>				