

# Martha Justice Ministry Lenten Calendar 2022

Dear Sisters and Friends,

We enter the Season of Lent this year with a sense of the heaviness of our time. It is now over two years since Covid-19 changed our lives. We have seen the recent events in parts of Canada, primarily in Ottawa, of disruptive and anger-filled convoys. And now, we enter a new conflict in Europe with the invasion of Ukraine and the terrifying threat of the use of nuclear weapons. In fact, we begin Lent with an invitation from Pope Francis to mark Ash Wednesday as a Day of Prayer and Fasting for Ukraine. It is not difficult to see how much we need prayer, reflection, and solidarity to heal our brokenness and restore our spirits.





We hope that you find this calendar a helpful tool for reflection and prayer focussed on social and ecological justice, as we try to find ways of being in the heaviness and challenge of this time with compassionate and loving hearts, and with a commitment to justice and peace.











Many blessings,

Darlene O'Leary, Coordinator, Martha Justice Ministry



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 27	28	March 1	2	3	4	5
<p><i>Isaiah 58:6 "Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke?"</i></p>  <p>As we enter Lent, take time to set an intention for each week and reflect on these questions: How can we connect more deeply with each other, with the earth, and with the Creator? How can we live out of love and compassion in the face of injustice? How can we be beacons of peace?</p>			<p><b>Ash Wednesday</b> <b>Day of Prayer and Fasting for Ukraine</b></p> <p>Today, we pray and fast for peace and healing in Ukraine and globally.</p>	<p><b>World Wildlife Day</b> Take time to reflect on the wonder of creation. Learn more about protecting ecosystems and species at risk: <a href="https://wwf.ca/">https://wwf.ca/</a></p>	<p>Learn about CPJ's <b>Give it up for the Earth</b>, a faith-in-action Lenten campaign for climate justice: <a href="https://cpj.ca/forthearth/">https://cpj.ca/forthearth/</a></p>	<p>Learn about <b>Development and Peace's</b> annual Share Lent campaign: <a href="https://www.devp.org/en/campaign/people-planet-first/share-lent/">https://www.devp.org/en/campaign/people-planet-first/share-lent/</a></p>
6	7	8	9	10	11	12
<p><b>1<sup>st</sup> Sunday of Lent</b> Luke 4:1 "Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness..."</p> 	<p>Take time to reflect on your wilderness experience. How have you felt the Spirit guiding you through challenging times? How has this impacted your compassion and solidarity?</p>	<p><b>International Women's Day</b> Learn about efforts to end discrimination and promote equity for women and girls around the world: <a href="https://plancanada.ca/iwd">https://plancanada.ca/iwd</a></p>	<p>Sign onto the <b>Kairos</b> campaign to ensure women peacebuilders are supported by Canada: <a href="https://www.kairosCanada.org/ensure-women-peacebuilders-are-well-funded">https://www.kairosCanada.org/ensure-women-peacebuilders-are-well-funded</a></p>	<p>Each year, CPJ reports on poverty in Canada with the <b>Poverty Trends</b> report. Take time to learn more: <a href="https://cpj.ca/report/poverty-trends-2021/">https://cpj.ca/report/poverty-trends-2021/</a></p>	<p><b>Laudato Si' Action Platform</b> is a platform for Catholic groups to share ways to implement <i>Laudato Si'</i>. Take time to learn more: <a href="https://laudatosiacionplatform.org/">https://laudatosiacionplatform.org/</a></p>	<p><b>National Day of Action for a Just Transition</b> Join an event in your community or learn more: <a href="https://350.org/just-transition-day-of-action/">https://350.org/just-transition-day-of-action/</a></p>

<p>13</p> <p><b>2<sup>nd</sup> Sunday of Lent</b> Psalm 27:13 “I believe that I shall see the goodness of the Lord in the land of the living.”</p> 	<p>14</p> <p>In September 2015, Canada adopted the <b>2030 Agenda</b> with 17 goals to “Leave no one behind.” Learn more: <a href="https://www.canada.ca/en/employment-social-development/programs/agenda-2030.html">https://www.canada.ca/en/employment-social-development/programs/agenda-2030.html</a></p>	<p>15</p> <p>Take time to connect with the natural world in some way. Go for a walk, smell the fresh air, listen to the birds. Reflect on the gift of creation.</p> 	<p>16</p> <p>Sign the <b>D&amp;P</b> campaign petition for human rights and environmental protection legislation to regulate Canadian companies globally: <a href="https://www.devp.org/en/campaign/people-planet-first/take-action/">https://www.devp.org/en/campaign/people-planet-first/take-action/</a></p>	<p>17</p> <p>Indigenous communities globally protect 80% of the world’s biodiversity. Learn more: <a href="https://www.theguardian.com/climate-academy/2020/oct/12/indigenous-communities-protect-biodiversity-curb-climate-crisis">https://www.theguardian.com/climate-academy/2020/oct/12/indigenous-communities-protect-biodiversity-curb-climate-crisis</a></p>	<p>18</p> <p>So many are struggling to find hope in the middle of the many crises we face.</p> <p>Hold in your prayers today those struggling with mental health challenges.</p>	<p>19</p> <p>Take time to watch the new film <b>“Laudato Si’ + 7: Greening of Faith Communities in Canada”</b>: <a href="http://www.kmproductions.ca/laudato-si--7-2.html">http://www.kmproductions.ca/laudato-si--7-2.html</a></p>
<p>20</p> <p><b>3<sup>rd</sup> Sunday of Lent</b> Psalm 63:7 “... for you have been my help, and in the shadow of your wings I sing for joy.”</p> 	<p>21</p> <p><b>International Day for the Elimination of Racial Discrimination</b> This day marks the anniversary of the 1960 Sharpeville Massacre in South Africa. Take time today to pray for an end to racism.</p>	<p>22</p> <p>Watch the <b>Kairos Women of Courage</b> workshop at the UN Commission on the Status of Women: <a href="https://www.kairoscanada.org/join-us-for-women-of-courage-workshop-csw66">https://www.kairoscanada.org/join-us-for-women-of-courage-workshop-csw66</a></p>	<p>23</p> <p><b>World Water Day</b> Take time to appreciate the importance of water in our lives. Learn more about becoming a Blue Community: <a href="https://canadians.org/bluecommunities">https://canadians.org/bluecommunities</a></p>	<p>24</p> <p><b>Blessed Feast Day of Saint Oscar Romero</b> Saint Romero gave his life to end poverty and violence in El Salvador. Take time to learn more: <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>25</p> <p><b>International Day of Remembrance for Victims of Slavery</b> Over 15 million people were victims of the slave trade. Learn more: <a href="https://www.un.org/en/events/slaveryremembranceday/">https://www.un.org/en/events/slaveryremembranceday/</a></p>	<p>26</p> <p>Take part in <b>Earth Hour!</b> From 8:30-9:30 pm – turn off the lights and take time in prayer for creation. Learn more: <a href="https://www.earthhour.org/">https://www.earthhour.org/</a></p>
<p>27</p> <p><b>4<sup>th</sup> Sunday of Lent</b> 2 Cor 5:17 “... see, everything has become new!” This week, spend time each day watching part of the film series <b>“They Came for the Children,”</b> based on the TRC Final Report.</p>	<p>28</p> <p>Watch “They Came for the Children,” Part 1, <b>Introduction</b>: <a href="http://www.kmproductions.ca/id.html">http://www.kmproductions.ca/id.html</a> (20 min/part)  Reflect on what stands out for you and what questions are raised.</p>	<p>29</p> <p>Watch “They Came for the Children,” Part 2, <b>“History – From Assimilation to ‘We are all Treaty People’”</b>: <a href="http://www.kmproductions.ca/id.html">http://www.kmproductions.ca/id.html</a>  Reflect on what you learned.</p>	<p>30</p> <p>Watch “They Came for the Children,” Part 3, <b>“The Residential Schools”</b>: <a href="http://www.kmproductions.ca/id.html">http://www.kmproductions.ca/id.html</a>  Reflect on the stories you heard about residential schools.</p>	<p>31</p> <p>Watch “They Came for the Children,” Part 4, <b>“The Churches, the Apologies, and Indigenous Spirituality”</b>: <a href="http://www.kmproductions.ca/id.html">http://www.kmproductions.ca/id.html</a>  Reflect on what you have learned.</p>	<p>April 1</p> <p>Watch “They Came for the Children,” Part 5, <b>“The 94 Calls to Action and Signs of Hope”</b>: <a href="http://www.kmproductions.ca/id.html">http://www.kmproductions.ca/id.html</a>  Reflect on ways you are called to act.</p>	<p>2</p> <p>Take time in prayer for residential school survivors and reflect on ways that we might better live out reconciliation and right relations.</p> 

<p>3</p> <p><b>Solidarity Sunday</b> Psalm 126:5 "May those who sow in tears reap with shouts of joy."</p> 	<p>4</p> <p><b>Refugee Rights Day</b> Take time to learn about protecting refugee rights in Canada: <a href="https://ccrweb.ca/en/refugee-rights-day">https://ccrweb.ca/en/refugee-rights-day</a></p>	<p>5</p> <p>Many people will go through the day without enough food or water. Pray today for an end to hunger and starvation. Learn more: <a href="https://www.wfp.org/">https://www.wfp.org/</a></p> 	<p>6</p> <p>Take time to learn about communities working to improve food security for low-income households: <a href="https://cfccanada.ca/en/Home">https://cfccanada.ca/en/Home</a></p> 	<p>7</p> <p>Take time to learn more about the <b>Principles of 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>8</p> <p>Catholics have been called to engage in the <b>Synod on Synodality</b>, an opportunity to vision new ways of being a listening church: <a href="https://www.antigonishdiocese.com/listeningchurch/">https://www.antigonishdiocese.com/listeningchurch/</a></p>	<p>9</p> <p>Reflect on ways that we can become communities of solidarity, justice, and equity.</p> <p>How do we make room for those whose voices have been marginalized?</p>
<p>10</p> <p><b>Palm Sunday</b></p>  <p>Luke 19:38 "Blessed is the king who comes in the name of the Lord! Peace in heaven, and glory in the highest heaven!"</p>	<p>11</p> <p>Those working for social and ecological justice must find ways to nourish the spirit.</p> <p>Take time to learn about resources from the <b>Center for Contemplation and Action</b>: <a href="https://cac.org/">https://cac.org/</a></p>	<p>12</p> <p>We are seeing and experiencing so much division in our world and our communities.</p> <p>Take time to pray for respectful dialogue, compassion, and care as we work through the difficulties we face.</p> 	<p>13</p> <p>In times of difficulty, we see many people stepping up to help others.</p> <p>Take time today to reflect on where you find hope and inspiration in these challenging times.</p>	<p>14</p> <p><b>Holy Thursday</b> Jesus shows us what love and service look like by washing the feet of his disciples.</p> <p>Take time today to reflect on how we are called to serve and love, particularly those who are marginalized.</p>	<p>15</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>16</p> <p><b>Holy Saturday</b></p>  <p>We hold vigil as we wait in hope for the light in the face of darkness.</p>
<p>17</p> <p><b>Easter Sunday</b></p>  <p>ALLELULIA! Christ is Risen!</p>	<p>18</p> <p><b>Easter Monday</b></p>  <p>"Let us rejoice and be glad."</p>	 <p style="text-align: center;">"All Powerful God...Encourage us, we pray, in our struggle for justice, love and peace." Pope Francis, <i>Laudato Si'</i></p>				