



Martha Justice Ministry

Lenten Calendar 2023



Dear Sisters and Friends,





For many years now, Lent has become less about giving things up and more about going deeper spiritually. They can go together, of course, but the real goal is being present and connecting with God. In the work of justice, it is easy to get caught in the frustration and grief that comes with the awareness of the struggles of so many and the damage we are doing to the planet. We need this time to find our peace and renew our energy – guided by the Spirit.








We hope that you find this calendar helpful for your Lenten journey. We hope it provides you with ideas and resources for reflection on social and ecological justice, as we find ways of being present to the challenges of this time with compassionate and loving hearts.

Many blessings,

Darlene O'Leary, Coordinator, Martha Justice Ministry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Feb 22	23	24	25
<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:</p> <ul style="list-style-type: none"> How can we respond to God's grace each day through being present to each other and the natural world? How are we present to the Spirit in our lives through our work for social and ecological justice and reconciliation? 			<p>Ash Wednesday</p> <p>Set your intention for Lent – consider how Lent can be a time of rich reflection and spiritual connection for you.</p>	<p>Pray for those affected by war and conflict – reflect on how we can be channels of peace in the world.</p> 	<p>Learn about CPJ's Give it up for the Earth, a faith-in-action Lenten campaign for climate justice: https://cpj.ca/fortheearth/</p>	<p>Learn about Development and Peace's annual Share Lent campaign: https://www.devp.org/en/campaign/stand-for-the-land/resources/</p>
26	27	28	March 1	2	3	4
<p>1st Sunday of Lent</p> <p><i>Matthew 4:1 "Then Jesus was led up by the Spirit into the wilderness..."</i></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, solidarity, and justice commitment?</p>	<p>Take time to grow in inner peace. Breathe deeply, try centring prayer, or try a sitting or walking meditation.</p> <p>How does this help you extend peace to yourself, others, and our world?</p>	<p>Choose a topic to learn about throughout Lent that connects you with peace, social and ecological justice, and reconciliation. For ideas go to: https://www.themartahas.com/martha-justice.php</p>	<p>Join the MJM Lenten Book Study of Sister Dorothy Moore's book, A Journey of Love and Hope: The Inspirational Words of a Mi'kmaw Elder - https://nimbus.ca/store/a-journey-of-love-and-hope.html</p>	<p>World Wildlife Day</p> <p>Take time to reflect on the wonder of creation. Learn more about protecting ecosystems and species at risk: https://wwf.ca/</p>	<p>Read or listen to "The Peace of Wild Things" by Wendell Berry: https://onbeing.org/poetry/the-peace-of-wild-things/ How does this help you be present to yourself and the world?</p>

<p>5</p> <p>2nd Sunday of Lent <i>Matthew 17:5 "This is my Son, the Beloved; with him I am well pleased; listen to him!"</i> The Transfiguration</p> 	<p>6</p> <p>Reflect on Pope Francis' statement: "All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements and talents." (LS 14)</p>	<p>7</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>8</p> <p>International Women's Day Join or support an event taking place in your community or online to celebrate and advocate for the rights of women and girls everywhere.</p>	<p>9</p> <p>The Laudato Si' Movement, inspired by Pope Francis' 2015 encyclical, has grown worldwide. Learn more about their resources and activities: https://laudatosi.org/</p>	<p>10</p> <p>Indigenous Climate Action advocates for Indigenous communities leading climate justice work. Learn more: https://www.indigenousclimateaction.com/</p>	<p>11</p> <p>Watch the documentary <i>The Letter: A Message for Our Earth</i>, inspired by Pope Francis' Laudato Si' and those working for creation care: https://www.theletterfilm.org/watch/</p>
<p>12</p> <p>3rd Sunday of Lent <i>John 4:14 "The water that I will give will become in them a spring of water gushing up to eternal life."</i></p> 	<p>13</p> <p>The story of the Samaritan woman at the well teaches us that Jesus' invitation is for all with open hearts. Consider the ways we can reflect this openness, inclusion, and welcoming in our communities.</p>	<p>14</p> <p>The imbalance of wealth globally is staggering, particularly since the pandemic, with many struggling to get by and a few getting richer. Learn more about how to challenge economic inequality: https://www.oxfam.org/en</p>	<p>15</p> <p>Take time to learn about the growing call for a guaranteed basic income – so that truly no one is left behind – and sign the statement if you haven't already: https://www.big-ns.org/</p>	<p>16</p> <p>All creation is an expression of the sacred. However, many species are threatened. Learn about the species at risk where you live and the drivers of species decline: https://novascotia.ca/natr/wildlife/species-at-risk/</p>	<p>17</p> <p>Watch this video about the outcomes from the UN Convention on Biological Diversity conference (COP15) held last December: https://www.endangeredecosystemsalliance.org/news</p>	<p>18</p> <p>Migrant workers travel far from their families and communities with few protections in the countries where they work. Learn more about supporting migrant workers rights: https://migrantrights.ca/</p>
<p>19</p> <p>4th Sunday of Lent <i>Psalms 23:1 "The LORD is my shepherd, I shall not want."</i></p> 	<p>20</p> <p>In healing the blind man, Jesus shows us who can really "see" and who cannot. Reflect on the limits of our viewpoints, due to our privilege and our biases. How can we open ourselves to new ways of seeing each other, our world, and the Spirit at work?</p>	<p>21</p> <p>International Day for the Elimination of Racial Discrimination Learn more about this day and the need to take action against racism worldwide: https://www.un.org/en/observances/end-racism-day</p>	<p>22</p> <p>World Water Day Access to safe water and sanitation is a human right and a commitment made in the UN Sustainable Development Goals for 2030. Learn more: https://www.unwater.org/water-facts and https://www.worldwaterday.org/learn</p>	<p>23</p> <p>We share our heartbreak, prayers, and support for those impacted by the earthquakes in Turkey and Syria. Reflect on how natural disasters are connected with justice issues, such as access to safe housing and the climate crisis.</p>	<p>24</p> <p>Blessed Feast Day of Saint Oscar Romero Saint Oscar Romero was a true witness to justice. Learn more about his remarkable life: https://cafod.org.uk/news/international-news/oscar-romero-life-timeline</p>	<p>25</p> <p>Feast of the Annunciation Take part in Earth Hour! From 8:30-9:30 pm – turn off the lights and take time in prayer for creation. Learn more: https://www.earthhour.org/</p>

26 5th Sunday of Lent - Solidarity Sunday <i>John 11:25-26 "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die."</i>	27 As we have learned through the Truth and Reconciliation Commission , we need to learn the truth before healing can begin. Take time with the TRC final report and calls to action: https://nctr.ca/	28 Many people will go through the day without enough food or water . Pray today for an end to hunger and starvation. Learn more: https://www.wfp.org/	29 Take time to learn about communities working to improve food security for low-income households : https://cfccanada.ca/en/Home 	30 Take time to learn more about the Principles of Catholic Social Teaching and how they relate to living our faith in justice and ecology work: https://www.devp.org/en/cst	31 As the 10 th season of the program begins, pray for the New Growers and all young farmers working to care for the earth and their communities with healthy, local, and organic food.	April 1 Music and art can lift our spirits and can be powerful expressions of justice. Listen to Playing for Change : https://www.playingforchange.com/ or other music that inspires you today.
2 Palm Sunday  <i>Matthew 21:8 "A very large crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road."</i>	3 The Beatitude Center for the Nonviolent Jesus , led by Fr. John Dear, offers conversations, resources, and tools for peace and justice following Jesus' teachings and example. Learn more: https://beatitudescenter.org/	4 Refugee Rights Day 100 million people worldwide have been forced to flee their homes due to political persecution, conflict, environmental destruction, etc. Learn more about the reality facing refugees: https://www.unhcr.ca/in-canada/refugee-statistics/	5 In times of difficulty, we see many people stepping up to help others. Take time today to reflect on where you find hope and inspiration in these challenging times.	6 Holy Thursday 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.	7 Good Friday  Pray and reflect on the Stations of the Cross and hold in your heart those persecuted for doing the work of justice and peace.	8 Holy Saturday  We hold vigil as we wait in hope for the light in the face of darkness.
9 Easter Sunday  ALLELULIA! Christ is Risen!	10 Easter Monday  "Let us rejoice and be glad."	 <div>"All Powerful God...Encourage us, we pray, in our struggle for justice, love and peace." Pope Francis, <i>Laudato Si'</i></div>				