














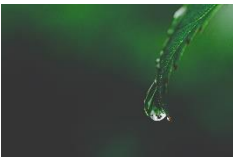













Martha Justice Ministry Lenten Calendar 2024

Sunday	Monday	Tuesday	Wednesday Feb 14	Thursday 15	Friday 16	Saturday 17
<p>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?”</p> <p>As we enter Lent, we invite you to 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 When setting your intention for Lent, consider how you can best make Lent a time of rich reflection and spiritual connection for you.</p>	<p>Pray for Justice! We pray for an immediate ceasefire in Gaza and for a lasting and just solution to the conflict in Israel/Palestine. Lord, hear our prayer.</p>	<p>Act for Justice! Consider supporting Development and Peace’s annual Share Lent campaign: https://www.dev.p.org/en/campaign/stand-for-the-land/resources/</p>	<p>We pray for all those affected by war and conflict. How can we be channels of peace in the world?</p> 
<p>18 1st Sunday of Lent <i>Matthew 1:13 He was in the wilderness forty days...</i></p> 	<p>19 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>20 Take time to grow in inner peace. Breathe deeply, try centring prayer, or try a sitting or walking meditation. How does this help you extend peace to yourself, others, and our world?</p> 	<p>21 Fr. Richard Rohr says we are called on the Prophetic Path, which includes solidarity with the suffering of the world. What does this mean for you? Learn more: https://cac.org/daily-meditations/2023-daily-meditations/</p>	<p>22 Pray for Justice! We pray for those who work for justice in the face of violence and repression that they are uplifted by the light of grace in solidarity with all who struggle around the world. Lord, hear our prayer.</p>	<p>23 Act for Justice! Consider supporting Give it up for the Earth, a faith-in-action Lenten campaign for climate justice: https://cpj.ca/fortheearth/</p> 	<p>24 Take time to read or listen to Mary Oliver reciting her poem, Wild Geese: https://www.youtube.com/watch?v=TnKg3TBzpU</p> 

<p>25</p> <p>2nd Sunday of Lent The Transfiguration</p> <p><i>Matthew 17:5</i> <i>"This is my Son, the Beloved; listen to him!"</i></p> 	<p>26</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>27</p> <p>Take time to connect with the natural world in some way.</p> <p>Go for a walk, smell the fresh air, listen to the birds. Reflect on the gift of creation.</p> 	<p>28</p> <p>The Laudato Si' Movement, inspired by Pope Francis' 2015 encyclical, has grown worldwide, challenging us to care for our common home.</p> <p>Learn more about their resources and activities: https://laudatosivement.org/</p>	<p>29</p> <p>Pray for Justice! We pray for world leaders to listen to the cries of the Earth and those who live in poverty, who are most impacted by the climate and ecological crisis. Lord, hear our prayer.</p>	<p>March 1</p> <p>Act for Justice! Consider supporting the Laudato Si' Movement's Lenten Actions – Giving up Fossil Fuels for the Common Good: https://laudatosivement.org/north-america/</p>	<p>2</p> <p>All creation is an expression of the sacred. However, many species are threatened.</p> <p>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>3</p> <p>3rd Sunday of Lent</p> <p><i>1 Corinthians 1:18</i> <i>"For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God."</i></p> 	<p>4</p> <p>Reflect on Rev. Martin Luther King, Jr.'s words: "We are called to play the Good Samaritan on life's road side, but that will be only an initial act. One day we must come to see that the whole Jericho road must be transformed so that men and women will not be constantly beaten and robbed as they make their journey on life's highway."</p>	<p>5</p> <p>The imbalance of wealth globally is staggering, particularly since the pandemic, with many struggling to get by and a few getting richer.</p> <p>Learn more about how to challenge economic inequality: https://www.oxfam.ca/publication/inequality-inc/</p>	<p>6</p> <p>Migrant workers travel far from their families and communities with few protections in the countries where they work. Often they face human rights violations, even in Canada.</p> <p>Learn more about supporting migrant workers rights: https://migrantrights.ca/</p>	<p>7</p> <p>Pray for Justice! We pray for those who are forced to leave their homes due to violence, climate impacts, or extreme poverty. We pray they find welcome and support as they resettle in our and other communities. Lord, hear our prayer.</p>	<p>8</p> <p>Act for Justice! 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>Music can inspire us and fill us with joy and hope. Spend time listening to some of the wonderful music for justice, such as Playing for Change: https://www.playingforchange.com/</p> 

<p>10 4th Sunday of Lent</p> <p><i>John 3:17 "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.</i></p> 	<p>11</p> <p>Reflect on the limits of our viewpoints, due to our privilege and our biases.</p> <p>How can we open ourselves to new ways of seeing each other, our world, and the Spirit at work?</p> 	<p>12</p> <p>Income security programs are essential to addressing poverty and food security in our communities. A guaranteed livable income is one program option that could ensure we leave no one behind.</p> <p>Learn more: https://www.big-ins.org/</p>	<p>13</p> <p>Reflect on the wonder of the biological diversity of our common home, as we call for its protection.</p> <p>Learn more at Nature Canada: https://naturecanada.ca/</p> 	<p>14</p> <p>Pray for Justice! The UN Sustainable Development Goals are a framework for justice, peace, and equity in our fractured world. We pray that these goals will be supported with ambition by all countries. Lord, hear our prayer.</p>	<p>15</p> <p>Act for Justice! Add your voice to Kairos' Budget 2024 campaign to direct funds to support women peacebuilders and environmental stewards in developing countries: https://www.kairosCanada.org/budget-2024-letter</p>	<p>16</p> <p>Indigenous Climate Action is an Indigenous-led network of organizations responding to the climate and ecological crises by advocating for Indigenous rights and sharing Indigenous knowledge. Learn more: https://www.indigenousclimateaction.com/</p>
<p>17 5th Sunday of Lent -Solidarity Sunday</p> <p><i>John 12:24 Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.</i></p> 	<p>18</p> <p>As we have learned through the Truth and Reconciliation Commission, we need to learn the truth before healing can begin.</p> <p>Take time with the TRC final report and calls to action: https://nctr.ca/</p> 	<p>19</p> <p>Indigenous communities care for and protect 80% of the world's biodiversity. Learn how we can support Indigenous guardianship and care for creation: https://www.theguardian.com/climate-academy/2020/oct/12/indigenous-communities-protect-biodiversity-curb-climate-crisis</p>	<p>20</p> <p>The Marthas' New Growers program has been offering support to young organic farmers for 10 years.</p> <p>Take time to listen to this great CBC documentary on the program: https://www.cbc.ca/listen/live-radio/1-3/clip/16041677 https://www.cbc.ca/listen/live-radio/1-3/clip/16041677</p>	<p>21</p> <p>Pray for Justice! The Office of Religious Integral Ecology (ORCIE) is hosting it's Learning & Lobbying event on Parliament Hill. We pray that these meetings lead to progress on climate action. Lord, hear our prayer.</p>	<p>22</p> <p>Act for Justice! World Water Day Give support to the call for the federal government to provide safe water for First Nations: https://canadians.org/fn-water/</p> 	<p>23</p> <p>Earth Hour Take part in Earth Hour! From 8:30-9:30 pm – turn off the lights and take time in prayer for creation.</p> <p>Learn more: https://www.earthhour.org/</p> 

<p>24</p> <p>Palm Sunday</p>  <p><i>John 12:13 So they took branches of palm trees and went out to meet him, shouting, "Hosanna! Blessed is the one who comes in the name of the Lord-- the King of Israel!"</i></p>	<p>25</p> <p>As we enter Holy Week, we hold in our hearts our fears, grief, and hope for our lives and our world.</p> <p>How do we deepen our trust that God is with us in these challenging times? How does this allow us to hope and act for change?</p> 	<p>26</p> <p>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.</p> <p>Learn more: https://beatitudescen ter.org/</p>	<p>27</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>28</p> <p>Holy Thursday</p> <p>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>29</p> <p>Good Friday</p>  <p>Pray and reflect on the Stations of the Cross and hold in your heart those persecuted for doing the work of justice and peace.</p>	<p>30</p> <p>Holy Saturday</p>  <p>We hold vigil as we wait in hope for the light in the face of darkness.</p>
<p>31</p>	<p>April 1</p>					
<p>Easter Sunday</p>  <p>ALLELULIA! Christ is Risen!</p>	<p>Easter Monday</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>				