

Cultivating Hope as ONE




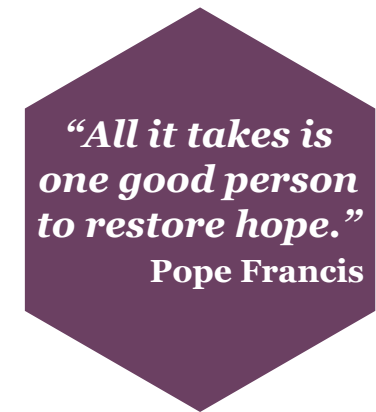
“Thus says God, the Lord, who created the heavens and stretched them out, who spread out the earth and what comes from it, who gives breath to the people on it and spirit to those who walk in it.”
Isaiah 42:5

What kind of world do we want to leave to those who come after us? (Laudato Si’ 160)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>During this Lenten season, let us become more attentive to the type of life we are living, focusing our lives on the care of our relationship with God, with others and with earth, our common home.</p> <p><i>Disregard for the duty to cultivate and maintain a proper relationship with my neighbor, for whose care and custody I am responsible, ruins my relationship with my own self, with others, with God and with the earth.</i></p> <p style="text-align: center;"><i>Laudato Si’ 70 (LS 70)</i></p>						
17	18	19	20	21	22	23
February						
“...for you were made from dust, and to dust you will return.” Genesis 3:19	“...return to me with your whole heart...” Joel 2:12	Fast from what “I want” and feast on what God wants	Give thanks to God for your many blessings			
Ash Wednesday						
24	25	26	27	28	29	30
Let us reflect on the care of our relationship with God						
Invite and embrace the stillness of God	“This hope we have as an anchor of the soul, both sure and steadfast...” Hebrews 6:19	Contemplate being created in God’s image and likeness.	Ask God for the Grace you desire this Lent	<i>Jesus lived in full harmony with creation</i> (LS 98)	Fast from social media	Ask forgiveness for ways we have misused God’s creation
1	2	3	4	5	6	7
Let us reflect on the care of our relationship with ourselves						
Ponder where you need God in your life	Pray for the healing you desire	Take a walk in nature and give God thanks	When you drink water today, ponder your deeper thirst	Ask God to let you see your day as God sees it	Fast from one meal and pray for those who hunger	Engage in a creative activity
8	9	10	11	12	13	14
Let us reflect on the care of our neighbors and local community						
“My command is this: Love each other as I have loved you.” John 15:12	Research Global Catholic Climate Movement	Reflect on how you feel when you meet someone different than yourself	“We need to strengthen the conviction that we are one single human family.” Pope Francis	Pray for an end to racial inequality	Fast from comfort food and donate to a food pantry	Become aware of how each person reflects something of God

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 March	15	16	17	18	19	20
Let us reflect on the care of our neighbors in the global community						
Pray for peace throughout our world	Learn one thing about another culture	Smile at those you meet and learn to say "hello" in three different languages	Give a green plant to someone St. Patrick's Day	Pray for refugees who are forced from their homes	<i>Like Joseph, let us be "fully aware of reality and ready to love and serve in humility."</i> (LS 242) St. Joseph's Day	Pray for all healthcare workers and an end to the Covid-19 pandemic First Day of Spring
21	22	23	24	25	26	27
Let us reflect on the care of earth, our common home						
"The Lord God put the human in the garden to cultivate it and guard it." Genesis 2:15	Drink a glass of water with reverence World Water Day	Reflect on how care of the earth and care of the poor are connected	<i>"You are called to care for creation not only as responsible citizens, but also as followers of Christ!"</i> Pope Francis	Pray for those most affected by climate change	Fast from one-time-use items, such as disposable plastics	Breathe in the air, knowing it is shared by all
28	29	30	31	1 April	2	3
Let us reflect on the care of those made poor						
<i>"Listen to the cry of the earth and the cry of the poor, who suffer most."</i> Pope Francis	"Let each of you look not only to their own interests, but also to the interests of others." Philippians 2:4	Pray for those suffering from disease and illness	Reach out to someone who is lonely	<i>Accept the world as a sacrament of communion</i> (LS 9) Holy Thursday	<i>"If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it."</i> 1 Corinthians 12:26 Good Friday	<i>May our struggles and our concern for this planet never take away the joy of our hope.</i> (LS 244) Holy Saturday
⁴ Rejoice! Christ is Risen! "...God makes all things new!" Revelation 21:5 Easter						<p>God has made everything in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from the beginning to end.</p> <p style="text-align: right;">Ecclesiastes 3:11</p>



In a world that is hurt and wounded, may we join together and reflect upon ourselves and our relationship with God and one another. Each week may we look within to grow in self-awareness and stimulate our consciousness so we may begin to cultivate hope in and for one another, our neighbors, our local and global community and earth.

Let us unite as ONE, praying for hope, peace and justice throughout the world, as together, we walk with Jesus through His life, death and resurrection.

We invite you to send any special prayer intentions to wepray4u@presentationsisters.org or call 605-229-8331.

Excerpts in this brochure are taken from: Pope Francis. Encyclical Letter "Laudato Si'" Care for our Common Home, 24 May 2015, http://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html

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