

Wednesday, April 2. Seek the Integrity of Creation.

Are there any allotments in your area?

- If so, take a walk to look at them, and talk to anyone you may see working there.

Thursday, April 3. Seek the Integrity of Creation.

Climate change brings huge problems to many developing countries.

- Pray for the people of Bangladesh.

Friday, April 4. Seek the Integrity of Creation.

- Eat a LOAF meal today (Local, Organic, Animal friendly, Fairly traded).

Saturday, April 5. Seek the Integrity of Creation.

The Columbans report "One of the major challenges facing human society and the natural world is the progressive trashing of the living world by transnational mining companies, and indeed the extractive industries in general."

(www.columbans.co.uk)

- Pray for communities in the Philippines who are resisting destructive mining operations.

Sunday, April 6. Lent 5.

[Jesus said] "I tell you most solemnly, unless a wheat grain falls on the ground and dies, it remains only a single grain; but if it dies it yields a rich harvest" (John 12.24).

- As Passiontide begins meditate on this image – the way it illuminates the death of the Lord and our "death" as disciples.

Monday, April 7.

As we move towards Holy Week let us 'simplify'.

- Sort through your wardrobe and fill a bag for a charity shop.

Tuesday, April 8.

Water is a precious commodity.

- Make a conscious effort to save it (e.g. don't let the tap run when you clean your teeth!)

Wednesday, April 9.

- Plant some seeds.

Thursday, April 10.

- Has your parish applied for the "Live Simply Award"?

www.cafod.org.uk

Friday, April 11.

- Read and meditate on 1 Timothy 6.6-8.

Saturday, April 12.

- Buy a FairTrade "Real Easter Egg" for family or a friend.

www.realeasteregg.co.uk

Sunday, April 13. Palm Sunday.

"Hosanna! Blessings on him who comes in the name of the Lord!" (Mark 11.9)

- Imagine yourself in the crowd of pilgrims, accompanying Jesus into Jerusalem. What are your thoughts? Do you have any misgivings?

Monday, April 14.

- Make extra time for prayer and reflection during Holy Week.

Tuesday, April 15.

- 'Phone a friend who you know is lonely.

Wednesday, April 16.

- Just sit.

Holy Thursday, April 17.

[Jesus said]"If I, then, the Lord and Master, have washed your feet, you should wash each other's feet" (John 13.14)

- Think of ways you could "wash other's feet". Who would the "others" be?

Good Friday, April 18.

After Jesus had taken the vinegar he said, "It is accomplished," and bowing his head he gave up his spirit. (John 19.30)

- As you pray before the cross, bring with you the poor of the world and the brokenness of our planet.

Holy Saturday, April 19.

Review the reflections you've made and the actions you've taken during Lent.

- What changes do you want to make in the light of them?

Easter Sunday, April 20.

"You are looking for Jesus of Nazareth, who was crucified: he has risen, he is not here." (Mark 16.6)

- Where have you found Jesus this Lent?

A LENTEN JOURNEY

Daily Actions and Reflections



www.jp-shrewsburydiocese.org.uk



**Celebrate
Christ is Risen
Alleluia!**

Ash Wednesday, March 5. Seek Justice.

“Correct us, Yahweh, gently, not in your anger or you will reduce us to nothing” (Jeremiah 10.24)

- Pray for grace to recognise our own weaknesses and to accept God’s forgiveness.

Thursday, March 6. Seek Justice.

In God’s Kingdom justice is always paired with mercy.

- Read and reflect on Jesus’ parable of ‘The Loving Father and the Prodigal Son’ (*Luke 15.11-24*)

Friday, March 7. Perpetua, Felicity and their Companions, Martyrs. Seek Justice.

- What can I do this Lent to support those who work for justice in the developing world?

Saturday, March 8. Seek Justice.

The campaign for a ‘living wage’ is an act of justice. Families and individuals still go short, even when working.

- Try to contribute to a local food bank today.

Sunday, March 9. Lent 1.

“[Jesus says] the time has come and the kingdom of God is close at hand. Repent and believe the Good News.” (Mark 1.15)

- Celebrate all that has been good news this week for you, the poor, and the planet.

Monday, March 10. Seek Justice.

In so many parts of the world women are ‘second-class citizens’.

- Pray for organisations and individuals who work that there may be true equality.

Tuesday, March 11. Seek Justice.

Church Action on Poverty is campaigning against “pay-day loan sharks”.

- Find out about the campaign on www.church-poverty.org.uk/drowningindebt

Wednesday, March 12. Seek Justice.

“Every economic decision has a moral consequence . . .” (Pope Benedict XVI Caritas in Veritate).

- Do I apply this when I go shopping?

Thursday, March 13. Seek Justice.

Christian Aid estimates that tax dodging by multinational companies costs poor countries over £100bn every year.

- Pray for the campaign to secure a just tax regime www.taxjustice.net

Friday, March 14. Seek Justice.

Cut out one meal today - donate the cost to charity.

Saturday, March 15. Seek Justice.

Vital work is being done by Justice & Peace groups in parishes. In some areas such groups feel their work is an uphill task, with little response.

- Pray for a Justice & Peace group known to you.

Sunday, March 16. Lent 2.

“What gain, then, is it for anyone to win the whole world and ruin their life?” (Mark 8.36).

- Celebrate all that has enriched your life and the life of the poor this week.

Monday, March 17. Patrick, Patron Saint of Ireland.

Ireland has seen more than its fair share of tragedy - over hundreds of years. Much has been achieved but tensions still need to be resolved.

- Give thanks for what has been achieved so far.

Tuesday, March 18. Seek Peace.

The Hebrew word “shalom” means more than just “peace”; it includes health, and well-being, wholeness of mind, body and spirit.

- Spend a few moments reflecting on this.

Wednesday, March 19. St. Joseph of Nazareth. Seek Peace.

“War is an abomination . . . the glory of war is illusory; war brings only misery” (St. John Chrysostom).

- Pray for a place where there is presently war; for its victims; for those who seek to make peace.

Thursday, March 20. Seek Peace.

Today is the Vernal Equinox.

- Turn down the thermostat one degree.

Friday, March 21. Seek Peace.

- Make a Fast from shopping.

Saturday, March 22. Seek Peace.

“Making Friends with the Enemy”. Jo Berry, whose father was killed in the Brighton Bombing now works with Patrick McGee (who planted the bomb) to forward reconciliation in many places.

- In the light of this meditate on *2 Corinthians 5.17-18*.

Sunday, March 23. Lent 3.

“And people from east and west, from north and south,

will come to take their places at the feast in the kingdom of God” (Luke 13.29).

- Celebrate the insights which have come into your life through people from other parts of the world.

Monday, March 24. Oscar Romero, Martyr. Seek Peace.

- Give thanks for the life and witness of Archbishop Oscar Romero, true man of peace.

Tuesday, March 25. The Annunciation of Our Lord to the Blessed Virgin Mary.

- Find a prayer or a poem on the theme of peace, and spend some time in reflection.

Wednesday, March 26. Seek Peace.

This year sees the commemoration of the outbreak of the First World War in August, 1914.

- Give some ‘remembrance time’ to civilians as well as to combatants, to those who worked for peace, and those from other countries who suffered.

Thursday, March 27. Seek Peace.

- Remember “shalom”, and visit a lonely or sick friend, taking a home-baked or home-made gift.

Friday, March 28. Seek Peace.

- Eat vegetarian today.

Saturday, March 29. Seek Peace.

- At the end of the day ask, “What have I done to make this a better day for someone else/other people?”

Sunday, March 30. Lent 4.

“Alleluia! Give thanks to the Lord, for he is good, his steadfast love is everlasting.” (Psalm 107.1).

- Celebrate the times this week when you have experienced the Lord’s steadfast love. British Summer Time begins today; pray for local farmers.

Monday, March 31. Seek the Integrity of Creation.

- Read Isaiah 55.12, then look at a tree and reflect on the wonder of the created world.

Tuesday, April 1. Seek the Integrity of Creation.

The Alliance of Religions and Conservation (ARC) is an NGO which helps the world’s major faiths develop their own environmental programmes based on their core teachings, beliefs and practices.

- Find out more about their work - www.arcworld.org