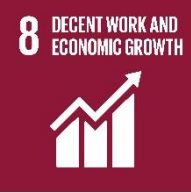





A Living Lent That Changes the World



The Justice Promoters Team of the Sisters of the Presentation, Dubuque, Iowa, offer a simple calendar of justice actions that unites us in our common journey through Lent. This Lent, as we commit to small everyday activities, know that these actions ripple beyond ourselves. Everything we do has a global effect. We offer a connection to the Sustainable Development Goals that world governments have committed to implement by 2030. **May Lent change our lives and our world.**

JUSTICE ISSUES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Learn	Act	Pray/Reflect	Share	Plan	Give	Advocate
IMMIGRATION 	FEBRUARY 26 Sixty-five million people are displaced globally. Visit the Justice for Immigrants website to learn more.	FEBRUARY 27 Learn “welcome” in five languages.	FEBRUARY 28 Reflect on your family’s heritage and be grateful for their immigration.	MARCH 1 Share a time when you felt unwelcomed and identify the reasons.	MARCH 2 Plan to attend an event, speaker or concert presented by a different culture than your own.	MARCH 3 Volunteer at an organization that welcomes immigrants such as a multicultural center.	MARCH 4 Advocate for a just, immigration reform bill by contacting your legislators.
WOMEN & CHILDREN 	MARCH 5 Two million children are forced into prostitution globally, every year. Go to the Slavery Footprint website and take the survey.	MARCH 6 Volunteer at or donate items to a women’s shelter.	MARCH 7 Pray for the individuals and families who are separated from their loved ones.	MARCH 8 Learn the signs of human trafficking and domestic abuse and share them with someone.	MARCH 9 Practice responsible shopping – research fair trade locations that are child labor and sweat-shop free.	MARCH 10 Give thanks for advocates that rescue and protect individuals who are hurting.	MARCH 11 Sign petitions for the passage of stronger laws against human trafficking and domestic abuse.
POVERTY 	MARCH 12 Nearly half the world’s population live on less than \$2.50 a day. Learn more at Do Something website.	MARCH 13 Pay it forward. Treat someone less fortunate than you to a cup of coffee and/or have a conversation with them.	MARCH 14 Pray for all the people working to end poverty, promote justice and uphold dignity.	MARCH 15 Donate food to a local food pantry.	MARCH 16 Make a commitment to be compassionate the next time your heart is moved.	MARCH 17 Give thanks to wait staff and tip generously.	MARCH 18 Post #RaiseTheWage on twitter to support an increase in a minimum wage.
RACISM & DISCRIMINATION 	MARCH 19 Reports show that nearly 50% of Americans under 18 are minorities. Go to the Let’s Fight Racism website to learn more.	MARCH 20 Practice inclusion by celebrating common ground and differences. Make room for every voice at your staff meeting; include every child in the party; and ask an elder for advice.	MARCH 21 Incorporate a prayer from a different faith tradition in your own spiritual life.	MARCH 22 Nearly 1 in 4 students report being bullied during the school year. Think about how being discriminated against or bullied would or does impact your life and share with a friend.	MARCH 23 Challenge yourself, try a new restaurant or coffee shop to meet new people.	MARCH 24 Give thanks to businesses and business professionals who are just to all members of the community.	MARCH 25 Support your local schools who are promoting equality and educating against bullying and discrimination.

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EARTH CARE 	MARCH 26 It takes at least 450 years for plastic beverage bottles to decompose. Go to the Story of Stuff website and watch the 20-minute video to learn about materialism.	MARCH 27 Enjoy a meatless meal today. The production of meat uses more carbon than the growing of grain, vegetables and fruits.	MARCH 28 Reflect on how we treat the environment and its negative impacts on the world today and for future generations.	MARCH 29 Share with others ways to reduce, reuse and recycle items in your home to help the environment.	MARCH 30 Plan to use re-usable bags when you go shopping. Put these in a convenient place to help you remember to take them into the store.	MARCH 31 Give a gift of a plant, flowers or tree for the next special occasion rather than a material item.	APRIL 1 Organize a local park or highway clean-up day.
HEALTH 	APRIL 2 Learn practical steps to alleviate stress and achieve balance in our lives. Learn more at the Mental Health America website.	APRIL 3 Increase your activity by going for a walk. Smile and laugh out loud several times a day to keep you grounded, and help you cope with situations that would otherwise make you crazy.	APRIL 4 Reflect on five things that bring joy to your life.	APRIL 5 Share an hour of your time today doing something good for your mind, body and soul.	APRIL 6 Plan a week of healthy meals and encourage others to eat healthy.	APRIL 7 Offer a helping hand to someone who is sick, elderly or in need.	APRIL 8 Advocate for the continued support of free healthcare clinics in your area.
PEACE 	APRIL 9 "True peace is not merely the absence of tension: it is the presence of justice." <i>Martin Luther King, Jr.</i> Read his speech " Non-violence: The Only Road to Freedom ".	APRIL 10 Write a letter of forgiveness to someone who has hurt you or ask for forgiveness from someone you have hurt.	APRIL 11 Pray for the healing of divisions within your own life and in the world.	APRIL 12 Share a story of a healed relationship or conflict and talk about how you found peace in reconciliation.	APRIL 13 Pray for peace in the world by subscribing to a weekly reflection at the World in Prayer website.	APRIL 14 Give someone the benefit of the doubt when they have a different opinion than yourself and try to see the situation from their perspective.	APRIL 15 Participate in a prayer service, rally or march promoting peace in your local neighborhood.

*The urgent challenge to protect our
Common Home
 includes a concern to bring the whole human family
 together to seek a sustainable and integral development ...*

POPE FRANCIS (LAUDATO SI')



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