

# MY LENT CALENDAR

## 40 Gestures Supporting Mindfulness & Presence

		<b>Wednesday 10 February</b> Notice the colour purple today.	<b>Thursday 11 February</b> Set an intention for Lent. What is your deepest desire?	<b>Friday 12 February</b> Earth Water Air and Fire combined to make this food. Say grace.	<b>Saturday 13 February</b> Breath in love; Breath out compassion.	<b>Sunday 14 February</b> Create a Sabbath pause for even a moment today.
<b>Monday 15 February</b> Mantra: Divine energy flows through me.	<b>Tuesday 16 February</b> Take a contemplative walk.	<b>Wednesday 17 February</b> Thank someone for a kindness.	<b>Thursday 18 February</b> More reading; less screen time today.	<b>Friday 19 February</b> Wear a colour that makes you happy.	<b>Saturday February</b> Notice joyful laughter.	<b>Sunday 20 February</b> Create a Sabbath pause for even a moment today.
<b>Monday 22 February</b> Pause and be present before answering the phone.	<b>Tuesday 23 February</b> I am grateful for the gift of .... make a list.	<b>Wednesday 24 February</b> "The world is filled with glory." Ps. 72:19 Notice.	<b>Thursday 25 February</b> Hold the homeless in your awareness.	<b>Friday 26 February</b> Eat slowly; give thanks.	<b>Saturday 27 February</b> Find a way to give a gift of money today.	<b>Sunday 28 February</b> Create a Sabbath pause for even a moment today.
<b>Monday 29 February</b> Feel your heartbeat; awe and wonder.	<b>Tuesday 1 March</b> Notice the colour green today.	<b>Wednesday 2 March</b> Colour a picture.	<b>Thursday 3 March</b> Make a meal with local food.	<b>Friday 4 March</b> World Day of Prayer. Pray for countries Afghanistan... to Zimbabwe...	<b>Saturday 5 March</b> Read your favourite Bible story.	<b>Sunday 6 March</b> Create a Sabbath pause for even a moment today.
<b>Monday 7 March</b> Listen to a piece of music that is different for you.	<b>Tuesday 8 March</b> Be grateful for the water you use.	<b>Wednesday 9 March</b> Slowly read a Psalm or favourite poem.	<b>Thursday 10 March</b> Breath in peace. Breath out worry.	<b>Friday 11 March</b> Choose to be generous today.	<b>Saturday 12 March</b> Notice light.	<b>Sunday 13 March</b> Create a Sabbath pause for even a moment today.
<b>Monday 14 March</b> What are you grateful for right now?	<b>Tuesday 15 March</b> Choose something to give away.	<b>Wednesday 16 March</b> Give someone a compliment.	<b>Thursday 17 March</b> Allow yourself to be drawn to a news story. Pray.	<b>Friday 18 March</b> Scan your body, noting your physical sensations.	<b>Saturday 19 March</b> Light a candle during a meal today.	<b>Sunday 20 March</b> Create a Sabbath pause for even a moment today.
<b>Monday 21 March</b> International Women's Day. Write or call a woman you appreciate.	<b>Tuesday 22 March</b> Notice shadows.	<b>Wednesday 23 March</b> Find something beautiful to say to someone.	<b>Thursday 24 March</b> Take one step in the direction of love.	<b>Friday 25 March</b> Live today with an awareness of suffering in the world.	<b>Saturday 26 March</b> Practice waiting.	