

2022 Lenten Guide

40 Days of Positive Change



We offer this Lenten calendar inclusive of six focus areas currently at the forefront of the Council's work. Each week frames the specific initiative through the lens of faith and offers movement from awareness to action. During this season of Lent we invite you to join us as we continue to live into God's promise of a flourishing creation.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Theme: Introduction						
		March 2 Read Psalm 51:1-17. Consider the places in your life where your words and deeds have caused harm to another. Remember that even while others feel the sting of this harm, it is finally God whom we hurt the most.	3 Many education and awareness raising events are scheduled during this season of Lent. Register today for at least one of the events.	4 Social media is a helpful way to connect with others and call for positive change. Follow the Council to find ways to be a voice for change. Twitter , FB , Instagram .	5 PRAYER: As we grow to understand your loving presence in our lives, Lord, enable us to use your presence as a guiding force. Make us vessels of your will that we can help bring about justice and equality. Amen.	6 Music helps us feel, heal, and connect. Each Sunday, we offer a different arrangement of the Council's 85th anniversary hymn, "God of the Movements and Martyrs," composed by David Lamotte. Listen to the anthem version arranged by Wil Smith.
Week Theme: Health Justice						
7 Read Luke 4:18-19. Reflect on how Jesus is calling us to engage around Health Justice. Learn more about the expanded Medicare for All solution.	8 In 2021, 3,900 North Carolinians died by unintentional overdose. Syringe exchanges, medication assisted treatment, & eliminating the stigma of drug use are proven strategies that save lives. Learn more.	9 Learn how factors like implicit bias, residential segregation, & negative stereotypes create & sustain health inequality through this TEDTalk .	10 Drug offenses are the leading cause of arrest in the U.S. according to the Drug Policy Alliance. Learn about the history of the war on drugs.	11 Join the Faith Health Caucus of the NC Medicare for All Coalition to be involved in advocating for universal health care in our state and country. Email faithhealth-caucus@gmail.com to join.	12 PRAYER: God of hope, help us create healthy communities that empower individual and collective health, with equitable access to resources and support for all, which eliminate stigma and barriers. Amen.	13 Listen to the folk version of "God of the Movements and Martyrs," arranged by Zach Light-Wells.
Week Theme: Food Justice						
14 Read Isaiah 55:1-9. Consider all the ways that God provides sustenance for your life and consider the ways you can insure that everyone has clean water and nourishing food.	15 Participate in the 2022 Come to the Table Conference - Spirit, Power and Connection: Owing Our Food Future. We are a Co-Host of the event!	16 Food in the U.S. travels an average of 1,300 miles to supermarket. Become a climate champion and buy from local producers and support your local farmer economy .	17 It's time to think about your Spring vegetable gardens! Growing your own produce is already practicing sustainability. Review these easy practices to help grow an even greener garden!	18 Eat locally at a sustainable restaurant that has committed to a set of guidelines that protect our environment. Find Green Dining in NC.	19 PRAYER: You have given all the resources with which to feed the entire world. May we plant the seeds in our cultivated souls to distribute nourishment and justice to all. Amen.	20 Listen to the banjo/traditional version of "God of the Movements and Martyrs" arranged by Joe Newberry.
Week Theme: Racial Justice						
21 Read Matthew 15:21-28. Consider the times you have "othered" those who differ from you in race, economics, or social status. Notice how the Canaanite woman forced Jesus to notice her and treat her with the respect that all people deserve.	22 Learn about the broken promise of "40 acres and a mule." Read more here.	23 Investigate your town's history during the Jim Crow era , roughly 1880s to the 1960s. What is the history of violence against black and brown people in your community?	24 Discover the identity of the Native Americans who once lived on the land that is now your home. Find out here.	25 Eat at a local black owned restaurant. Shop at a black owned business. Find black-owned businesses here.	26 PRAYER: God of love, you call us to work for peace & justice. We believe that You are a God of love, and that we will go forward and be a people of love. Help us to be channels of healing and love in our everyday lives. Amen.	27 Listen to the gospel version of "God of the Movements and Martyrs," arranged by The Many.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Theme: Eco-Justice						
28 Read Job 38:1-11. Consider the wonder and mystery of creation and the delicate balance contained within it. Recognize the ways you positively contribute to God's creation.	29 The U.S. has released the most global warming pollution per capita and we are the world's richest country. Learn about the U.S. Climate Fair Share and #ActOnClimate.	30 Host a Climate & Justice Teach-In. Join the Center for Earth Ethics in supporting churches, mosques, temples, and synagogues around the world addressing the climate crisis.	31 Do a plastic fast for a day or a week to see how much plastic use you can eliminate. Alternatives for wrapping leftovers include glass, waxed paper, and beeswax covers.	April 1 There are many Green Businesses in NC. These businesses are practicing environmental stewardship that lessens the adverse impact on the planet. Support one near you.	2 PRAYER: May we seek to live and walk gently on your Earth, always looking for a way to replenish what has been lost and to heal what has been damaged. Amen	3 Listen to the congregational version of "God of the Movements and Martyrs" arranged by Wil Smith.
Week Theme: Gun Violence Prevention Justice						
4 Read Isaiah 2:4. Reflect on this scripture and how the true way of Christ is a way of peace, reconciliation, forgiveness, and love for enemies.	5 Read an article explaining the reality of gun deaths in this country. Learn about the importance of " Red Flag Laws. "	6 Obtain gun locks for every gun in your home. If you do not own a gun, obtain locks for someone else in your family who does.	7 Learn about Community Violence Intervention and Prevention Initiatives and how these efforts reduce violence and retaliation.	8 Join the North Carolinians Against Gun Violence action alert newsletter to get the latest information on gun legislation.	9 PRAYER: Lord, make us instruments of peace: where there is hate, let us sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Amen.	10 This Palm Sunday listen to "God of the Movements and Martyrs" arranged by David Wilcox.
Week Theme: Democracy & Justice						
11 Read Genesis 1:26-31. Consider that when you look into the face of another, you are looking at the face of God. Recognize that God loves each face uniquely & equally.	12 We all have the right to vote. Print out this 1-pager of your basic voting rights by Democracy NC.	13 The redistricting process has been a long and arduous one. Stay up to date with the process in NC.	14 Environmental injustices happen where people have little or no voice in decisions because of racial, gender, or economic discrimination. Reflect on the Jemez Principles for Democratic Organizing	15 Your vote is your voice! Take a moment on this Good Friday and pledge to vote with You Can Vote.	16 PRAYER: May we all educate, inspire, and mobilize people of faith to protect the precious institution for voting in our American democracy in the name of justice for all. Amen.	17 This Easter Sunday, listen to the Spanish version of "God of the Movements and Martyrs," vocals by Horacio Vivares and translated by Gerardo.

Easter Sunday *Ezekiel 36: 24-28*

I will take you from the nations, and gather you from all the countries, and bring you into your own land. I will sprinkle clean water upon you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you. A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. I will put my spirit within you, and make you follow my statutes and be careful to observe my ordinances. Then you shall live in the land that I gave to your ancestors; and you shall be my people, and I will be your God.

Reflect on everything you have learned and the things on which you have acted during this Season of Lent. How has each daily practice shaped your life? What will you carry with you into the Easter Season and throughout the remainder of the year?

The North Carolina Council of Churches encourages you to learn the facts about the policy issues that frame our lives and then refract them through the lens of faith gifted to us through the Old Testament prophets and the New Testament Gospels. In this resurrection truth, we join God's good creation in pursuit of the Beloved Community.

For those of you who wish to print out the calendar, below are links you can easily enter into your phone or computer for each day.

March 3: www.ncchurches.org/events/
March 4: linktr.ee/ncchurches
March 6: bit.ly/3JaKw6o
March 7: www.ncm4a.org
March 8: faithinharmreduction.org/
March 9: bit.ly/3B4rPyb
March 10: drugpolicy.org/issues/brief-history-drug-war
March 11: Email faithhealthcaucus@gmail.com
March 13: bit.ly/3HBEoDH
March 15: bit.ly/3LnwPD0
March 16: bit.ly/3sw7k9T
March 17: bit.ly/3rP2eGR
March 18: bit.ly/34pKpVW
March 20: bit.ly/3gsGOZI
March 22: to.pbs.org/3GCZhwR
March 23: bit.ly/34iJAy6
March 24: native-land.ca/
March 25: bit.ly/3rySqAg
March 26: bit.ly/3B5iV3N
March 29: www.usfairshare.org/
March 30: bit.ly/3GGunDS
April 1: bit.ly/34x9CxA
April 3: bit.ly/3GrH3OY
April 5: bit.ly/3sqnq4G & bit.ly/3Grhn56
April 7: bit.ly/34Eabp8
April 8: www.ncgv.org/sign-up/
April 10: bit.ly/3Gx6u1M
April 12: bit.ly/3JfnR97
April 13: bit.ly/3GyTCrZ
April 14: www.ejnet.org/ej/jemez.pdf
April 15: www.youcanvote.org/pledge
April 17: bit.ly/3B4sGPA