

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



**22 FEBRUARY**  
**Ash Wednesday:** Fasting is an ancient tradition. Fast from something, say wine or meat, that you would normally eat or drink today.

**23 FEBRUARY**  
 Lent commemorates the 40 days Jesus spent wandering in the wilderness. Go for a solitary wander through your neighborhood, with no destination in mind. Notice everything. Notice yourself.

**24 FEBRUARY**  
 Lent is a season of repentance, of being sorry for the things you have done wrong. Note: it is not a season to feel sorry for yourself because of all the things that other people have done wrong.

**25 FEBRUARY**  
 Make time today for the one you love and for God. Each minute is a brick in your life's bridge, not only over troubled waters and loss, but to a million cherished memories.

**26 FEBRUARY**  
 Sundays are actually "in" Lent but not "of" Lent. Sundays aren't counted in the 40 days because Sunday is always a "little Easter." Try shouting for joy somewhere, sometime today because it's a "little Easter."

**27 FEBRUARY**  
 Think of someone you need to thank and write them an old-fashioned thank-you note. Even if it's just to say "thank you for being you."

**28 FEBRUARY**  
 Give up the television remote. Let someone else control it. You know who you are and if this suggestion is for you.

**29 FEBRUARY**  
 It's a Leap Year and today is the extra day we get in 2012. The perfect day to give up procrastination. Whatever you've been putting off, do it now.

**1 MARCH**  
 Give up at least one of your prejudices. Don't have any? Think again.

**2 MARCH**  
 Challenge those who are pessimistic. Speak to them with an absurd optimism.

**3 MARCH**  
 If today is a day to do errands, add this to your list: "Go to the grocery store, get ten good food items and drop them off at a local food bank or shelter." If you have kids, take them with you to pick out the food and deliver it.

**4 MARCH**  
 Give up making excuses for not going to church. It's Sunday . . . just go!

**5 MARCH**  
 Invite someone to church. Tell them what Lent means to you, and why this might be a meaningful time for them to sit next to you in worship. Please wear deodorant.

**6 MARCH**  
 Say the words of Isaiah 43:1-7 as a prayer. Try putting your name in where it says "Jacob" and "Israel." Do that once, then again, then three times and more if you need to.

**7 MARCH**  
 Give in. Lent is not just a time to give up. Real repentance may mean giving in, to someone else, admitting they were right. Or that you were also right, but in this case, they just needed it more.

**8 MARCH**  
 Give up the Internet. Just for the day. Or even the afternoon. Look past the screen. Look up, look around, look out the window, look for signs of spring.

**9 MARCH**  
 Write down ten things you are thankful for. And then write down ten things more.

**10 MARCH**  
 Only God is perfect. You don't have to be. Forgive yourself for mistakes. There are plenty of things worth doing that don't have to be done "right." Give up thinking there's only one right way.

**11 MARCH**  
 Daylight Savings Time starts today. Spring forward! (And set your clocks ahead an hour, too.)

**12 MARCH**  
 Show other people that you value their time. Today, plan to arrive 15 minutes early for everything. Give up being late.

**13 MARCH**  
 Stop stressing about money. It won't help. Plan, don't panic.

**14 MARCH**  
 Say thank you to the person who taught you how to say "I'm sorry."

**15 MARCH**  
 Go to bed an hour early tonight. Give up being over-tired and possibly cranky. Your family and co-workers will thank you.

**16 MARCH**  
 This is the 20th day of Lent, the half-way mark in the 40 days. Instead of waiting for someone to meet you halfway on something, go all the way to them. Initiate a call or send a note.

**17 MARCH**  
 Today is St. Patrick's Day. Have a green beer if you absolutely must, but not till after you find out why Patrick was sainted. What can his life teach you about how to be Christian?

**18 MARCH**  
 Sunday is your little Easter, your day to abandon whatever discipline you have taken up for Lent. But if you are reading this calendar today, does that mean you gave up our calendar for Lent? Wow. Let's all give up being too literal.

**19 MARCH**  
 See if you can recycle more than you throw away this week. If it's an option where you live, take public transportation to get somewhere this week.

**20 MARCH**  
 Today is the Spring Equinox, when we hang perfectly balanced between light and dark, day and night. The word Lent comes from the lengthening of the daylight hours. Pray that your life will tip toward the light.

**21 MARCH**  
 Cancel the graduate degree in despair. Find a degree program in hope. Study hard. Try to get an A plus in hope—so the resurrection doesn't surprise you.

**22 MARCH**  
 Give up forcing happiness. Let it come to you.

**23 MARCH**  
 Give up apathy. Stay informed, speak up, vote, pick an issue and learn all you can about it.

**24 MARCH**  
 Give up stress. Ask stress what it has done for you lately. Bend towards the cross. There is a lot on the other side of it.

**25 MARCH**  
 Today is the anniversary of the Triangle Shirtwaist Factory Fire. Spend some time considering your clothes and who made them under what conditions. Pray for those who make the things you wear; commit to buying sweatshop-free clothing.

**26 MARCH**  
 Give up credit cards. Or at least try not to use them this week.

**27 MARCH**  
 Learn how to make flower bombs: go to [www.guerrilagardening.org](http://www.guerrilagardening.org). Make plans with someone to go out flower bombing abandoned lots, untended verges, and ugly ditches next Monday.

**28 MARCH**  
 Give up anxiety. It's no fun. What is fun is peace. Anxiety takes over the place where peace wants to play in our hearts. What about losing it? Even for 12 days—the rest of Lent.

**29 MARCH**  
 Give up trying to change other people. Leave that to God. Consider instead changing yourself and how you respond.

**30 MARCH**  
 Give up sitting. Get up, stand up, take the stairs, walk around the block, put on music and dance.

**31 MARCH**  
 Give up frowning. You might be scaring little children and dogs.

**1 APRIL**  
**Palm Sunday:** Fold your palm fronds into a cross. You can learn how to do it on YouTube ("Making a Palm Cross").

**2 APRIL**  
 In honor of Easter, when life and beauty spring forth from death and decay, take your flower bombs and go out to resurrect the ugly places with beauty! Try not to get arrested.

**3 APRIL**  
 Say goodbye to someone you need to say goodbye to. Whatever the circumstances, good or bad, remember that "goodbye" comes from "God be with you."

**4 APRIL**  
 Give up complicating things. Instead of making mountains out of molehills, be on the lookout for ways to simplify.

**5 APRIL**  
 Jesus died on the cross. Think about it. Why did it happen? Ask yourself what you truly believe. Now ask God.

**6 APRIL**  
 Today's reading, John 18:1-19:42, is a long one. It is John's account of Jesus' passion. On this Good Friday you might want to find a time to read it all through slowly, and to sit with this story.

**7 APRIL**  
 Easter Eve is a time for services of baptismal renewal. Today wash your face with special care and attention; let the waters flow over your face. Look into the mirror and say, "I have been baptized. God loves me. I belong to God."

**8 APRIL**  
**Easter:** Give up giving up. Have hope instead.

