

# Change Our Hearts

#LoveBoldly  
#ChangeOurHearts

## 40+ Daily Reflections LENTEN CALENDAR

				W	T	F	S
				26 FEBRUARY	27	28	29
				I refrain from judging those whose views I do not understand. #LoveBoldly	I smile genuinely and look into the eyes of those I meet today. #LoveBoldly	Today I will do random, hidden acts of kindness. #LoveBoldly	I will make sure to find some quiet time with God today. #LoveBoldly
S	M	T					
1 MARCH	2	3	4	5	6	7	
Did I listen to someone's story today that enlarged my heart? #LoveBoldly	What is Earth asking of me? #LoveBoldly	Say to those with fearful hearts, be still, do not fear. Isaiah 31:4 #LoveBoldly	I use my influence with others to advocate for racial justice. #LoveBoldly	Jesus said, "YOU give them something to eat." Matthew 14:16 #LoveBoldly	Where did I bring Jesus' peace today? #LoveBoldly	I notice where and when God invites me beyond my comfort zone. #LoveBoldly	
8	9	10	11	12	13	14	
In what areas of racial justice can I bring hope? #LoveBoldly	I welcome ways to provide for others materially, emotionally, and spiritually. #LoveBoldly	What does my heart yearn for this time? #LoveBoldly	I notice any tendency to avoid welcoming someone who is different. #LoveBoldly	"Our God is a God of Justice who knows no favorites." Isaiah 35:12 #LoveBoldly	I will have a "Buy Nothing Day" today. #LoveBoldly	How is God's dream for me evolving today? #LoveBoldly	
15	16	17	18	19	20	21	
How am I invited to give without counting the cost? #LoveBoldly	How can I be a source of courage for another who is suffering? #LoveBoldly	I plant seeds of kindness this day. #LoveBoldly	Who is the stranger that needs my love? #LoveBoldly	I choose to make room for every Voice at my table/meetings today. #LoveBoldly	Each person who crosses my path is an opportunity for me to love. #LoveBoldly	I join in solidarity of spirit with all the dear neighbors who suffer. #LoveBoldly	
22	23	24	25	26	27	28	
I contemplate whose tears over racism matter and whose don't. #LoveBoldly	Which dear neighbor lays claim to my heart today? #LoveBoldly	May I notice ways to stand for and act with inclusive love. #LoveBoldly	Aware of my "privileged" status, how am I called to relationship today? #LoveBoldly	Where can I step beyond my comfort zone to build a new relationship? #LoveBoldly	How can I embrace human dignity for someone today? #LoveBoldly	I ask God to reveal any attachments that limit my love. #LoveBoldly	
29	30	31	1 APRIL	2	3	4	
"For where your treasure is, there your heart will be also." Matt 6:21 #LoveBoldly	How is my life shaped by race? #LoveBoldly	I will carve out some time to walk in Nature. #LoveBoldly	I remember the holy presence of God in the present moment. #LoveBoldly	I seek out someone older/younger to have a conversation with today. #LoveBoldly	What do I know but fail to act upon? #LoveBoldly	Now is the acceptable time to love without distinction! #LoveBoldly	
5	6	7	8	9	10	11	
When has my heart been touched by injustice? #LoveBoldly	How do I experience spiritual thirst? #LoveBoldly	I remember that all creation is God's gift to me. #LoveBoldly	I refrain from judging but ask to understand instead. #LoveBoldly	What has helped me to remember my dependence on God? #LoveBoldly	My presence is meant to reflect the many faces of God. #LoveBoldly	May I see each person and situation as God does. #LoveBoldly	
12							
What has Changed my Heart this time? What's Next? #LoveBoldly							



We, the Sisters of Saint Joseph, Associates and Partners in Mission, invite you to a CHANGE of HEART that listens to the 'cries of the poor and the cries of the Earth.' We encourage you to read *White Fragility* by Robin DiAngelo during this time of conversion. CHANGING OUR HEARTS calls us to be willing to be challenged to disrupt racist patterns both by activities and discussions with others. May we shed old ways, embrace love and be love.

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