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| **LENITI 2019 - 40 days of dedication** |
| Monite | Tusite | Pulelulu | Tu’apulelulu | Falaite | Tokonaki | Sapate |
| Ma’asi |  | **6 Pulelulu Fakaefuefu.**Kole ha Fakamolemole. | 7 Fokotu’u ho’o kaveinga ngaue’i he Leniti. | 8 Fakama’u ‘aukai, vete he 1 ho’atā. | 9 Hu kitu’a ’o huo e ngoue, mo kosi.Tokoni ki he ma’a ‘atakai. | 10 Kau ki he lotu hengihengi ‘o e ‘aho ni. |
| 11Kai fakataha mo e famili he tepile, talanoa mo e lotu. | 12 Tanaki vala ‘ikai ngaue’aki ‘ave ki he Salvation Army.  | 13 Kau ki he lotu ‘o e efiafi ni fakataha mo e Siasi. | 14 Fakakaukau ki he Fonua ‘oku ke nofo ai hono Lelei ma’au. | 15 Fakama’u ‘aukai, toki vete 1 ho’atā. | 16 Fakamaau ho Loki ke ma’a.Ko ho’o mo’ui ke maau mo ma’a. | 17 Feinga mai ‘o kau he lotu ho’atā mo e Siasi. |
| 18 Teuteu me’atokoni ma’a ho’o Fa’e mo e Tamai. | 19 Tufi ‘a e veve, he feitu’u ‘oku ke ngaue ai. | 20 Ako ki he hingoa ‘o e ngaahi ‘akau tupu’a ‘o e Fonua ni. | 21 Fa’u ha fo’i hiva, pe maau kau ki he pekia ‘a Sisu. | 22 Fakama’u ‘aukai, toki vete 1 ho’atā. | 23 Fanongo hiva fakalotu ha miniti ‘e 20, manatua ‘a e ‘Eiki. | 24 ‘Alu ki ha ‘api ‘e taha ‘o talanoa mo ipu ti ai. |
| 25 Tala ki ha taha ‘a e ‘uhinga ‘o e Leniti. | 26 Ako ma’uloto ‘a e ‘Aisea 53:5. Fononga mo ia he ‘aho. | 27 Lotu ma’ae taha ‘oku ‘ikai teke lelei’ia ai. | 28 ‘Oua ngaue’aki ho’o Telefoni pe mopaila he ‘aho ni. | 29 Fakama’u ‘aukai, toki vete 1 ho’atā. | 30 ‘Alu ki mātātahi ‘o fakalaulaulotoa‘a e lahi ‘o ho ‘Otua | 31 Feinga ke ke fakalongolongo ‘o fakaongo ki he le’o ‘o e ‘Otua. |
| ‘Epeleli |  |  |  |  |  |  |
| 1 Sio Faiva fakataha mo e famili. Falefaiva pe Dvd ‘i ‘api. | 2 Kai vesitapolo mo e fua’i’akau ‘atā’atā pe he ‘aho ni. | 3 Teuteu’i ha’o kai ho’ata mei ‘api. ‘Oua ‘e fakatau. | 4 ‘Oua na’a ke ngaue’aki ho’o komipiuta. | 5 Fakama’u ‘aukai, toki vete 1 ho’atā. | 6 Fai ha tohi kole fakamolemole ki mamani, ko e ngaahi maumau.  | 7 To’o ha’o $20 ‘o foaki he lipa’anga ‘o e ‘aho ni ‘a e Siasi . |
| 8 ‘Alu mo ho famili ‘o lue fakamalo’ia ‘a e ‘Ea ‘oku ke manava’aki. | 9 Lau Saame 19 pea kumi ha malohi mo ha ivi fo’ou. | 10 Tokoni ki ha taha he ‘aho ni oku ne fiema’u ho’o tokoni. | 11 ‘Alu ki ha Kalasi’aho ‘o feohi ai mo ho kaungā lotu. | 12 Fakama’u ‘aukai toki vete 1 ho’atā. | 13 Fakatau ha fu’u ‘akau fua ‘o to homou ‘api.  | 14 **Sapate Paame**Foaki ha me’a ma’a ha taha ‘i he Siasi ‘oku ‘ikai ke mo maheni. |
| 15 Feohi Famili.Mahu’inga Matu’aMahu’inga Fanau.Mahu’inga Famili. | 16 Fakaafe’i ha famili fo’ou ki ho ‘api, ke mou feohi. | 17 Lau Luke 12:22-31. Fai ha’o fakafeta’i ki he me’ofa ‘a e ‘Otua. | 18 **Tu’apulelulu Toputapu.**Fai ha ngaue fakasevaniti ki ha taha. | 19 **Falaite Lelei**Kau ki he ‘Apitanga Siasi. | 20 Fifili. Ka ne ‘ikai ha ‘Otua, ko e ha me’a ‘e hoko? | 21 **Sapate Toetu’u**Fetapa. **Kuo Toetu’u ‘a e ‘Eiki.****Kuo toetu’u mo’oni.** |
| Fast today from a practice that has a large carbon footprint | Reduce the wilderness - pick up some litter today.Kaua e tukupara | Check out a website to understand food miles | Find a way to re-use a waste product that would end up in landfill | Check out a regular food purchase: can you find a product with less packaging?  | Drink a glass of water instead of a coffee or dessert and use its cost to donate to a charity | Share a simple meal with someone |
| Identify an issue around injustice in your locality or workplace. Talk to someone about it | Learn the name of a native tree/rākau and how to identify it | Learn the name of a native bird/manuand how to identify it | Send a card/photo of something beautiful to a child or young person telling them why you like it | Write an apology to the earth for a time when you have damaged the natural environment | Write a psalm of lament for a time when your human need has caused damage | Take a walk in the bush, thanking God for the unique environment of Aotearoa |
| Light pollution can upset native fauna. Turn off unused lighting. | In our noisy world, find a place of only natural sounds and enjoy it for 10 min | Find a safe way to collect and use grey waste water in your home or workplace | Read the Charter for Compassionhttps://charterforcompassion.org/charter | Find a way to imple-ment an aspect of the Charter of Compassion | Pass on a garment you don’t need to an Op Shop | Invite someone to help you choose a tree and plant it |
| Find a way to use a garment you no longer wear | Sit in a quiet, dark place and listen to God’s Spirit | Spend a day without checking texts | Leave an email message to say you are taking a day off from the computer | Use public transport instead of a car. What were the positives? | Download and print https://www.unicef.org/rightsite/files/uncrcchilldfriendlylanguage.pdf  | Read Psalm 19 and find new strength |
| Find a way to implement one article from the Rights of the Child | Think of how to explain Lenten practice and tell someone this month | Prepare and eat a meal today using raw/ non-processed food | If you usually buy your lunch, take a homemade meal today | Buy and use a keep-cup for takeaway coffee | Walk beside a river, stream or the sea and think of how we depend on water  | Read Luke 12:22-31 and offer thanks for one of God’s gifts |
| Think about the land where you live. To whom did it belong in 1840? | Give away some home baking or home-grown produce | Eat more than one vegetarian meal this week | Collect rain water and give thanks for rain | Where are your local marae?  | Talk to tangata whenua about what issues are important for them | Talk to someone from another culture about their favourite national food |
| *Your choice* | *Your choice* | *Your choice* | *Your choice* | *Your choice* | *Your choice* | *Your choice* |

How to use this Calendar

Lent is traditionally a time of fasting and repentance, inner reflection and preparation for Easter. Lent is a time to adopt habits and actions for gospel values…

The squares/coupons above are examples of things you might do during Lent 2019 - every day or occasionally to support your Lenten journey.

For information or feedback email Betsan Martin at: betsan@response.org.nz

English calendar created by Viv Whimster: Tongan calendar by - Revd Goll Manukia and Soana Muimuiheata (Lotofale’ia Mangere Tongan Methodist Church)