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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’a  Mahu’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/manu  and 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 Compassion  https://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.

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