

# Devotions to Accompany a *Fast From Single-Use Plastic*

#NoPlasticforLent #Lent2020 #SJUPlasticFast #SJUbytheZoo

| MONDAY  | TUESDAY                                 | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY  |
|---|---|---|--|---|--|---|
| <p>You're encouraged to use these devotions as part of a daily spiritual . You can write in a journal, share on social media, reflect in silent prayer, gather with a worshipping community or all of the above. Whatever you choose, let this be your prayer:</p> <p><i>Create in me a clean heart, O God, and put a new and right spirit within me.</i><br/>- Psalm 51:10</p> |   | <p><b>26 Ash Wednesday</b><br/>Read Genesis 3:19. Reflect. Can you hear any Good News in these words? How might it inform your fast during this season?</p> <p><b>7pm Worship with Imposition of Ashes</b></p>                    | <p><b>27</b><br/>Share your intention to fast with someone, including your hopes and concerns. Thank them for listening.</p> <p><b>6pm Soup Supper 7pm Vespers</b></p>   | <p><b>28</b><br/>Reflect on your "why" and what motivates your fast in particular. Turn it into a simple phrase that you can easily remember. Write it down and put it somewhere where you'll see it often.</p>                 | <p><b>29</b><br/>Look around your home and make a quick list of all the single-use plastic you see. Pick one difficult item to avoid. Make a plan for how to repurpose it, so that it's no longer single-use. If you can, do it today.</p>             | <p>March 1 <b>1<sup>st</sup> Sunday in Lent</b></p> <p><b>9:30am Education Hour 10:30am Worship</b></p> <p><i>"So God blessed the seventh day and hallowed it, because on it God rested from all the work..."</i><br/>- Genesis 2:3</p> |
| <p><b>2</b><br/>Pray these words from Rachel Carson: <i>"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts."</i></p>   | <p><b>3</b><br/>Read Jeremiah 2:7.</p>  | <p><b>4</b><br/>Reflect on where you're feeling discomfort. Don't try to solve the tension. Simple notice and name it. When you're done, read Psalm 27:13-14.</p>   | <p><b>5</b><br/>Ask someone how their Lenten fast is going. Listen and don't problem solve unless they specifically ask for help. Thank them for sharing.</p> <p><b>6pm Soup Supper 7pm Vespers</b></p>              | <p><b>6</b><br/>Learn about the <a href="#">After-life of Recyclables</a> in this interview with environmental scientist Kate O'Neill, on <i>Fresh Air</i> with Terri Gross.</p>  | <p><b>7</b><br/>Look around your home for an item that comes in single-use plastic that you will soon need to replace. Investigate and buy or procure a sustainable alternative.</p>   | <p><b>8 2<sup>nd</sup> Sunday in Lent</b></p> <p><b>9:30am Education Hour 10:30am Worship</b></p> <p><i>"Remember the Sabbath day and keep it holy."</i><br/>- Exodus 20:8</p>  |
| <p><b>9</b><br/>Pray these words from Henry David Thoreau: <i>"Heaven is under our feet as well as over our heads."</i></p>   | <p><b>10</b><br/>Read Job 38.</p>       | <p><b>11</b><br/>Reflect on what you don't know. Write down some questions that you have about plastic. They may be practical, philosophical, political, or from any other angle. Don't judge yourself too much. Just notice.</p> | <p><b>12</b><br/>Share with a friend (or 2-3) one question you have and how you plan to answer it, or what you've already learned. Ask them to share in a similar way.</p> <p><b>6pm Soup Supper 7pm Vespers</b></p> | <p><b>13</b><br/>Dwell in this poem: <i>I wandered lonely as a cloud / That floats on high o'er vales and hills/ When all at once I saw a crowd /A host, of golden daffodils.</i><br/>- William Wordsworth</p>                  | <p><b>14</b><br/>Sort through your recycling looking for plastic you may have missed like bottle caps or twist ties. Pick out jars you can <a href="#">clean and reuse</a>. Ask your grocery store how to use them for purchasing bulk food items.</p> | <p><b>15 3<sup>rd</sup> Sunday in Lent</b></p> <p><b>9:30am Education Hour 10:30am Worship</b></p> <p><i>"...the seventh day is a day of Sabbath rest, a day of sacred assembly."</i><br/>- Leviticus 23:3</p>                          |
| <p><b>16</b><br/>Pray these words from Jacque-Yves Cousteau: <i>"Water and air, the two essential fluids on which all life depends have become global garbage cans."</i></p>  | <p><b>17</b><br/>Read Isaiah 58:12.</p> | <p><b>18</b><br/>Reflect on the ways in which you're not living the way you think God intends for your life. It doesn't have to be about plastic. What gets in your way? Say a prayer, naming what kind of help seek.</p>         | <p><b>19</b><br/>Share with someone what you've learned about yourself, especially how much you have relied on single-use plastic. Thank them for listening.</p> <p><b>6pm Soup Supper 7pm Vespers</b></p>           | <p><b>20</b><br/>Make a list of the people most important to you. For each person, say a prayer on their behalf. Ask that they might know love and be released from all that causes them pain. End by praying for yourself.</p> | <p><b>21</b><br/>Read <a href="#">Faith Principles for a Green New Deal</a>. Take a moment to jot down some reflections or questions. Make a point to check in with a friend or someone at church to discuss what you learned.</p>                     | <p><b>22 4<sup>th</sup> Sunday in Lent</b></p> <p><b>9:30am Education Hour 10:30am Worship</b></p> <p><i>"So then, a Sabbath rest still remains for the people of God..."</i><br/>- Hebrews 3:8</p>                                     |

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|---|--|---|---|--|--|--|
| <p><b>23</b><br/>Pray these words from Khalil Gibran:<br/><i>"And forget not that the earth delights to feel your bare feet and the winds long to play with your hair."</i></p>                             | <p><b>24</b><br/>Read Isaiah 24:4-5.</p>     | <p><b>25</b><br/>Reflect on how your fast practice has affected other areas of your life. Consider how you're eating, and spending money and time. Notice any changes and how you feel about them.</p>                      | <p><b>26</b><br/>Talk to someone you're close to, like a partner or friend. Share one thing that you'd like to do differently after Lent. You don't have to commit. Just share.</p> <p style="text-align: right;"><b>6pm Soup Supper</b><br/><b>7pm Vespers</b> </p> | <p><b>27</b><br/>By now, you've probably produced some plastic waste that you procured before Lent. Don't throw it away. Look at it with new eyes. How might it be considered beautiful? Clean it and set it aside.</p>  | <p><b>28</b><br/>Look ahead to upcoming special occasions, like Easter. Start coordinating with others to eliminate or reduce single-use plastics purchased for the event. Try searching for how to host a "zero waste party".</p>         | <p><b>29 5<sup>th</sup> Sunday in Lent</b></p> <p style="text-align: center;"><b>9:30am Education Hour</b><br/><b>10:30am Worship</b></p> <p style="text-align: center;"><i>"This is the day that the Lord has made. Let us rejoice and be glad in it."</i><br/>- Psalm 118:24</p>   |
| <p><b>30</b><br/>Pray these words from Carl Sagan: <i>"A blade of grass is a commonplace on Earth; it would be a miracle on Mars. Our descendants on Mars will know the value of a patch of green."</i></p> | <p><b>31</b><br/>Read Revelation 22:1-2.</p> | <p><b>April 1</b><br/>Remember that piece of plastic waste you set aside? Consider turning it into something creative, like these <a href="#">plastic bottle crafts</a>, that won't require buying additional supplies.</p> | <p><b>2</b><br/>Share your craft recycling idea with a friend or on social media. No ideas? Share that too! Enjoy thinking creatively and inviting input. Focus on joy.</p> <p style="text-align: right;"><b>6pm Soup Supper</b><br/><b>7pm Vespers</b> </p>         | <p><b>3</b><br/>Take this <a href="#">Plastics Quiz from National Geographic</a>. Reflect on your results.</p>   | <p><b>4</b><br/>Choose a spot outside that you can walk to in under 10 minutes. Stand or sit, and just take in the sights, smells and sounds. Notice what is dying or dead and what is flourishing. Give thanks for the cycle of life.</p> | <p><b>5 Palm &amp; Passion Sunday</b></p> <p style="text-align: center;"><b>9:30am Education Hour</b><br/><b>10:30am Worship</b></p> <p style="text-align: center;"><i>"Observe my Sabbaths and have reverence for my sanctuary. I am the Lord."</i> - Leviticus 26:2</p>  |
| <p><b>6</b><br/>Pray these words from Rev. Dr. Martin Luther King Jr.:<br/><i>"Everyone can be great...because everyone can serve."</i></p>   | <p><b>7</b><br/>Read Philippians 1:6.</p>    | <p><b>8</b><br/>Reflect on your Lenten fast journey. It's almost over! Look back at your notes or social media posts.</p>   | <p><b>9 Maundy Thursday</b></p> <p style="text-align: center;"><i>"I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another."</i><br/>- John 13:34</p> <p style="text-align: right;"><b>6pm Potluck Vespers &amp; Hand Washing</b></p>   | <p><b>10 Good Friday</b></p> <p style="text-align: center;"><i>"...I will put my laws in their hearts, and I will write them on their minds...I will remember their sins no more."</i><br/>- Hebrews 10:16-17</p> <p style="text-align: right;"><b>7pm Darkness &amp; Light Tenebrae Service</b></p> | <p><b>11 Holy Saturday</b></p> <p style="text-align: center;"><i>"Let your face shine upon your servant, save me in your steadfast love."</i><br/>- Psalm 31:16</p>  | <p><b>12 Easter Sunday</b></p> <p style="text-align: center;"><b>8:45am Breakfast</b><br/><b>10:30am Worship</b> </p> <p style="text-align: center;"><i>"Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live..."</i> - John 11:25</p> |

This devotional calendar was created to accompany the community of St. John United Lutheran Church in a *Fast From Single-Use Plastic* during the 2020 season of Lent. Adaptation for local use is encouraged. If a significant portion of this material is used, citation and donations are appreciated. If your community engages in a similar practice, we'd love to hear about it.

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