

2022 LENTEN REFLECTIONS with 7 WEEKLY “R’s” - by Susie Leonard Weller, M.A. - www.susieweller.com

Weekly Theme	SUNDAY March 6	MONDAY March 7	TUESDAY March 8	WEDNESDAY March 9	THURSDAY March 10	FRIDAY March 11	SATURDAY March 12
<p>I Reflect Upon Any Regrets.</p> <p>I Express Remorse by Making Amends.</p>			MARDI GRAS	<p>ASH WEDNESDAY</p> <p>I reflect upon the times that I have hurt others. I express remorse by asking for their forgiveness.</p>	<p>I reflect upon the times I’ve discounted feedback from others. I express remorse by facing what I’ve dismissed.</p>	<p>I reflect on the areas of my life that lack integrity. I express remorse by heeding my conscience.</p>	<p>I reflect on the times I have justified my negative behavior. I express remorse by accepting responsibility.</p>
Weekly Theme	SUNDAY March 13	MONDAY March 14	TUESDAY March 15	WEDNESDAY March 16	THURSDAY March 17	FRIDAY March 18	SATURDAY March 19
<p>I Recognize Any Rifts in My Relationships .</p> <p>I Repair Any Ruptures.</p>	<p>I recognize when I’m not being fully honest. I repair by discerning how best to respectfully express my truth.</p>	<p>I recognize when I’m not really listening. I repair by seeking to fully understand another.</p>	<p>I recognize when I’m being self-righteous and defending my opinion. I repair by being open to hearing other perspectives.</p>	<p>I recognize when I’ve reacted with contempt. I repair by committing to speak with a courteous tone.</p>	<p>I recognize when I am attempting to “fix” others. I repair by accepting people just as they are.</p>	<p>I recognize when life’s irritations are inviting me to transform them into pearls. I repair grit by accessing grace.</p>	<p>I recognize our shared humanity. I repair by acknowledging our human frailties.</p>
Weekly Theme	SUNDAY March 20	MONDAY March 21	TUESDAY March 22	WEDNESDAY March 23	THURSDAY March 24	FRIDAY March 25	SATURDAY March 26
<p>I Respect Others.</p> <p>I Resolve to Be Bridge-builder.</p>	<p>I respect conflicting opinions. I resolve to listen deeply enough to explore what values we might share in common.</p>	<p>I respect the underlying needs fueling annoying behavior. I resolve to dialogue to meet those needs as best I can.</p>	<p>I respect diversity. I resolve to tolerate and accommodate others—even when I disagree with them.</p>	<p>I respect inclusive language. I resolve to address people by the pronouns they prefer.</p>	<p>ST. PATRICK’S DAY & PURIM</p> <p>I respect inter-faith dialogue. I resolve to learn more about other faith traditions.</p>	<p>I respect the power of nonviolence. I resolve to be an effective peacemaker within my circle of influence.</p>	<p>I respect personal boundaries. I resolve to maintain confidentiality .</p>
Weekly Theme	SUNDAY March 27	MONDAY March 28	TUESDAY March 29	WEDNESDAY March 30	THURSDAY March 31	FRIDAY March 31	SATURDAY March 31
<p>I Release Habits that Diminish.</p> <p>I Restore Harmony.</p>	<p>SPRING EQUINOX</p> <p>I release any limiting beliefs. I restore my inner strength by behaving</p>	<p>I release past grudges and resentments . I restore tranquility by recognizing and</p>	<p>I release discontent and attachment to having things done my way. I restore a positive attitude with</p>	<p>I release any fears. I restore self-assurance by trusting that my worries can be transformed by deepening my faith.</p>	<p>I release doubt and anxieties. I restore my belief that I am able to expand my capacity to be more resilient.</p>	<p>I release feeling distracted and scattered. I restore my ability to feel secure and grounded.</p>	<p>I release concerns about scarcity and not having enough. I restore my trust in abundance--that I am</p>

	with courage and confidence.	accepting what I can't control.	joyful gratitude.				enough, and I have enough.
Weekly Theme	SUNDAY March 27	MONDAY March 28	TUESDAY March 29	WEDNESDAY March 30	THURSDAY March 31	FRIDAY April 1	SATURDAY April 2
I Risk Expressing Myself Fully. I Refresh Myself with Self-Care.	I risk noticing my pattern of complaining. I refresh myself by focusing on what is going well.	I risk paying attention to the ways I put myself down, as well as others. I refresh and expand well-being by finding ways to express more compassion.	I risk expressing what I really want. I refresh by deepening my trust that it is safe to share who I really am.	I risk exploring ways to express my creativity. I refresh by reassuring myself that I can have fun exploring new activities that expand my joy.	I risk trying new things. I refresh by giving myself permission that it's okay if things don't work out as expected. I can learn from all situations.	APRIL FOOLS DAY I risk being seen as foolish. I refresh my soul with humor and playfulness.	I risk pursuing my goals. I refresh my spirit by reminding myself to focus on progress, not perfection.
Weekly Theme	SUNDAY April 3	MONDAY April 4	TUESDAY April 5	WEDNESDAY April 6	THURSDAY April 7	FRIDAY April 8	SATURDAY April 9
I Receive Generous Blessings. I Respond with a Dedication to Serve Others.	RAMADAN I receive the gift of insight. I respond by acting upon what I am learning.	I receive the gift of noticing, and being thankful for all of my blessings. I respond by being open-hearted and generous with others.	I receive what I need for today. I respond with appreciation and gratitude.	I receive clarity of purpose. I respond by following my inner guidance.	I receive the joy of being supported by family and friends. I respond by expressing my appreciation, as well as encouraging others.	I receive my emotions as sources of information. I respond to challenging circumstances, rather than react.	I receive contentment from nurturing my inner and outer well-being. I respond by continuing to practice self-care.
Weekly Theme	SUNDAY April 10	MONDAY April 11	TUESDAY April 12	WEDNESDAY April 13	THURSDAY April 14	FRIDAY April 15	SATURDAY April 16
I Remember the Inspiring Life of Jesus. I Reach Out to Receive Blessings During this Holy Week.	PALM SUNDAY I remember Jesus' message to love all people. I reach out by showing kindness to all those I encounter.	I remember Jesus' invitation to live life abundantly. I reach out by living as fully as I can in the present moment.	I remember Jesus' teachings to be a peacekeeper. I reach out by helping to resolve conflicts.	I remember Jesus being compassionate to the outcasts. I reach out by increasing my empathy and advocacy to those who don't feel accepted or respected.	HOLY THURSDAY I remember the ways Jesus served the poor and the powerless. I reach out by finding ways to support and empower those who	GOOD FRIDAY I remember Jesus' example to forgive people who have hurt me. I reach out by releasing any anger and resentments.	HOLY SATURDAY & PASSOVER I remember Jesus' directive to pray without ceasing. I reach out by trusting that my prayers can make a positive difference.

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EASTER SUNDAY, APRIL 17: I remember Jesus promising eternal life. I reach out by living my life inspired by the power of Jesus' resurrection.