

Lent 2025

UNPLUG AND RECONNECT

STRENGTHENING CONNECTIONS THAT BRING WHOLENESS AND RESTORATION FOR
RELATIONSHIPS, COMMUNITIES, AND CREATION

Since 2020, Community of Christ Michigan Mission Center's Earth Stewardship team has partnered with Michigan Interfaith Power and Light to facilitate a Facebook group focused on caring for the Earth during the seasons of Advent or Lent. This Lenten season participants are encouraged to strengthen relationships that bring wholeness and restoration while eliminating things that lead to isolation, anger, hate, and greed. Creation benefits when we use less energy, purchase fewer things, and share with our neighbors. Since people may choose to eliminate social media or screen time, the daily ideas are also listed in this format.

Week of March 2

- Sacred:** Offer a silent prayer or words of encouragement for strengthened connections.
- Self:** Set a goal for yourself this Lenten season. What will you unplug from?
- Those you Love:** Find a person to help you be accountable to your goals.
- Community:** Participate in a local event hosted in your community (e.g. sports, music).
- Earth:** Find a list of local parks and make a goal to visit all of them.
- Strangers:** Read the "Made In" tags on your clothes. Learn about or pray for the country.
- Reflect:** What are you enjoying? Learning? What changes do you want to make next week?

Week of March 9

- Sacred:** Consider traits that are Holy or Divine. Is there one you want to practice?
- Self:** Set a morning or nighttime routine that is meaningful to you (e.g. prayer, lotion, tea).
- Those you Love:** Write a letter or send a card (bonus if you use up cards you have).
- Community:** Ask your local school about mentoring or involvement opportunities.
- Earth:** Set a goal for how much time you will spend outside.
- Strangers:** Make food or visit a restaurant from a different culture or place.
- Reflect:** What are you enjoying? Learning? What changes do you want to make next week?

Week of March 16

- Sacred:** Create a reflective space (e.g. prayer journal, candle, rug or yoga mat).
- Self:** Make a change for your health (e.g. drink water, sleep, join therapy/support group).
- Those you Love:** Go through pictures and share a picture and memory with somebody.
- Community:** Sign-up for a library card and visit, attend events, and check-out books.
- Earth:** Visit a body of water.
- Strangers:** Read a memoir about a person that is a different race, age, or gender than you.
- Reflect:** What are you enjoying? Learning? What changes do you want to make next week?

Week of March 23

- Sacred:** Schedule a set time for prayer, reflection, or meditation.
- Self:** Keep a gratitude journal.
- Those you Love:** Ask someone a question about a time or place you were not a part of.
- Community:** Attend a local board meeting (e.g. school board, library board, city council).
- Earth:** Learn the names of birds, trees, and plants in your area.
- Strangers:** Shop at a local (not chain) store.
- Reflect:** What are you enjoying? Learning? What changes do you want to make next week?

Week of March 30

- Sacred:** At day's end, list where you saw, heard, smelled, touched, or felt the Divine.
- Self:** Cook your favorite meal or get your favorite snack.
- Those you Love:** Ask somebody about something important to them and listen.
- Community:** Learn about your local elected officials (e.g. mayor, city council).
- Earth:** Join or support a local group focused on earth (e.g. conservation, gardening, 4-H)
- Strangers:** Learn a new hobby or skill from a stranger (e.g. take a class, join a club).
- Reflect:** What are you enjoying? Learning? What changes do you want to make next week?

Week of April 6

- Sacred:** Choose news to read/watch at a set time. Pray for situations and your response.
- Self:** Finish (or start and finish) a project you have been wanting to get done.
- Those you Love:** Ask somebody for the recipe of a dish they make that you love.
- Community:** Go to a legislative representative's coffee hour or information session.
- Earth:** Go for a walk and take a plastic bag to pick up trash.
- Strangers:** Set up a pen pal relationship (e.g. with seniors in assisted living, children).
- Reflect:** What are you enjoying? Learning? What changes do you want to make next week?

Week of April 13

- Sacred:** Participate in or with a faith community.
- Self:** Write an encouraging letter to your past, present, or future self.
- Those you Love:** Invite somebody to come to your house or get together.
- Community:** Volunteer with a non-profit organization.
- Earth:** Spend some time in the dirt. Dig. Plant native species. Pull invasive species.
- Strangers:** Walk your neighborhood. Talk with a neighbor, perhaps one you don't know.
- Reflect:** What are you enjoying? Learning? What changes do you want to make next week?

