

**2023 LENTEN REFLECTIONS with 7 WEEKLY “R’s”**

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Weekly Theme	SUNDAY	MONDAY	TUESDAY February 21	WEDNESDAY February 22	THURSDAY February 23	FRIDAY February 24	SATURDAY February 25
<p><b>I Reflect Upon Any Regrets.</b></p> <p><b>I Express Remorse by Making Amends.</b></p>			<b>MARDI GRAS</b>	<p><b>ASH WEDNESDAY</b></p> <p>I reflect upon the times that I have hurt others.</p> <p>I express remorse by asking for their forgiveness.</p>	<p>I reflect upon the times I’ve discounted feedback from others.</p> <p>I express remorse by facing what I’ve dismissed.</p>	<p>I reflect on the areas of my life that lack integrity.</p> <p>I express remorse by heeding my conscience.</p>	<p>I reflect on the times I have justified my negative behavior.</p> <p>I express remorse by accepting response-ability.</p>
Weekly Theme	SUNDAY February 26	MONDAY February 27	TUESDAY February 28	WEDNESDAY March 1	THURSDAY March 2	FRIDAY March 3	SATURDAY March 4
<p><b>I Recognize Any Rifts in My Relationships.</b></p> <p><b>I Repair Any Ruptures.</b></p>	<p>I recognize when I’m not being honest.</p> <p>I repair by discerning how to respectfully express my truth.</p>	<p>I recognize when I’m not really listening.</p> <p>I repair by seeking to fully understand another.</p>	<p>I recognize when I’m being self-righteous and defending my opinion.</p> <p>I repair by being open to hearing other perspectives.</p>	<p>I recognize when I’ve reacted with contempt.</p> <p>I repair by committing to speak with a courteous tone.</p>	<p>I recognize when I am attempting to “fix” others.</p> <p>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.</p> <p>I repair my grit by accessing grace.</p>	<p>I recognize any disruptions to our shared humanity.</p> <p>I repair by making amends and doing what is mine to do.</p>
Weekly Theme	SUNDAY March 5	MONDAY March 6	TUESDAY March 7	WEDNESDAY March 8	THURSDAY March 9	FRIDAY March 10	SATURDAY March 11
<p><b>I Respect Others.</b></p> <p><b>I Resolve to Be a Bridge-builder.</b></p>	<p>I respect conflicting opinions.</p> <p>I resolve to listen deeply enough to discover which values we might share in common.</p>	<p>I respect the underlying needs fueling annoying behavior.</p> <p>I resolve to be in dialogue to meet those needs as best I can.</p>	<p><b>PURIM</b></p> <p>I respect diverse people and cultures.</p> <p>I resolve to speak up on behalf of those most vulnerable.</p>	<p><b>HOLI</b></p> <p>I respect inter-faith dialogue.</p> <p>I resolve to learn more about other spiritual traditions.</p>	<p>I respect and use inclusive language.</p> <p>I resolve to address people by the pronouns they prefer.</p>	<p>I respect the power of nonviolence.</p> <p>I resolve to be an effective peacemaker within my circle of influence.</p>	<p>I respect personal boundaries.</p> <p>I resolve to maintain confidentiality.</p>
Weekly Theme	SUNDAY March 12	MONDAY March 13	TUESDAY March 14	WEDNESDAY March 15	THURSDAY March 16	FRIDAY March 17	SATURDAY March 18
<p><b>I Release Any Habits that Diminish.</b></p> <p><b>I Restore Harmony.</b></p>	<p>I release my habit of judging myself and others.</p> <p>I restore harmony by expanding my ability to be compassionate.</p>	<p>I release past grudges and resentments.</p> <p>I restore tranquility by recognizing and accepting what I can’t control.</p>	<p>I release discontent and attachment to having things done my way.</p> <p>I restore a positive attitude with joyful gratitude.</p>	<p>I release any doubts about my capacity to grow.</p> <p>I restore my faith in my ability to trust that my worries can be transformed.</p>	<p>I release my doubts and anxieties.</p> <p>I restore my ability to feel secure and grounded.</p>	<p><b>ST. PATRICK’S DAY</b></p> <p>I release gloominess and despair.</p> <p>I restore and expand my capacity to enjoy my life “as is.”</p>	<p>I release concerns about scarcity and not having enough.</p> <p>I restore my trust in abundance--that I am enough, and I have enough.</p>

Weekly Theme	SUNDAY March 19	MONDAY March 20	TUESDAY March 21	WEDNESDAY March 22	THURSDAY March 23	FRIDAY March 24	SATURDAY March 25
<p><b>I Risk Expressing Myself Fully.</b></p> <p><b>I Refresh Myself with Self-Care.</b></p>	<p>I risk noticing my pattern and habit of complaining.</p> <p>I refresh myself by focusing on what is going well.</p>	<p><b>SPRING EQUINOX</b></p> <p>I risk exploring any limiting beliefs that disrupt my equanimity.</p> <p>I refresh myself by creating balance in my life.</p>	<p>I risk expressing what I really want.</p> <p>I refresh by deepening my trust that it is safe to share who I really am with others.</p>	<p>I risk exploring ways to express my creativity.</p> <p>I refresh by reassuring myself that I can have fun exploring new activities that expand my joy.</p>	<p><b>RAMADAN begins</b></p> <p>I risk fasting from foods and beverages that don't support my well-being.</p> <p>I refresh by taking great care of my body.</p>	<p>I risk by trying something new during this season.</p> <p>I refresh by accepting that it's okay if things don't work out as expected. I learn from all situations.</p>	<p>I risk pursuing my goals.</p> <p>I refresh my spirit by reminding myself to focus on progress, not perfection.</p>
Weekly Theme	SUNDAY March 26	MONDAY March 27	TUESDAY March 28	WEDNESDAY March 29	THURSDAY March 30	FRIDAY March 31	SATURDAY April 1
<p><b>I Receive Generous Blessings.</b></p> <p><b>I Respond with a Dedication to Serve Others.</b></p>	<p>I receive the gift of insight and seeing situations from a new perspective.</p> <p>I respond by acting upon what I am learning.</p>	<p>I receive the gift of noticing, and being thankful for all of my blessings.</p> <p>I respond by being open-hearted and generous with myself and others.</p>	<p>I receive what I need for today.</p> <p>I respond with appreciation and gratitude for all the resources in my life.</p>	<p>I receive clarity of purpose.</p> <p>I respond by following my inner guidance.</p>	<p>I receive the joy of being supported by family and friends.</p> <p>I respond by expressing my appreciation, as well as encouraging others.</p>	<p>I receive my emotions as sources of information.</p> <p>I respond to challenging circumstances, rather than react.</p>	<p><b>APRIL FOOLS DAY</b></p> <p>I receive the gift of being playful and taking time for fun activities.</p> <p>I respond with a willingness to find the humor—even in tense situations.</p>
Weekly Theme	SUNDAY April 2	MONDAY April 3	TUESDAY April 4	WEDNESDAY April 5	THURSDAY April 6	FRIDAY April 7	SATURDAY April 8
<p><b>I Remember the Inspiring Life of Jesus, the Anointed One.</b></p> <p><b>I Reach Out to Receive Blessings During this Holy Week.</b></p>	<p><b>PALM SUNDAY</b></p> <p>I remember Jesus' message to love all people.</p> <p>I reach out by showing kindness to all those I encounter.</p>	<p>I remember Jesus' invitation to live life abundantly.</p> <p>I reach out by living as fully as I can in the present moment.</p>	<p>I remember Jesus' teachings to be a peacekeeper.</p> <p>I reach out by helping to resolve conflicts.</p>	<p><b>PASSOVER SEDER BEGINS</b></p> <p>I remember Jesus being compassionate to the outcasts.</p> <p>I reach out by increasing my empathy and advocacy to those who don't feel accepted or respected.</p>	<p><b>HOLY THURSDAY</b></p> <p>I remember the ways Jesus served the poor and the powerless.</p> <p>I reach out by finding ways to support and empower those who are oppressed.</p>	<p><b>GOOD FRIDAY</b></p> <p>I remember Jesus' example to forgive people who have hurt me.</p> <p>I reach out by releasing any anger and resentments.</p>	<p><b>HOLY SATURDAY</b></p> <p>I remember Jesus' directive to pray without ceasing.</p> <p>I reach out by trusting that my prayers can make a positive difference.</p>

**EASTER SUNDAY, APRIL 9: I remember Jesus promising eternal life. I reach out by living my life inspired by the power of Jesus' resurrection.**