

Kahontakwas Diane Longboat, Mohawk Nation,
Turtle Clan, Haudenosaunee Confederacy

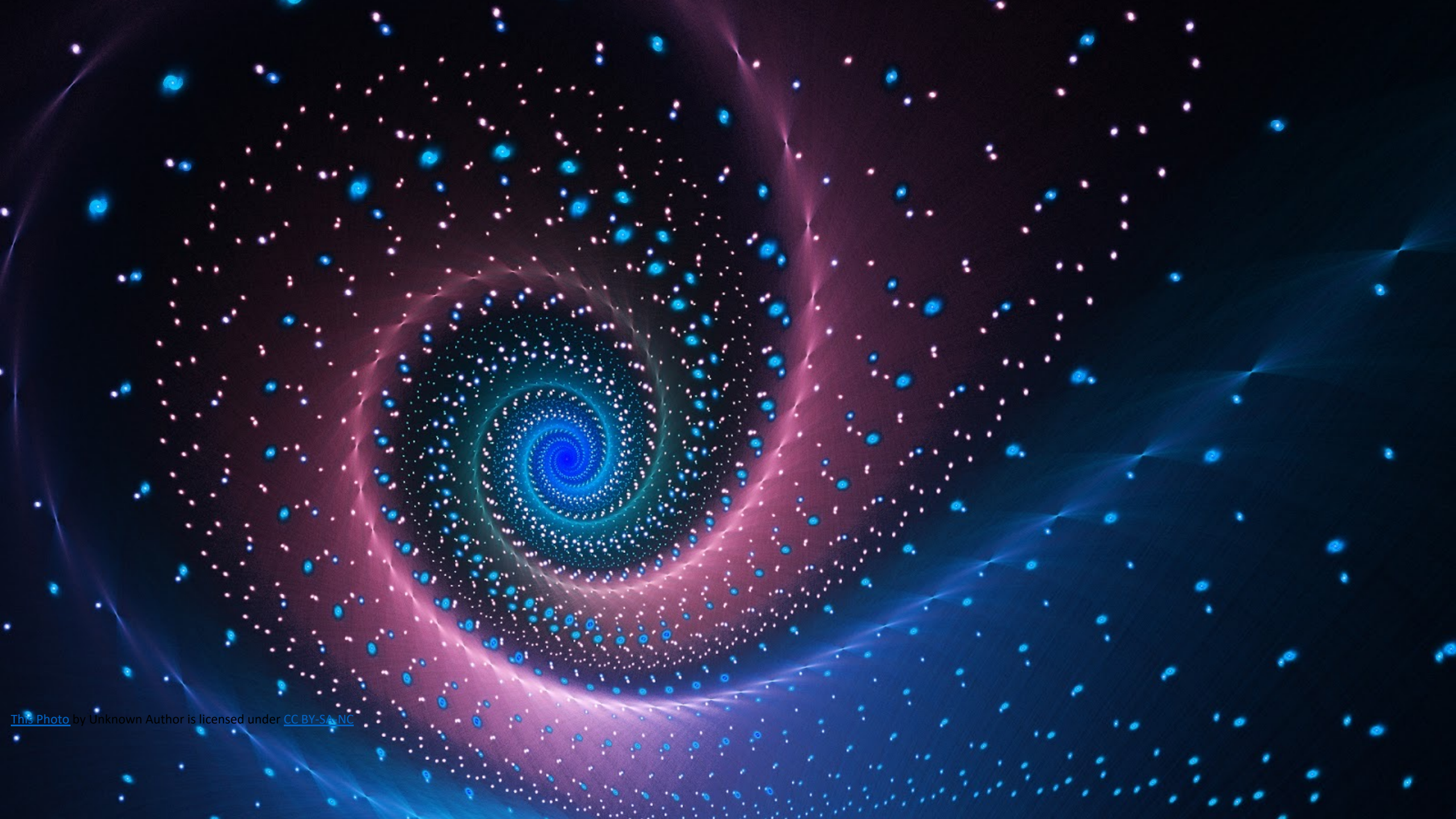


Robin Wall Kimmerer

Potawatomi botanist, professor, author



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Monacan Tribal Chief Diane Shields



BOTH/AND:

WALKING WITH THE WAXING
HALF MOON





WANING

BUILDING DARKNESS

SIMPLIFY & RESONATE

What's building is on the right.

FOCUS & CREATE



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WAXING

BUILDING LIGHT



FAT and ASHES:



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VALENTINES, CHOCOLATE, ROSES
and
LENT



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PASSION
and
COMPASSION

COSMIC CONNECTION

- **As a moveable feast, the date of Easter is determined in each year through a calculation known as computus. Easter is celebrated on the first Sunday after the Paschal full moon, which is the first full moon on or after 21 March.**
- **Sunday, March 31, 2024**

Yom Kippur

- **is the holiest day of the year in Judaism and Samaritanism. It occurs annually on the 10th of Tishrei, corresponding to a date in late September or early October. For traditional Jewish observants, it is primarily centered on atonement and repentance.**
- **Saturday, October 12, 2024**

When Does Ramadan Start? It's Complicated.

- Ramadan is the ninth month of the Islamic calendar, and the month in which the Quran is believed to be revealed to the Islamic prophet Muhammad. Fasting during the month of Ramadan is one of the Five Pillars of Islam.
- The Islamic Calendar is based off the cycle of the lunar calendar. Ramadan is the first day of the ninth month of this calendar, which is determined by the sighting of the crescent moon. This part — *the sighting of the crescent moon* — is what really trips people up.
- Monday, March 11, 2024

CHRISTIAN (LENT)



ISLAM: (RAMADAN)



JEWISH (YOM KIPPUR)



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“The purpose of regular spiritual practice is to continually remind ourselves of who we are and where our focus should be.

What is a regular spiritual practice that you find most helpful?

Christine Valters Paintner

Desert Mothers and Fathers: Early Christian Wisdom Sayings Annotated and Explained



Abbey of the Arts

Transformative Living Through Contemplative & Expressive Arts



"When we release our life-denying habits and thoughts, we discover a new freedom to live differently. Ultimately this internal freedom leads us to desire for liberation for all beings."

Have you noticed yet how fasting morphs from a portal into personal transformation to a desire to seek justice for all living beings, including Mother Earth herself?

Christine Valters Paintner

A Different Kind of Fast: Feeding Our True Hungers in Lent



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FASTING



ALMSGIVING



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PRAYER



After FASTING, FEASTING



BOTH/AND:

WALKING WITH THE WAXING
HALF MOON



THE WAXING HALF MOON

**Focus
and
Create**



HARMONY

- Balance within our communities

SUGGESTED INTENTION FOR TODAY:

THIS PLANET
AND ALL BEINGS
KNOW PERFECT,
LIFE-SUSTAINING
PEACE
NOW.

Our Music:

- <https://open.spotify.com/album/5vaihQpGXwrz2PKRW4Om37?si=N01cxpwSSsKogRzcvkyuFQ>

“Focus and Create,” album: *Entrainment*, by Harmony Touch (2:51)

- <https://open.spotify.com/track/5VznT0yfvW01Lhgx2xiGjS?si=a4d440259db1425a>

“Synchronize Your Energy,” album: *Quantum Creativity*,” by Hz Frequency Zone (3:31)