

Women of Faith Resources: February 2020



<https://www.plymouthyarnmagazine.com/2016/02/29/leap-year-traditions-the-yarn-edition/>

Leap Year Quotes

“Creativity is always a leap of faith. You’re faced with a blank page, blank easel or an empty stage.” – Julia Cameron

“All growth is a leap in the dark, a spontaneous unpremeditated act without benefit of experience.” – Henry Miller

“Doing is a quantum leap from imagining.” – Barbara Sher

(from [Entity Magazine](#))

Featured Day: February 29th or Leap Year Day

February 29th or Leap Year Day is added to the calendar during leap years. This extra day makes the year 366 days long – not 365 days, like a common year. Roman general Julius Caesar introduced the first leap year over 2000 years ago. The Julian calendar had only one rule: any year evenly divisible by four would be a leap year.

Leap Day is still associated with customs, folklore, and superstition. One of the most well-known traditions is that women propose to their boyfriends, instead of the other way around. According to an Irish legend St. Brigid arranged with St. Patrick to allow women to propose to men every four years. This may have been introduced to the traditional roles of men and women in the same way as leap day balances the calendar.

In Scotland, it used to be considered unlucky for someone to be born on leap day, just as Friday 13th is considered an unlucky day by many. Greeks consider it unlucky for couples to marry during a leap year, and especially on Leap Day. Leap years are calculated in a variety of ways on Chinese, Ethiopian, Hindu, Persian, Bahá'í, Islamic, Jewish, and Buddhist calendars.

Other Leap Year or Leap Day Practices

Make it a day with no responsibilities: What would you do with an extra day and NOTHING on your to do list? It's fun to imagine what you would do on a day with no responsibilities.

Wake and bake cinnamon rolls or another breakfast treat to start the day off "deliciously."

Do something you keep saying you'll do, but never seem to get it done.

Play Leap Frog with some children as you did when you were a child.

Spend time with the people you love.

For additional information about Leap Year:

[Leapyearday Dot Com](#)

[K12 Learning Lift Off](#)

[Leap Day 2020: Traditions, Activities, and Party Ideas](#)

[Mother Nature Network, 28 Fun Things To Do on Leap Day](#)

Praying on Leap Day

For Prayer on Leap Day, visit
[Making a Leap Day Leap by Barry Shafer](#)

Lectio Divina: Scripture and prayer for meditating

Read the following selections a first time. What word or words call out to you? Read the selection a second time. Ask the words or words calling to you: "What is it you want to say to me today?" Notice which quote(s) make your heart skip a beat.

Scripture Readings for Leap Year (Look at leaping and pray with the concept of leaping in a few verses from Scriptures);

Luke 1:41-44

When Elizabeth heard Mary's greeting, the baby leaped in her womb; and Elizabeth was filled with the Holy Spirit. And she cried out with a loud voice and said, "Blessed are you among women, and blessed is the fruit of your womb! "And how has it happened to me, that the mother of my Lord would come to me?"

Acts 3:8

With a leap he stood upright and began to walk; and he entered the temple with them, walking and leaping and praising God.

Isaiah 35:6

Then the lame will leap like a deer, And the tongue of the mute will shout for joy For waters will break forth in the wilderness And streams in the Arabah.

For Spiritual Listening and Reflection

[2020, Our Leap Year](#) from The Desert City Church in Phoenix, Arizona, a non-denominational church that affirms the historic Apostles' and Nicene Creeds.

Audio Divina: Music accompanied by images

These selections may draw us into visioning and reflection on Leap Year Day. They can touch our hearts and penetrate our ways of being.

[Waukesha Chorus: A Leap Year Concert: Prayer of the Children](#)

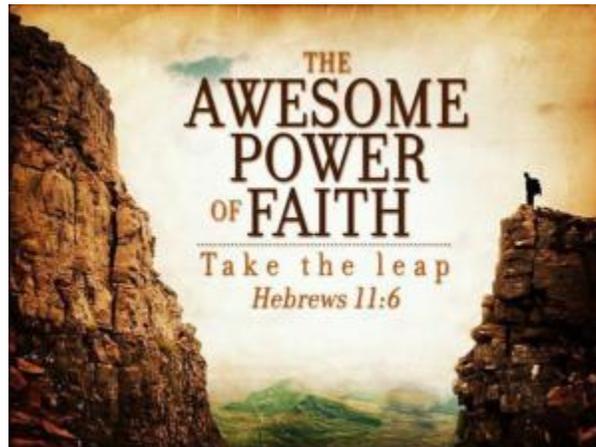
[Peaceful Relaxing Beautiful Instrumental Music, "Snow Forest" by Tim Janis.](#)

Visio Divina: Art for Prayer and Meditation

"Visual images are another doorway to sacred awareness. They can touch into our desire to grow in intimacy with God. So, we encourage one another to let ourselves be touched by the colors, shapes, figures and symbols that capture our attention most as we are praying. While gazing at an image ~ a painting, a photo, an icon, a sculpture, a piece of pottery ... something may leap out at us, calling our attention to something of God just waiting to reveal itself to us."

(Ideas inspired by Christine Valters Paintner and Betsey Beckman in their book, *Awakening the Creative Spirit: Bringing the Arts to Spiritual Direction*. See also [Abbey of the Arts](#).)

Here are images of Leap Year by authors or artists who are looking into leaping. Pray with them to see what they say to you today.



<https://www.pinterest.com/pin/269723465152746003/>

“But without faith it is impossible to please him, for anyone who approaches God must believe that he exists and that he rewards those who seek him.” Hebrews 11:6, New American Bible, Revised Edition.

Reflect on times when you have prayed Hebrews 11:6 and taken a leap in faith. In hindsight, what did you learn? What spiritual gift did you receive?



<https://www.compassionuk.org/blogs/happy-leap-year/>

Children leap. Young people leap. Adults leap, too. Reflect on the ways you take leaps in thought, in word, in physical action. For whom and with whom might you risk to leap to do good around you this February 29th Leap Day.



https://www.goodreads.com/author_blog_posts/9830447-getting-up-to-speed

Nature offers us many lessons about leaping in faith. Take a few minutes to write about how creation around us: nature, animals, and people offer us examples of leaping in faith.

YouTube Sites

For your amusement: [Top 10 Touchdown Leaps of All Time | NFL](#)

[Don't turn the page just yet...](#)



**From the Leadership Team of Gatherings for Women of Faith
Happy Leap Year 2020! Happy Leap Day, February 29th!
We wish you Happy and Blessed Leaping!**

Resources compiled by Sr. Yvette Bellerose, SSA