

Lent 2021

Lenten Calendar

Please observe the spiritual practices—suggestions for each date are in our calendar.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Lent is a season of intentional, sacrificial, spiritual discipline designed to produce spiritual growth.</i>			17 Skip a meal and give what you saved to charity.	18 Do something kind for someone at work/school.	19 Talk with someone you usually don't chat with.	20 Give away clothes or things you no longer need.
21 Spend an hour in worship.	22 Pray for your family by name.	23 Fast from judging others.	24 Buy lunch or dinner for a co-worker.	25 Drink water only at all of your meals.	26 Call a distant relative or friend in need.	27 Encourage someone.
28 Do something fun with your family.	1 Look for an opportunity to help someone in need.	2 Say Thank You to those who have helped you.	3 Ask someone, "How are you?" and listen.	4 Perform a random act of kindness.	5 Fast from criticizing all day.	6 Pray for your Rector.
7 Confess your sins and ask God for forgiveness.	8 Change the batteries in your smoke detector.	9 Read a prayer out of the prayer book.	10 Pray for the church staff.	11 Thank someone who helped you become better.	12 Send a card to someone who is having a difficult time.	13 Fast an unhealthy habit for the day.
14 Buy something from a local grower.	15 Send someone a gift card just because.	16 Greet each person you meet warmly.	17 Practice the Golden rule.	18 Pray for the Vestry.	19 Surprise someone with a small gift.	20 Read a book by a person of color.
21 Don't buy anything plastic.	22 Embrace your mistakes and apologize.	23 Give someone a gift anonymously.	24 Thank someone who volunteers in the church.	25 Spend some time examining your conscience.	26 Recycle plastic and glass items.	27 Compliment 3 people.
28 <i>Pay It Forward.</i>	29 Patronize a black owned business/restaurant.	30 Fast from FAST FOOD.	31 No complain Wednesday.	1 Meditate on God's love for you.	2 Pray the Stations of the Cross.	3 Fast from violent TV.