






























# Lenten Activity Calendar

SUNDAY	MONDAY	Tuesday	Wednesday	THURSDAY	Friday	SATURDAY
		 <p><b>Pancake Party</b></p>	 <p><b>ASH WEDNESDAY</b> Psalm 6</p>	 <p>Give up one thing for today.</p>	 <p>Dance with the Lord!</p>	 <p>Donate clothes or toys.</p>
Read and reflect on Psalm 32	 <p>Write a note: tell someone why they are important to you</p>	 <p>For our world</p>	 <p><b>Wednesday Word</b> Sin: Wrongdoing; Transgression; Disobedience</p>	 <p>Add one thing for today.</p>	 <p>Dance with the Lord!</p>	 <p>Donate time to clear weeds at the dog park</p>
Read and reflect on Psalm 38	 <p>Write a note: tell a church member how they make you a better person</p>	 <p>for the sick</p>	 <p><b>Wednesday Word</b> Remorse: Feeling deep regret and guilt for one's choices or actions or inaction</p>	 <p>Do one thing for someone else today</p>	 <p>Dance with the Lord!</p>	 <p>Donate old towels or blankets to the Humane Society</p>
Read and reflect on Psalm 51	 <p>Write a note: to a family member you miss them</p>	 <p>for the lonely</p>	 <p><b>Wednesday Word</b> Repent: Admitting regret for one's actions or choices or inaction</p>	 <p>Do one thing for a loved one today</p>	 <p>Dance with the Lord!</p>	 <p>Donate crackers or coffee pods to The Hospice House</p>
Read and reflect on Psalm 102	 <p>Write a note: thank a former teacher</p>	 <p>For the poor</p>	 <p><b>Wednesday Word</b> Forgive: an intentional decision to let go of anger or resentment when wronged</p>	 <p>Do one thing for a church member today</p>	 <p>Dance with the Lord!</p>	 <p>Donate food to the Soup Kitchen or Food Bank</p>

<p>Read and reflect on Psalm 130</p>	 <p>Write a note: tell an enemy you forgive them - even if you don't mail it.</p>	 <p>For when we mess up</p>	 <p>Forget: To let go of resentment for an offense and/or towards a wrongdoer</p>	 <p>Do one thing for a stranger today</p>	 <p>Dance with the Lord!</p>	 <p>Donate time to someone who needs help</p>
<p>Read and reflect on Psalm 143</p>	 <p>Write a note: tell your future self how God has blessed you and what is a current struggle. Put it in a sealed, self-addressed envelop and bring it to church. We will mail them to you next Lent.</p>	 <p>Thank God for your blessings. List them out – big and little.</p>	 <p>Redeem: to regain what was lost</p>	 <p>Celebrate communion today. Do it your way with your family or friends – the way Jesus did with his friends.</p>	 <p>Come worship at church for our annual Good Friday Service in the sanctuary.</p>	<p>Silent Saturday except for the annual</p>  <p>at 10:30 A. M.</p>

