

WEEKLY THEME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LENT 2025 March Calendar			This week, we invite you to reflect on “welcome”: how it feels and what it means to be welcomed.	Ash Wednesday 5 Reflect on a time when you felt or experienced welcome. Why was that experience so memorable for you?	6 Reflect on a time when you felt or experienced being unwelcome. Why was that experience so memorable for you?	7 If you had to explain what “welcome” means to someone what would you say?	8 Self Care Saturday: Do something today that helps you feel welcome at home, in your neighborhood, or in your body.
This week, we invite you to notice and give thanks for the people who offer welcome in your communities.	9 Dear God, thank you for all of the people who offer welcome, let them know our gratitude for their words and actions, even when we forget to acknowledge them.	10 Running errands this week? Notice and respond to anyone who welcomes you as you enter a store.	11 Are you a regular? Do you go to the same store or coffee shop each week? Do you go because you feel welcome? Tell the staff thank you!	12 Social Media invites? Say thank you to the community groups that organize events in your town to help connect people.	13 Welcome wagon? Notice how your town welcomes people when they visit or move to town. How can or do you offer welcome?	14 Enjoying a Friday night out? Notice and give thanks for the actions of others that help you feel welcome when you go out.	15 Self Care Saturday: Do something today that helps you feel welcome at home, in your neighborhood, or in your body.
This week, we invite you to consider and give thanks for organizations that welcome those in need of help.	16 Dear God, thank you for all of the people who offer welcome to those in need in our community, from medical professionals to social service agencies. Bless and uphold them.	17 Notice and give thanks for the free or low cost health offerings in your town such as Planned Parenthood or a free clinic.	18 Notice and give thanks for those that offer welcome and help to the unhoused.	19 Notice and give thanks for those that offer welcome and help to those suffering from substance use disorder: AA groups, overdose clinics, etc..	20 Notice and give thanks for those that offer welcome and help to people in crisis: therapists, crisis hotlines, domestic violence shelters, etc..	21 Notice and give thanks for those that offer welcome and help to those who are isolated: social workers, home visitors, etc..	22 Self Care Saturday: Spend some time today cleaning out your house, donate gently used items to a local domestic violence shelter, or volunteer.
This week, we invite you to consider and give thanks for those who welcome immigrants, refugees, and migrants.	23 Dear God, we give you thanks for encouraging us to be the sign of you love when we offer welcome and hospitality to the stranger. Uphold those that do this work on behalf of the church and help us support them in it.	24 Today we give thanks and pray for the Episcopal congregations and ministries on the border of their country.	25 Today we give thanks and pray for the Episcopal congregations and ministries offering welcome to migrants.	26 Today we give thanks and pray for Episcopal Migration Ministries (EMM) and the refugees they welcome and support on our behalf.	27 Today we give thanks for the contributions of immigrants to our community and society. Instead of scrolling the news, search for inspiring stories from these change-makers.	28 Spend some time today thinking about the immigrant community in your area and learn how to say ‘hello’ and ‘welcome’ in their language.	29 Self Care Saturday: Spend some time today learning about your family’s story - were they immigrants, Indigenous people, or refugees?
This week, we invite you to consider and give thanks for the ways we are welcomed by other cultures.	30 Dear God, we give you thanks for the diversity of cultures and traditions in the world around us. Thank you for the richness this brings to our lives and communities.	31 How is welcome and hospitality expressed in your culture? Give thanks for the way this has informed your life.	Gratitude is a journey...come journey with UTO and EMM this Lent. This calendar begins with Ash Wednesday and goes through Easter to help you spend a little time each day during Lent reflecting with gratitude on the ways welcome is offered in our world. Each week will focus on a new area of welcome. Sundays will offer a prayer to help us focus our thoughts, while Saturday will give an opportunity to care for ourselves through opportunities to reflect, learn, grow, or engage. You can also receive these prompts via text message each day or on our social media platforms or join our weekly book group. For more information visit: www.unitedthankoffering.com/lent				

LENT 2025

April Calendar

This week, we invite you to consider and give thanks for the public spaces that offer welcome.

Dear God, we give you thanks for shared spaces, for those that care for them, and for the welcome they offer. Help us to always share what we have as a sign of your love.

Today we give thanks for public bathrooms: for all-gender bathrooms, family bathrooms, changing tables, and the welcome they offer when we need it.

Today we give thanks for public spaces: city, state, and national parks, and the respite they offer from a busy world.

Today we give thanks for community centers and the programs they offer from after school programs to opportunities for seniors.

Today we give thanks for sidewalks, bike lanes, and public transportation, and all the things that help make our community more accessible.

Today we give thanks for public libraries: for the programs they host, for making information and stories free and accessible, and offering internet access.

Self Care Saturday: Take time today to enjoy public spaces in your community.

It is Holy Week, and just as Jesus was welcomed into Jerusalem, this week we invite you to join in the work of welcome as a sign of gratitude.

Dear God, we give you thanks for the example you set for us in Jesus Christ, help us to live fully into his words from Matthew 25 and offer welcome and love.

Monday in Holy Week: today we remember Mary anointing Jesus. Consider a way you can bless someone with kindness and welcome today.

Tuesday in Holy Week: today Jesus asks us to be the light. Consider a way you can be a sign of the light of Christ in your community today.

Tuesday in Holy Week: today consider how you can invite or welcome someone to join you to celebrate Easter this weekend.

Maundy Thursday: today we remember how Jesus washed the feet of his disciples. Consider donating new socks to an organization helping the unhoused.

Good Friday: today we enjoy hot cross buns, which were originally made by monks to feed the poor. Consider how you might help feed those in need today.

Holy Saturday: Today we remember those that at great risk to themselves ensured that the body of Jesus was cared for. Today, do something to care for someone in need.

Happy Easter!20

Today we give thanks for the resurrection, and the invitation to be signs of God’s love, hope, and welcome in this world.

Prayer:

Dear God, thank you for inviting us to be signs of your love and welcome in the world. We give thanks to you for all of the blessings of this life, and for all those who offer welcome us and to those in need in our community. Bless and uphold us this day and always to do your work in the world. Amen.

Looking for more resources or information for continuing to focus on gratitude and welcome?

The United Thank Offering (UTO) has free resources to help individuals and families live more grateful lives. You can find resources for fall, Thanksgiving, and Christmas at www.unitedthankoffering.com or via the QR code to the left. Each year UTO collects thank offerings from individuals and congregations who practice gratitude and then we give 100% of those thank offerings away as grants to support innovative ministries. This Lent, you can give specifically to support EMM through UTO at www.unitedthankoffering.com/give. Can’t find the gratitude resource you’re looking for? Feel free to reach out for help - hmelton@episcopalchurch.org. Thanks for inviting us on the journey with you.

Episcopal Migration Ministries (EMM) offers educational resources, book discussion guides, and worship materials for those interested in learning more about refugee resettlement and what we can do to welcome our newest neighbors. For children and youth, we have compiled recommended books and movies to help guide your conversations around forced migration and the experiences of those who have been displaced. To learn more, visit episcopalmigrationministries.org/resettlement or use the QR code to the left.