

Please join us for Ash Wednesday 2021 at 7 pm on ZOOM; Contact your church administrator if you need an Ash Wednesday Kit. Reflect on; journal; and engage in the below activities. Let us know what comes up for you. We love you.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Ash Wednesday 2/17 Join us for service on Zoom at 7 pm	2/18 Light a candle at a meal today to remind yourself of God's radiance	2/19 Reach out to someone who brings you joy and let them know how you are blessed by them.	2/20 Speak your prayers aloud today to God; lift your voice	2/21 Block out 30 minutes of time on your calendar to relax.
2/22 Do an intentional breathing exercise this morning as you begin your work week, placing your hand on your heart. "Inhale love; exhale peace"	2/23 Meditate on the version of the Lord's prayer that you most often use and what each part of the prayer means to you	2/24 Is there someone you need to forgive and release today? Make a step of reconciliation, whether internal or external.	2/25 Watch the Sun rise or set. Feel the warmth of God around you.	2/26 Pray for someone or something that makes you angry today	2/27 Hold love in your eyes as you make eye contact today	2/28 Read & reflect on Psalm 25:1-10. What does it mean to you?
3/1 Look in the mirror and name three beautiful things about your self today aloud.	3/2 Listen to a song that is significant to you today. Give yourself time to hear God in it.	3/3 Do a craft you loved as a child today	3/4 Hand write a note to a loved one	3/ 5 Go outside and touch something Wild.	3/6 Read and reflect on Matthew 9:2-13 What does it mean to you?	3/7 Practice self care with water today: drinking it, bathing, swimming etc
3/ 8 As you are able, make a meaningful gift to an important cause	3/9 Spend time today listening to understand, not to respond	3/10 Explore a new part of your neighborhood today	3/11 Read Genesis 9:8-17; what does it mean to you?	3/12 Reflect on your personal story of baptism	3/13 What is one way your future can feel brighter than your present?	3/14 Move your body today with a 5 -10 minute dance party!

3/15 Cook a meal today, slowly and deliberately	3/16 Name a fear you have today out loud. Sit with this verse around it Psalm 46:2-3	3/17 Say yes to an invitation today	3/18 Pick a place in the world you know nothing about- research and pray over it.	3/19 We are all shaped by mentors or family. Practice gratitude today for your ancestors/leaders	3/20 Think about where your food came from today. Can you be more sustainable? More generous to others?	3/21 Practice love in action by cleaning your home of clutter. Start with one space.
3/22 Reflect on 1: Peter 3:8-18a	3/23 Where do you see God actively moving most in your life today?	3/24 Take a social media detox today	3/25 Reflect on Mary, mother of Jesus Luke 1:26-38	3/26 Surround your self with smells you enjoy today	3/27 Frame a photo of loved ones and put in in a place of honor	3/28 Palm Sunday! For what are you willing to march?
3/29 Say no to one lie you are telling yourself	3/30 Reflect on how you have grown this Lent	3/31 Clean something prayerfully	4/1 Maundy Thursday: Participate in a worship service	4/2 Good Friday: Take a moment of silence at noon & participate in Worship tonight	4/3 Holy Saturday: Sit in vigil for all the lives lost to COVID 19	4/4 EASTER CHRIST IS RISEN! Rejoice!