

Holy week

PALM SUNDAY

- fast: drink only water and milk today!
- prayer for those who are hungry
- prayer for sanitation workers
- prayer for Christians around the world
- give from your abundance - donate clothes in good condition
- prayer for courage to share the Good News

EASTER SUNDAY

- fast from the internet today
- give alms - donate to a favorite charity
- fast from sweets today

MAUNDY THURS

- prayer the Lord's Prayer

GOOD FRIDAY

EASTER VIGIL

give pray fast

- prayer for people with no home
- give hope - invite a friend to Bible Study on Zoom
- fast from buying things today
- prayer for pastors & faith leaders
- give joy - surprise someone with a piece of art
- prayer for first responders

SUNDAY

- prayer for Creation

LENT: RENEWING OUR COMMITMENT TO FOLLOW IN THE WAY OF THE CROSS

- prayer for the lonely
- prayer for our leaders
- give thanks - thank a healthcare worker!
- fast from whining today
- prayer for the home-bound
- give joy: take cookies to a neighbor
- prayer for peace
- prayer for your family
- prayer for the sick
- give love: send a letter
- prayer for students & teachers
- fast: try giving up something you like and pray when you are tempted
- give hope: donate to a food pantry

SUNDAY

ASH WEDNESDAY

- fast from ALLELUIA! for Lent
- give your time: call a loved one

A LENTEN JOURNEY FOR YOUR FRIDGE!