

# Lent 2020

## Scriptures of the Months

**February 26 – March 31:** Romans 5:6 – 19

**April 1 – April 12:** 2 Corinthians 5:20 – 6:13

## Spiritual Practice Classes

**Wednesdays at 4:30 in March:** “Listen: Prayer in a Noisy World” led by Rev. Erma Pregler

**Wednesdays at 6:30p.m. in March:** “The Walk” by Adam Hamilton led by Rev. EvaMarie Campbell

**Wednesdays at 6:30p.m. in April:** “Take this Bread: A Radical Conversion” led by Rev. Jen Logsdon-Kellogg

## Meditation

Join us each Friday in the Rose Chapel for 12:00 – 12:30p.m. for silent meditation

# February & March

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

25



Today is Shrove Tuesday

Post a picture of eating pancakes!

26

Join us for an Ash Wed. worship service (12:15 or 6:15 p.m.) or our Ashes on the Go in the North Park (4:30-6:00 p.m.). Post a picture of your selfie with your ashes.

27

Create a Lenten Space for the season of Lent. Post a picture.

28



Make a meal for someone.

29

Make some time to pray for those who are having a hard time this Lenten season. Pray for them to feel peace.

1

Fast from over-scheduling your time. Leave some time to simply be.

2

Set your phone down. Be in the presence of your loved ones.



3

Plant a tree that will benefit future generations.

4

Collect canned goods and deliver them to a food bank.

5



Fast from gossip.

6

Help a neighbor do yard work or do some other act of kindness.

7

Spend some time in nature. Feel the breeze. Listen to the noises of nature. Be aware of God's presence.

8

Invite a friend to church.

9



Spend some time in silence.

10



Write a letter to a family member whom you haven't seen in a while.

11

At the end of this day, thank God for all the graces you received during the day.

12

Titus 3:4-5. Speak and act in kindness today.

13



Device-free meals today.

14

Day of Yes! (As appropriate for your family).

15



As you may travel this week, practice kindness wherever you go.





BOSTON AVENUE  
UNITED METHODIST CHURCH

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>16</b> 1 Cor 13:4-7. Tell each person in your (immediate) family why you appreciate them.	<b>17</b>  2 Thess. 3:16. Pray for peace for those living in violence.	<b>18</b>  Talk a walk, and spend time connecting with God through nature.	<b>19</b>  Device-free meals today.	<b>20</b>  Fast (as appropriate) until dinner time or skip 2nd helpings or dessert.	<b>21</b>  Psalm 104: 31-35. Spend the first 15 minutes of the day in silent prayer.	<b>22</b>  Return the cart for someone at the grocery store
<b>23</b>  Give a compliment to yourself!	<b>24</b>  Smile at yourself in the mirror.	<b>25</b>  Donate a book to the library.	<b>26</b> Pray: God, you are friend to all. Help us to remember this. Amen.	<b>27</b>  Name something you find mysterious about God.	<b>28</b>  Learn about an organization in the Tulsa area that does good work. Write them a thank you card.	<b>29</b> Pray: God, thank you for the good days and the challenging days; help us remember you are with us through them all. Amen.

# April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b>  Silence: Try to be silent for 5 minutes. Set a timer.	<b>31</b>  Donate food to a food pantry.	<b>1</b> Pray: God, may everyone in your world always have enough to eat. May we help make that dream a reality. Amen.	<b>2</b> Hospitality: Invite a friend to come to your house or out for coffee today or sometime soon.	<b>3</b> Pray: For food in our stomachs, pillows for our head, and all of the other blessings you provide, we say "Thank You, God." Amen.	<b>4</b> Kindness: Hold the door open for someone today.	<b>5</b> Palm Sunday: God, help us to have a special Holy Week as we get nearer to the day of resurrection. Amen.
<b>6</b> Love: Jesus asks us to love our neighbors, even people we don't know. How can we do that today?	<b>7</b> Show kindness in a meditation. Close your eyes and pray God's goodness on someone who lives far away.	<b>8</b> Pray: God, during this Holy Week, may we spend extra time in prayer and service. Thank you for your grace. Amen.	<b>9</b>  Check Boston Avenue's social media to find out how to connect for Maundy Thursday.	<b>10</b>  Check Boston Ave- nue's social media to find out how to connect for Good Friday.	<b>11</b>  Spend time in prayer during this Holy Saturday.	<b>12</b>  Celebrate resurrection by planting a seed or drawing flowers! Happy Easter!