

How to Keep a Holy Lent: Spiritual Practices Guide

MAR 2 Day 1: Take 5 minutes of silence at noon

MAR 3 Day 2: Write a Thank You note to your postal worker

MAR 4 Day 3: Don't turn on the car radio

MAR 5 Day 4: Give \$20 to a non-profit of your choosing

MAR 6 - 1st SUNDAY of Lent

MAR 7 Day 5: Pray for your enemies (bullies)

MAR 8 Day 6: Look for beauty you had not noticed before

MAR 9 Day 7: Enjoy the March Mid-Week Recital with Ty Woodward and Jim Smith

www.santamonicaumc.org/mid-week-recitals

MAR 10 Day 8: No complaining day

MAR 11 Day 9: Attend Rev. Larry's 2 p.m. Bible Study *The Road to Easter in John's Gospel*

MAR 12 Day 10: Contact the church office to update your Emergency Contact info

MAR 13 - 2nd SUNDAY of Lent

MAR 14 Day 11: Call an old friend

MAR 15 Day 12: Pray the Paper (pray for people and situations in today's news)

MAR 16 Day 13: Read the Haiti Mission Project Updates: www.santamonicaumc.org/haiti

MAR 17 Day 14: Pay a few sincere compliments

MAR 18 Day 15: Thank a nurse or doctor

MAR 19 Day 16: Call a church member you miss

MAR 20 - 3rd SUNDAY of Lent

MAR 21 Day 17: Ask someone for forgiveness

MAR 22 Day 18: Internet diet

MAR 23 Day 19: Commute to work in meditative prayer and notice God's blessings

MAR 24 Day 20: Read today's Lenten Devotion: www.santamonicaumc.org/lent

MAR 25 Day 21: Read the Bible on the church app: www.santamonicaumc.org/app

MAR 26 Day 22: Tell someone what you are grateful for

MAR 27 - 4th SUNDAY of Lent

MAR 28 Day 23: Pray for your neighbor

MAR 29 Day 24: Read Psalm 121

www.bible.oremus.org

MAR 30 Day 25: Bake something for a friend or neighbor

MAR 31 Day 26: Pray the United Methodist Social Creed and Litany: www.umc.org/what-we-believe/our-social-creed

APR 1 Day 27: Light a virtual candle: www.gratefulness.org/light-a-candle

APR 2 Day 28: Light an actual candle

APR 3 - 5th SUNDAY of Lent

APR 4 Day 29: Write a thank you note to a teacher

APR 5 Day 30: Clear your closets of unused clothes

APR 6 Day 31: Use Freecycle www.freecycle.org

APR 7 Day 32: Garden or donate to plant a tree

APR 8 Day 33: Read John 8:1-11:

www.bible.oremus.org

APR 9 Day 34: Pray for brothers and sisters of other faiths

APR 10 - PALM SUNDAY

Come to the **Easter Hop-By at First UMC** after worship from 10:30 a.m. - 12:30 p.m.

All ages! Details: www.santamonicaumc.org

APR 11 Day 35: Confess a secret

APR 12 Day 36: No sugar day

APR 13 Day 37: Tune into the April Mid-Week Recital, featuring Sean O'Neal, organ

APR 14 Day 38: Walk the Virtual Labyrinth www.santamonicaumc.org/labyrinth

APR 15 Day 39: Pray for peace

APR 16 Day 40: Gather/purchase cans for the Westside Food Bank

(Borrowed and Adapted from "House for All Sinners and Saints" in Denver, CO)

APRIL 17 - EASTER SUNDAY



CARRY SOMETHING BEAUTIFUL
IN YOUR HEART