

LENT

			WED ABSTAIN/FAST	THR CONNECT	FRI LOVE OTHERS	SAT REST
			Fast from food in a way that is safe and appropriate for you. Meet us online in the evening at 7:30PM for our Ash Wednesday service	Connect with a friend and talk about your hopes for this year's Lenten journey	Call someone you haven't spoken to in awhile and check-in to see how they're doing	Go for a slow directionless walk and thank God for the sights and sounds around you
SUN FEAST	MON LEARN	TUE DWELL	Feb 17 1	Feb 18 2	Feb 19 3	Feb 20 4
Eat something you enjoy and give thanks to God for the gift of taste and the creativity of food	Learn about the work of Union Gospel Mission (Orchard Townhouse Complex in Surrey) at ugm.ca	"What does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?" —Micah 6:8	Abstain from social media and the news for the day and spend intentional time in intercessory prayer for Union Gospel Mission	Connect with a friend and go a bit deeper: tell them how you're really feeling this week	Write a postcard and send it to Union Gospel Mission (OTC). Follow our instructions card or stpf.ca/lent	Sit somewhere comfortable in silence before God for 15 minutes
Feb 21 5	Feb 22 6	Feb 23 7	Feb 24 8	Feb 25 9	Feb 26 10	Feb 27 11
Find something to celebrate today and give thanks to God for his good gifts	Learn about the work of Kids for Kids Promoting Education Society at k4kpromotingeducation.com	"Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven" —Matt 18:3	Fast from food in a way that is safe and appropriate for you. Spend time in prayer for Kids for Kids Promoting Education Society	Connect with a friend and purposively talk about what you're learning about God	Write a postcard and send it to Kids for Kids Education Society. Follow our instructions card or stpf.ca/lent	Listen to a favourite album in its entirety without distraction.
Feb 28 12	Mar 1 13	Mar 2 14	Mar 3 15	Mar 4 16	Mar 5 17	Mar 6 18
Open your hands to this truth: "Every good and perfect gift is from above, coming down from the Father of the heavenly lights" —Jas 1:17	Learn about our friends at More Than A Roof at morethanarooft.ca	"Blessed is the one who considers the poor! In the day of trouble the LORD delivers him" —Ps 41:1	Abstain from entertainment (such as Netflix) for the day and spend time in intercessory prayer for More Than A Roof	Connect with a family member or relative and ask: What is something good you've seen in the world recently?	Write a postcard and send it to More Than A Roof. Follow our instructions card or stpf.ca/lent	Go for a quiet walk in the outdoors and meditate upon God and the gift of creation
Mar 7 19	Mar 8 20	Mar 9 21	Mar 10 22	Mar 11 23	Mar 12 24	Mar 13 25
Eat something you enjoy and give thanks to God for the gift of taste and the creativity of food	Learn about the very good work of Union Gospel Mission (East Hastings) at ugm.ca	"The LORD is in his holy temple; let all the earth keep silence before him" —Hab 2:20	Fast from food in a way that is safe and appropriate for you. Spend time in intercessory prayer for Union Gospel Mission	Pray and ask God to bring someone to mind—then reach out and connect with them	Write a postcard and send it to Union Gospel Mission (EH). Follow our instructions card or stpf.ca/lent	Take a nap
Mar 14 26	Mar 15 27	Mar 16 28	Mar 17 29	Mar 18 30	Mar 19 31	Mar 20 32
Use your senses to feast today—sight, sound, smell, taste, touch—and thank God for his gifts	Learn about the very good work of Broadway Lodge at broadwaylodge.ca	"God opposes the proud but gives grace to the humble" —Jas 4:6	Refrain from social media and the news for the day and spend time in prayer for Broadway Lodge	Reach out to someone to tell them you care about them	Write a postcard and send it to Broadway Lodge. Follow our instructions card or stpf.ca/lent	Decide not to do the chores today
Mar 21 33	Mar 22 34	Mar 23 35	Mar 24 36	Mar 25 37	Mar 26 38	Mar 27 39
Take time to sing, or dance, or move your body, or wave your hands in the air in celebration of God's goodness	Learn about the good work of Mount Pleasant Neighbourhood House at mpnh.org	"Let every person be quick to hear, slow to speak, slow to anger" —Jas 1:19	Fast from food for part of the day. Spend time in prayer for Mount Pleasant Neighbourhood House	Connect with a friend and reflect on the Lenten journey together	Write a postcard for Mount Pleasant Neighbourhood House. Follow our instructions card or stpf.ca/lent	Sit in silence with God to contemplate the space between the cross and resurrection
Mar 28 40	Mar 29 41	Mar 30 42	Mar 31 43	Apr 1 44	Apr 2 45	Apr 3 46