

LENT 2024

LENT IS A CHRISTIAN SEASON OF PREPARATION & REPENTANCE.

WE SPEND THIS TIME IN PRAYER AND
LOOK FOR WAYS THAT WE HAVE
WANDERED AWAY FROM GOD. WE
"RETURN TO THE LORD OUR GOD"
THROUGH SPIRITUAL PRACTICES LIKE
THOSE YOU'LL FIND ON THIS
CALENDAR--PRAYING, GIVING, AND
FASTING. JOIN US IN GROWING
CLOSER WITH GOD THESE 40 DAYS!



Parish of the Valley

Diocese of Ottawa
Anglican Church of Canada

		13 SHROVE TUESDAY	14 ASH WEDNESDAY	15 GIVE encouragement to a friend	FAST 16 from screens for today (notice what you have time for)	17 PRAY for children who live in the midst of war
18 SUNDAY! remember your baptism with a bubble bath	19 GIVE your time by sharing a cup of hot chocolate with someone you love	20 PRAY for the lonely	21 GIVE a 10-second hug to someone you love	22 PRAY for those without adequate housing	23 FAST from music today (notice what you hear instead)	24 PRAY for those who are hungry
25 SUNDAY! make a special meal with family or friends	26 PRAY for students and teachers	27 GIVE gently used clothing to the Thrift Store	28 PRAY for families of all shapes and sizes	29 GIVE your attention to Creation and RECYCLE!	FAST 1 from plastic today (notice how hard it is to avoid using plastic!)	2 GIVE make or buy cookies for a neighbour
3 SUNDAY! spend some time outside in Creation today	4 GIVE some love: send a note to someone who is lonely	5 PRAY for caregivers and hospital staff	6 GIVE a donation to the food bank	7 PRAY for nursing home residents	FAST 8 from social media today (notice how it impacts your screentime)	9 PRAY for first responders
10 SUNDAY! snuggle up for a movie or show for some Sabbath rest	11 PRAY for those who need healing	12 GIVE your time! corral carts in a store parking lot	13 PRAY for those who mourn	14 GIVE away some gently used books	FAST 15 from gossip and sass (notice your relationships)	16 GIVE a drawing or painting to a nursing home for a resident's room!
SUNDAY! 17 start a puzzle or word search and spend time with family or friends	18 GIVE laughter! tell a joke to a friend	19 PRAY for those who teach about our faith	20 GIVE your help with someone else's chore or job	21 PRAY for someone who excludes you	FAST 22 from spending money today (notice how you use what you have)	23 PRAY for those who don't have a faith community

