

**Palm Sunday, April 2<sup>nd</sup> – No Lenten Practice today**

**Day 35: Monday, April 3<sup>rd</sup>**

Take a no-sugar day – Consider where else is there sweetness in your life

**Day 36: Tuesday, April 4<sup>th</sup>**

Say no to something that is a waste of money/time

**Day 37: Wednesday, April 5<sup>th</sup>**

Write a letter to your child, grandchild or family member  
Tell them about your Lenten Journey.

**Day 38: Thursday, April 6<sup>th</sup>**

Educate yourself about the life of saint  
<https://www.catholic.org/saints/stindex.php>

**Day 39: Friday, April 7<sup>th</sup>**

Pray for peace – in our hearts, in our homes, in our country  
and in our world

**Day 40: Saturday, April 8<sup>th</sup>**

End like we began...Pray for your enemies  
Decide which of these exercises you'll keep for good.

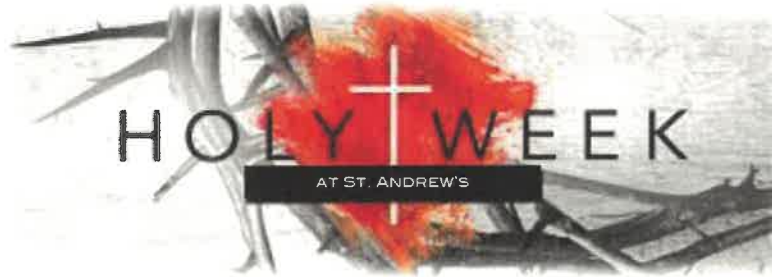


**ASH WEDNESDAY SERVICE**

Wednesday, February 22<sup>nd</sup>  
12:00 p.m. & 5:00 p.m.

**Monday's IN LENT**

March 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>  
Lenten Program 4:00 p.m.



**PALM/PASSION SUNDAY**

April 2<sup>nd</sup> @ 9:30 a.m.

**MON – APRIL 3<sup>RD</sup> – APRIL 5<sup>TH</sup>**

@ 5:00 p.m.

Evening Prayer

**MAUNDY THURSDAY**

April 6<sup>th</sup> @ 5:00 p.m.

**GOOD FRIDAY**

April 7<sup>th</sup> @ 1:15 p.m. (church)  
Community stations of the cross at noon  
beginning at Our Lady of Mercy

**EASTER**

April 9<sup>th</sup> in the church at  
8:00 a.m. and  
10:00 a.m (w/ brass & choir)

# LENT

- 40 DAYS OF RENEWAL -



The Season of Lent is a period of time set aside to prepare for the mystery of Easter.

The following is a resource that you might use as a personal model that responds to the Invitation to keep a holy Lent. These suggestions encourage one to undertake an inward and outward journey by incorporating the Lenten disciplines of prayer, fasting and almsgiving. Adapt it according to what you personally feel you can undertake.

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**St. Andrew's Episcopal Church**

PO Box 272 ~ Boca Grande, FL 33921 (941) 964-2257 ext. 1  
[www.standrewsbocagrande.org](http://www.standrewsbocagrande.org)

**Day 1: Wednesday, February 22<sup>nd</sup>**

Attend an Ash Wednesday Service – pray for your enemies

**Day 2: Thursday, February 23<sup>rd</sup>**

Take a walk and pray for your neighborhood

**Day 3: Friday, February 24<sup>th</sup>**

Trying “dancing” your prayers to your favorite music/song

**Day 4: Saturday, February 25<sup>th</sup>**

Make a donation to a non-profit of your choosing

**Sunday, February 26<sup>th</sup> : No Lenten Practice Today**

Breathe deeply – let your eyes feast on the world around you

**Day 5: Monday, February 27<sup>th</sup>**

Take 5-15 minutes of silence at noon

**Day 6: Tuesday, February 28<sup>th</sup>**

Attend the 4:00 p.m. St. Andrew’s “Faith and...” presentation **HOPE AND HEALING AMIDST DEEP DIVISION**

**Day 7: Wednesday, March 1<sup>st</sup>**

Clean your closet - Donate 5 items of clothing to Boca Bargains or your local Good Will

**Day 8: Thursday, March 2<sup>nd</sup>**

Take a break from whining. Have a complaining-free day

**Day 9: Friday, March 3<sup>rd</sup>**

Do someone else’s chore(s)...no really...give it a try!

**Day 10: Saturday, March 4<sup>th</sup>**

Silence is golden – try to spend the entire day in silence

**Sunday, March 5<sup>th</sup> – No Lenten Practice today**

**Day 11: Monday, March 6<sup>th</sup>**

Call an old friend

**Day 12: Tuesday, March 7<sup>th</sup>**

Pray your way through the newspaper (pray for people and situations in today’s news)

**Day 13: Wednesday, March 8<sup>th</sup>**

Read Psalm 139 <http://bible.oremus.org>

**Day 14: Thursday, March 9<sup>th</sup>**

Pay a few sincere compliments

**Day 15: Friday, March 10<sup>th</sup>**

Try a meatless Friday – Consume no meat today

**Day 16: Saturday, March 11<sup>th</sup>**

Reflect on the thought, “How am I called to help?”

**Sunday, March 12<sup>th</sup> – No Lenten Practice today**

**Day 17: Monday, March 13<sup>th</sup>**

Forgive someone – no, really...take the time to ask God for help...but do forgive someone

**Day 18: Tuesday, March 14<sup>th</sup>**

Internet diet – have an internet/technology free day

**Day 19: Wednesday, March 15<sup>th</sup>**

Change one light in your house to a compact florescent or LED

**Day 20: Thursday, March 16<sup>th</sup> Ask for help**

**Day 21: Friday, March 17<sup>th</sup>**

Buy lunch for a stranger (hint...hang out at Hudson’s around lunch and buy one of the worker’s lunch)

**Day 22: Saturday, March 18<sup>th</sup>**

Tell someone what you are grateful for

**Sunday, March 19<sup>th</sup> – No Lenten Practice today**

**Day 23: Monday, March 20<sup>th</sup>**

Introduce yourself to a neighbor



**Day 24: Tuesday, March 21<sup>st</sup>**

Read Psalm 121 <http://bible.oremus.org>

**Day 25: Wednesday, March 22<sup>nd</sup>**

Give yourself the gift of three hours to do something you always say you don’t have the time to do.

**Day 26: Thursday, March 23<sup>rd</sup>**

Take a no-shopping day – if you do purchase something (including food), place an equal amount in your Lenten Mite Box or place it in the church offering plate

**Day 27: Friday, March 24<sup>th</sup>**

Look out the window until you find something of beauty you had not noticed before

**Day 28: Saturday, March 25<sup>th</sup>**

Check out morning and evening prayer at <http://www.missionstclare.com/english/March/cal.html>

**Sunday, March 26<sup>th</sup> – No Lenten Practice today**

**Day 29: Monday, March 27<sup>th</sup>**

Write a thank you note to someone who has touched your life or heart in some way

**Day 30: Tuesday, March 28<sup>th</sup>**

When you sit down at your computer, first spend 10 minutes in guided prayer. Try: <http://www.sacredspace.ie>  
Click the box: “Begin the prayer”

**Day 31: Wednesday, March 29<sup>th</sup>**

Take a TV-free day

**Day 32: Thursday, March 30<sup>th</sup>**

Donate food to your local food pantry

**Day 33: Friday, March 31<sup>st</sup>**

Read John 8:1-11 <http://bible.oremus.org>

**Day 34: Saturday, April 1<sup>st</sup>**

Invite a friend to worship with you tomorrow.