

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LENTEN PRACTICES CALENDAR FOR ST. PHILIP FAMILIES 2021

February 17 [P]

February 18 [F]

February 19 [S]

February 20 [F]

ASH WEDNESDAY

"Guide our eyes and ears on this Lenten Journey. Amen"

[Ash Wednesday Lent Garden](#)

Don't eat desserts or sweets today.

It's not too late! Spread love by giving a card to someone special.

Try to go the entire day without screens of any kind.

March 21 [P]

March 22 [S]

March 23 [F]

March 24 [P]

March 25 [S]

March 26 [F]

March 27 [S]

Visit the virtual Lent Garden Week 1. Engage in scripture, prayers and song. Explore crafts and recipes!

Feed the birds by making a bird feeder or by leaving some seed or cereal outside.

Use cloth napkins or towels instead of paper today.

Read [Hymn #714 "Guide My Feet."](#) What did these words mean to those who first spoke them?

Call a grandparent or an older friend you haven't spoken to in a while.

Only play with toys/ games that don't have a power switch.

Do something kind for a neighbor today.

March 28 [P]

March 1 [F]

March 2 [P]

March 3 [S]

March 4 [F]

March 5 [P]

March 6 [F]

Visit the virtual Lent Garden—Week 2.

Do a job by hand today instead of using a machine.

Listen to Amanda Gorman's poem "[The Hill We Climb](#)" Where might we 'find light in never-ending shade?'

Give someone an unexpected compliment today.

Wear clothes today that are more simple than usual.

Breath Prayer: "I breathe in God's love. I breathe out worries." Amen.

Be mindful of the impact of vehicles. Choose to walk or bike today.

March 7 [P]

March 8 [P]

March 9 [F]

March 10 [P]

March 11 [F]

March 12 [S]

March 13 [F]

Visit the virtual Lent Garden—Week 3.

"God please watch over all those we don't understand.

Don't listen to any music or radio in the car today.

Psalm 46: "God you are our refuge and strength. Thank you. Amen."

Try to eat a vegetarian or vegan meal today.

Do something kind for someone without letting them it was you.

Try to spend extra time with your family today, instead of solo activities.

March 14 [P]

March 15 [S]

March 16 [F]

March 17 [P]

March 18 [S]

March 19 [F]

March 20 [P]

Visit the virtual Lent Garden—Week 4.

Pick up trash around your neighborhood today.

Commit to buying only things that are "necessities" today.

Take a walk to appreciate the beauty of outdoors.

Read the news to learn about the needs of your community today.

Go without a special treat today.

Mr. Rogers Day

"Helping God, today we ask you to help__Amen."

March 21 [P]

March 22 [S]

March 23 [P]

March 24 [S]

March 25 [F]

March 26 [P]

March 27 [S]

Visit the virtual Lent Garden—Week 5.

Buy a reusable water bottle and commit to using it regularly.

Shepherd prayer: read Psalm 23 together as a family.

Do something kind for your parent or an older friend today..

Read or play with toys instead of watching TV today.

Evening prayer: "God, thank you for your presence with me this week. Amen."

Visit a retirement or nursing home and sing songs.

March 28 [P]

March 29 [F]

March 30 [P]

March 31 [F]

April 1 [P]

April 2 [F]

April 3 [S]

Visit the virtual Lent Garden—Holy Week.

Refrain from using paper or plastic when eating meals this week.

Morning prayer: "God, please show me something new today. Amen."

Find ways to use less water or electricity today.

Mealtime: "God, thank you for all the ways you feed us. Amen."

Substitute water for other beverages today. No soda or juices.

Visit the Houston Food Bank and donate food.

April 4 [P] Easter
"God we see evidence of you everywhere and we are thankful! Amen."

This Lent, we invite families and all members of our community of all ages to participate in a spiritual intergenerational journey which aims to deepen our faith. Each day offers an activity or practice that falls into one of three categories: mission/service (S) , fasting (F) or prayer/worship (P).

Several of the mission/service (S) activities were written by St. Philip children during Sunday School last year and others integrate the goals from St. Philip's commitments as an Earth Care Congregation; additionally, two practices come from the Network for Dismantling Racism, a mission partner of the Presbyterian Church (USA). This calendar is based on a previous version created by Traci Smith.