

Lent 2019

WEDNESDAY

THURSDAY

FRIDAY










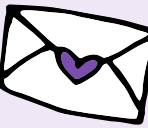
SATURDAY

SUNDAY

MONDAY

TUESDAY

MARCH

 <p>JOIN US FOR WORSHIP AND SUNDAY SCHOOL! 10</p>	<p>As a family, visit your home's Lenten Prayer Space and write down the name of someone you will forgive. 11</p> 	<p>Research information about Palestine and Israel. How do the people in that area of the world live? What is their religion? What do they eat? What is their main source of income? What is our link to that region? 12</p>	 <p>Hold the door for the person behind you and tell them to have a nice day. 13</p>	<p>Create a Lenten Prayer Space in your home to read, pray, and think about ways you can grow closer to God. A great example: www.buildfaith.org/creating-lenten-prayer-space-home 7</p> 	<p>Why do we give things up for Lent? Read this information with your children and discuss the points you find helpful: www.jellytelly.com/blog/how-to-talk-to-kids-about-lent. 8</p>	<p>Go to a nearby park or walk around your neighborhood and pick up trash. 9</p> 
<p>JOIN US FOR WORSHIP AND SUNDAY SCHOOL! 17</p> 	<p>As a family, visit your home's Lenten Prayer Space and write down something you will do this week to help someone in need. 18</p> 	<p>Today, practice gratitude. Whenever fear, worry, or sadness enter your mind, take a deep breath and verbally thank God for one of your blessings. 19</p>	<p>Today is the first day of Spring! How about a little spring cleaning? What can your family "clean out" to give to others? 20</p> 	<p>Look back at what you wrote on Monday. Have you done your act? If not, be curious about why and do it today! 21</p> 	<p>Take home-baked goods to your local police and/or fire station to say thank you. 22</p> 	<p>Pack an essentials kit for people who are homeless. Include deodorant, socks, toothbrush/paste, and a water bottle to give to those you may encounter who need help. 23</p> 
<p>JOIN US FOR WORSHIP AND SUNDAY SCHOOL! 24</p> 	<p>As a family, visit your home's Lenten Prayer Space, read Matthew 4:1-11 and reflect on what surprised you the most about this passage. 25</p>	<p>Leave a special note or picture for a family member to surprise them today. 26</p> 	<p>Listen to Christian radio today. (Local stations: 91.9 and 93.5. Sirius XM radio: 63, 64, and 65) How did listening shape or change your day? 27</p>	<p>Say a special prayer today for someone you know who is sick or sad. 28</p> 	<p>Tell your parents, siblings, children, spouse, grandparents, and/or anyone else in your household you love them. 29</p> 	<p>Seeds show us of the power of new life. Fill eggshell halves with soil in an egg carton. Plant a marigold, petunia, or grapefruit seed in each (or grass seed for fast results). Place in a sunny window and water daily. 30</p>
<p>JOIN US FOR WORSHIP AND SUNDAY SCHOOL! 31</p> 	<p>A P R I L As a family, visit your home's Lenten Prayer Space and talk about what you can do to bring joy to your teachers, co-workers, or neighbors this week. 1</p>	<p>Take time to reflect on your day: • Where did you see God? • Where did you feel God? • Was there anywhere you felt God was missing? • How can you grow closer to God? 2</p>	<p>Pay compliments to everyone you come into contact with today. 3</p> 	<p>Drink only water today and thank God for your abundant blessings. 4</p> 	<p>Find an outdoor space where you can see the clear night sky to dwell in the vastness of God's creation while you stargaze. Hint: download the Skyview app to enhance your experience. 5</p> 	<p>Leave a note of thanks on your mailbox to thank your mail delivery person for always delivering the mail to your mailbox. 6</p> 
<p>JOIN US FOR WORSHIP AND SUNDAY SCHOOL! 7</p> 	<p>As a family, visit your home's Lenten Prayer Space and pray for your family members who live far away. 8</p> 	<p>Words have a powerful effect on those with whom we speak. Think about what you say and refrain from complaining. Speak only positive words today. 9</p>	<p>What do you think God looks like? Draw a picture and then share with your family members. 10</p>	<p>Go through your pantry and find 5-10 items that you can take to Loaves and Fishes. 11</p> 	<p>Be a steward of the Earth today by being intentional with your use of water. (For example: take a 2-minute shower, or don't let the water run while brushing teeth or washing dishes.) 12</p>	<p>Enjoy sitting in silence for 15 minutes or longer. 13</p> 
<p>Palm Sunday Go to Church and remember Jesus' triumphant entry into Jerusalem. 14</p> 	<p>As a family, visit your home's Lenten Prayer Space. Read Matthew 14:22-34 and discuss what you see, smell, hear, taste, and feel in this passage. 15</p>	<p>While in the car, look for things around you that you are thankful for and say a prayer of gratitude. 16</p> 	<p>Write a note to someone you haven't spoken to in a while to let them know you are thinking about them. 17</p> 	<p>MAUNDY THURSDAY Jesus washed the feet of his friends as an act of love, service, and preparation. Take turns washing one another's feet in preparation for the journey from Maundy Thursday to Easter morning. 18</p>	<p>GOOD FRIDAY "Unplug" from noon today until noon on Saturday. Turn off (and put away) all cell phones, tablets, game consoles, televisions, radios and computers for 24 hours. 19</p>	<p>EASTER EVE Make Resurrection Cookies. Find a recipe and instructions here: www.fisheaters.com/customslent15.html 20</p> 

Easter Sunday 21

Go to church and celebrate the Risen Lord!



prepare - pray - practice

If you would like more ways to plug into your Spiritual Home this Lent, contact Lindsay Masi, Director of Children, Youth and Family Ministry, at masil@christchurchcharlotte.org.



Christ Church Charlotte
CHRIST EPISCOPAL CHURCH
www.christchurchcharlotte.org/lent

We hope this calendar will help you
and your family to be more aware
of the ways we can see Jesus and act
like Jesus as we live our lives
during this season of Lent.

HOLY WEEK SCHEDULE

Palm Sunday, April 14

Holy Eucharist & Liturgy of Palms

7:00 AM, Church

8:45 AM*, Church and All Saints' Hall

11:15 AM*, Church and All Saints' Hall

5:00 PM, Church

Maundy Thursday, April 18

Holy Eucharist, 7:00 AM, Chapel

Holy Eucharist, Foot-washing and

Stripping of the Altar, 7:30 PM, Church

Good Friday, April 19

Stations of the Cross for Children and Families,

10:00 AM*, All Saints' Hall

Good Friday Service, Noon*, Church

Easter Eve, April 20

Vigil of Easter with the Lighting of the Paschal Candle

and Baptisms, 5:00 PM*, Church

Easter Day, April 21

Festive Worship Services

7:00 AM, Church

8:45 AM*, Church and All Saints' Hall

11:15 AM*, Church and All Saints' Hall

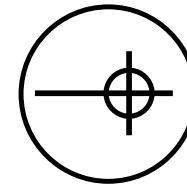
5:00 PM, Church

No Sunday School or Brunch

Easter Egg Hunt

12:15 PM (details at www.christchurchcharlotte.org/easter-egg-hunt)

**Nursery care provided for children up to age 4.*



Christ Church Charlotte

CHRIST EPISCOPAL CHURCH

1412 Providence Road

Charlotte, NC 28207

CHRIST CHURCH 2019



FAMILY Lenten calendar