

# Lent, 2019 March

**HUNGER**  
for **MORE**  
Isaiah 58 Ministries

**passion** PEACE Grace love  
EMPATHY Diversity UNITY  
HOPE JUSTICE JOY CONNECTION  
understanding COMPASSION knowledge

## Welcome to our annual Hunger for More Lenten program

*Hunger for More is a campaign that encourages individuals to look within themselves to find the desire to hunger for more wholeness in their lives. During this time when conflict and division seem to be at an all-time high, when acts of abuse and bullying are evident throughout our communities and our country, and when our sense of unity feels non-existent, our Lenten focus this year is on KINDNESS. Throughout the Lenten season, we are calling on participants to commit to Intentional Acts of Kindness each day. These small, seemingly insignificant gestures are in reality important and very impactful acts of connecting with others.*

*In a world that often seems callous and uncaring, we hope this calendar will encourage you to reconnect with the beauty and bounty of God's world and Hunger for More Kindness in our daily living. Join us as we journey through Lent and Hunger for More.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Don't forget to make a donation every week in the amount of an average dining out experience. Your financial contribution will provide meals to people in our community who struggle to make ends meet.</i></p>			<p>6 <i>Invite someone to go ahead of you in line at the grocery store - even if they have a full cart.</i></p>	<p>7 <i>Send an anonymous note to a friend, telling them what a gift they are to others.</i></p>	<p>8 <i>Take donuts to a local business for the employees. Let them know they are appreciated.</i></p>	<p>9 <i>Bake cookies for a neighbor and deliver them with a note letting them know they are important.</i></p>
<p>10 <i>Reflect on ways you will connect with others this week. How will you act with kindness?</i></p>	<p>11 <i>Contact a close friend and let them know how they have impacted your life.</i></p>	<p>12 <i>Take a friend out for lunch. Leave a generous tip.</i></p>	<p>13 <i>Every time you enter a place of business, hold the door open for others.</i></p>	<p>14 <i>Buy some dog or cat food and give it to a local shelter.</i></p>	<p>15 <i>Pick up trash at your local park or in your neighborhood.</i></p>	<p>16 <i>Anonymously pay for a stranger's meal at a restaurant.</i></p>
<p>17 <i>Reflect on ways you will connect with others this week. How will you act with kindness?</i></p>	<p>18 <i>Pay for a stranger's gas at the gas station.</i></p>	<p>19 <i>Give a handwritten thank you note to a service worker (cashier, bank teller, etc.)</i></p>	<p>20 <i>Drop off some crayons and coloring books at the Children's Hospital.</i></p>	<p>21 <i>Make some care packs to give to some of your unhoused neighbors.</i></p>	<p>22 <i>Intentionally make eye contact with people as you pass them and SMILE!</i></p>	<p>23 <i>Make dinner for a family in need and deliver it to their home. Be sure to include dessert!</i></p>
<p>24 <i>Reflect on ways you will connect with others this week. How will you act with kindness?</i></p>	<p>25 <i>Give someone a book you think they would enjoy.</i></p>	<p>26 <i>Arrange to have flowers delivered to someone at a nursing home who doesn't get visitors.</i></p>	<p>27 <i>Randomly text people throughout the day with messages of gratitude and joy.</i></p>	<p>28 <i>Make bookmarks and put them in books at the library or local book store.</i></p>	<p>29 <i>Tape \$1.00 bills to vending machines with notes for the recipients.</i></p>	<p>30 <i>Let someone go in front of you . . . ALL DAY!</i></p>

# Lent, 2019

## April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>March 31</p> <p>Reflect on ways you will connect with others this week. How will you act with kindness?</p>	<p>April 1</p> <p>Compliment the first 5 people you meet today.</p>	<p>2</p> <p>Put a substantial (to your ability) tip in the tip jar at the coffee shop.</p>	<p>3</p> <p>Write a message of thanks on a window or mirror with a dry erase marker.</p>	<p>4</p> <p>Know parents who could use a night out? Offer to babysit their children for free. Give them a gift card to help pay for dinner.</p>	<p>5</p> <p>Write a list of things you love about your friend or partner. Give it to them.</p>	<p>6</p> <p>Invite friends over for dinner and a night of board games.</p>
<p>7</p> <p>Reflect on ways you will connect with others this week. How will you act with kindness?</p>	<p>8</p> <p>Take muffins or cookies to your local librarians. Let them know how much you appreciate their work.</p>	<p>9</p> <p>Email or write to a former teacher who impacted your life in a positive way.</p>	<p>10</p> <p>Leave a box of goodies in your mailbox for your mail carrier.</p>	<p>11</p> <p>Write cards to children with serious illnesses. Send them to <a href="http://cardsforhospitalizedchildren.com">cardsforhospitalizedchildren.com</a></p>	<p>12</p> <p>Know of a task nobody likes to do? Do it with an open heart and a positive attitude.</p>	<p>13</p> <p>Help someone with their yard work. Plant some flowers for an elderly neighbor.</p>
<p>14</p> <p>Reflect on ways you will connect with others this week. How will you act with kindness?</p>	<p>15</p> <p>Buy several 100 Grand candy bars. Take them to the bank and send them through the tube at the drive up teller. Drive away.</p>	<p>16</p> <p>Go to a nursing home and play board games with the residents.</p>	<p>17</p> <p>Give compliments to others throughout the day that have nothing to do with their appearance.</p>	<p>18</p> <p>Write someone a letter letting them know how important they are to you. Mail it to them.</p>	<p>19</p> <p>Walk dogs at the animal shelter or offer to play and cuddle with them.</p>	<p>20</p> <p>Make an Easter basket for a child in your neighborhood. Anonymously leave it on their doorstep.</p>

21  
*Happy  
 Resurrection  
 Sunday!*

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