

LENT, 2023

February—March



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p><i>Lent is an ancient Christian tradition marked by 40 days of self-examination and intentional spiritual acts designed to draw us closer to God and encourage personal spiritual growth. Recognizing Jesus' 40 days of fasting and prayer in the wilderness before he began his public ministry, the season of Lent inspires both individuals and faith communities to refocus and renew our efforts to live lives of meaning and purpose.</i></p> <p><i>Hunger for More is a campaign that encourages individuals to look within themselves to discover the hunger for justice that Christ calls us to embrace.</i></p> <p><i>Join us as we "Hunger for More" during this Lenten season.</i></p>	<p>26 Hunger for More... LOVE <i>Let us understand The gravity of our situation.</i> <i>Let us understand That our only redemption Is love.</i></p>	<p>27 Send a friend or family member a hand-written card letting them know you are thinking of them.</p>	<p>28 Find ways to commit random acts of kindness throughout the day.</p>	<p>22 Ash Wednesday! Hunger for More... CONNECTION <i>Let us be present, each from her or his culture, each from her or his experience, and assume our responsibility for all life.</i></p>	<p>23 Connect to God's world. Spend time outside in silence. Listen to the sounds of the earth—the sounds of the city—the sounds of God's creation.</p>	<p>24 Reach out to someone new today—someone you don't know. Talk to a stranger, shake someone's hand . . . Smile!</p>	<p>25 If you haven't already, introduce yourself to your next-door neighbors. Over coffee get to know them—share your stories with one another.</p>
<p>5 Hunger for More... HOPE <i>May we soon see the day when Your house will indeed be The house of prayer for all peoples.</i></p>	<p>6 Hope is the little voice you hear whisper "maybe" when it seems the entire world is shouting "NO!" Trust the "maybe".</p>	<p>7 Begin a gratitude journal. Commit to identifying 5 things every day for which you are grateful. Find hope in the midst of everyday activities.</p>	<p>8 Make a point to be a better listener today. Find hope in the stories others share with you.</p>	<p>9 Create a vision board. Fill it with your hopes and dreams for a better world—a better future.</p>	<p>10 Hope sees the invisible, feels the intangible, and achieves the impossible. Share your vision of a better world with a friend.</p>	<p>11 Visit with strangers in a hospital, nursing home, or someone who is confined at home. Be their hope—be their light in the darkness.</p>	
<p>12 Hunger for More... DIVERSITY <i>Creator of all races and ethnicities, help us see that a diverse community is the way to deepen our lives and to know you more deeply. Amen.</i></p>	<p>13 Different Individuals Valuing Each other Regardless of Skin, Intellect, Talent or Years</p>	<p>14 Watch this video https://www.youtube.com/watch?v=Mn1FjI0854&t=6s</p>	<p>15 Discover the many different cultures that reside within your city. Commit to learning more about others' heritage and traditions.</p>	<p>16 Identify the beautiful tapestry of your neighborhood. Celebrate the diversity and embrace the differences.</p>	<p>17 Enjoy an evening out at an ethnic restaurant in your neighborhood. Dare to try a dish you've never eaten before.</p>	<p>18 Spend the afternoon at an art exhibit that highlights art from different cultures.</p>	

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19 Hunger for More... UNITY <i>Dear God Your will is that we may be one. We thank you that you call us into communion with you and with each other. Amen.</i>	20 Watch this video https://youtu.be/_qD1s06c	21 Identify your passions. Reach out to others who share your interests and work together to bring your passions to life.	22 Join a book club through a locally owned bookstore. This is a great way to meet new people and have lively discussions about great books.	23 Make a lunch date with friends you haven't seen in awhile. Spend time catching up on each others' lives.	24 Invite friends over for a game night. Be sure to include individuals you are just getting to know.	25 Attend a worship service at a different church/synagogue/mosque. Identify and celebrate both the differences and similarities to your own worship traditions.
26 Hunger for More... PEACE <i>May we listen to one another in openness and mercy... May we listen to our own hearts in love and forgiveness May we listen to God in quietness and awe.</i>	27 Watch this video https://youtu.be/_oxFBIldqWgA	28 No Justice, No Peace! Know Justice, Know Peace! Bring peace to your community by standing up for justice.	29 Go through your entire day without complaining or doing anything negative. Experience inner peace.	30 Speak to local officials about an injustice you are passionate about. Ask for support in making changes in your community.	31 Join an organization in your community that is working for justice. Remember there is strength in numbers.	April 1 Spend a day in silence, either by yourself or with others. Embrace the holy that can only be found in silence.
2 Hunger for More... JOY <i>Help me not to miss A single drop of heaven, To catch each moment And drink in the great joy of life.</i>	3 Watch this video https://youtu.be/_zcruIov45bI	4 Call and talk to a friend or relative you haven't spoken to in awhile. Let them know what they mean to you.	5 Plant some flowers, either in a garden patch outside, or in a flower pot inside. Nurture them and enjoy their beauty throughout the year.	6 Do something simply for the fact that it brings you joy.	7 It is Good Friday. Where can you find joy in the midst of darkness and loss?	8 Celebrate the joy of friendships and community. Share a meal with those you care about.
9 EASTER! Always Hunger for More... <i>God of the New Day, Resurrect our hearts And fill us with a hunger to always reach for more. Amen</i>	Remember to always live life with joy and love! 	HUNGER for MORE Isaiah 58 Ministries	passion PEACE Grace love EMPATHY Diversity UNITY HOPE JUSTICE JOY CONNECTION understanding COMPASSION knowledge			