

Middlebury Congregational Church

2023 Lenten Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		February 21	22 (Ash Wednesday) Devotion	23 Donation	24 Act of Service	25 Act of Kindness
26 Day of Rest	27 Donation	28 Act of Service	March 1 Devotion	2 Donation	3 Act of Kindness	4 Act of Service
5 Day of Rest	6 Act of Kindness	7 Donation	8 Devotion	9 Act of Service	10 Donation	11 Act of Kindness
12 Day of Rest	13 Donation	14 Act of Service	15 Devotion	16 Act of Kindness	17 Donation	18 Act of Service
19 Day of Rest	20 Act of Kindness	21 Donation	22 Devotion	23 Act of Service	24 Act of Kindness	25 Donation
26 Day of Rest	27 Act of Service	28 Donation	29 Devotion	30 Donation	31 Act of Kindness	April 1 Act of Service
2 (Palm Sunday) Day of Rest	3 Donation	4 Act of Kindness	5 Devotion	6 (Maundy Thursday) Donation	7 (Good Friday) Act of Service	8 Donation

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Here are some ideas to help guide you on each day, or substitute your own ideas.

Donation – non-perishable food items, such as canned meats, soups, stews, sauces, pasta, peanut butter, snacks, hygiene items

Please bring any donations to church to be given to the Greater Waterbury Interfaith Ministries food bank.

Act of Service – picking up trash, helping a friend or neighbor, help with chores around the house

Act of Kindness – write someone a letter, mail a card to a friend, help someone at the grocery store, give someone a compliment

Devotion – prayer, reading a Bible story, reflecting, meditating, journaling

Additional Devotional Resources:

- *Good Enough: 40ish Devotionals for a Life of Imperfection* by Kate Bowler and Jessica Richie
- *Enough: Scarcity, Contentment, and the Temptations of Jesus* by Shea Zellweger
- *Bread and Wine: Readings for Lent and Easter* (Plough Publishing House)
- *Toward a Kingdom of Heaven: 40 Daily Readings on the Sermon on the Mount* by Amy-Jill Levine
- *Lent for Everyone, Luke, Year A* by N.T. Wright
- *The Book of a Thousand Prayers* compiled by Angela Ashwin
- *Celebrating the Seasons: Daily Spiritual Readings for the Christian Year* compiled by Robert Atwell