



A Season of Spirituality **in Action**

Instead of **giving up** something, why not consider **doing something** during the Season of Lent. Here are some ideas to inspire you:

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**Week 1:**

**The Voice of Love**

Call two or three people for a short chat just to say what they mean to you or to say “thank you” or “I’m sorry.” Call people you have intended to contact but didn’t.

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**Week 2:**

**The Deed of Love**

Take something you have made or bought to someone who means a lot to you, but for whom you rarely express your love or appreciation. A pie, a plant, a small remembrance has your love as a wrapping.

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**Week 3:**

**The Feet of Love**

Visit someone who is shut-in, lonely, or a missing church member. Nothing can take the place of the personal touch of visiting in the home.

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**Week 4:**

**The Heart of Love**

Make a list of 10 people for whom you will pray daily. Include friends and strangers, and those you don’t particularly like. Forgive them if they have wronged you, and forgive yourself too.

**Week 5:**

**Your Heart Centre**

Take 10-12 minutes each day to focus on you; your relationship or lack of relationship with Creator God and Jesus; whether the door to your human spirit is open or closed; and what you need to do to have an “Easter experience.”

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**Palm Sunday :**

**The Hands of Love**

Write a letter this week to a friend, someone not related to you, near or far away. Tell that person how much you appreciate them..

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**Holy Week:**

Walking the Road to Easter, read the stories of Jesus during this week (Luke 22, 23, 24). Pay attention to which persons in the story catch your attention. What is it about them or their actions that speaks to you, and why? Participate in the events of the week.

**May this be your best  
Easter ever.**

