The Season of Lent

A Call to 40 Days of Action

*The 40 days of Lent mimic the 40 days of Jesus in the wilderness. (Actually there are 46 days from Ash Wed. to Easter. The Sundays in Lent don’t count as part of the 40.) Some Christians choose to replicate Jesus’ withdraw and sacrifice, while mindful that “from dust we are and to dust we shall return.” The season does not always have to be about giving up something or trying to stop a bad habit. This year we encourage you, working alone or in a group, to take positive action in the community around you, with deeds that center on the number 40. Here are a list of suggestions:*

**For our Congregation** –

donate 40 tea towels for the kitchens

write 40 notes of encouragement to members or to former members

donate 40 food items for Café

spend 40 hours cleaning in the classrooms or resource center

Send 40 yellow cards of encouragement

**For Braes Interfaith Ministries**

donate 40 toiletries -- bars of soap, bottles of shampoo…

donate 40 dental Items – toothbrushes, toothpaste

donate 40 cans of vegetables or cans of tuna

donate 40 rolls of toilet paper

**For Braes Resale Shop**

Can you find 40 clean, usable items in your home or closet to donate?

**For Cuddling Care** (**See Beth White for more info)**

40 baby blankets for newborns at LBJ Hospital

**For Hospitality Apartments**

Donate 40 Washcloths, 40 tea towels, or 40 bath towels

**For Pregnancy Resources** (**See Jo Sandifer)**

Donate 40 baby accessories such as caps or bibs

**For Shearn Elementary (See Luci Bell)**

Donate 40 boxes of Kleenex for classrooms, 40 pencils for students, etc

**For Yourself and Your Family**

Make a playlist of 40 songs (one each day) that connect you with God

End each day with a gratitude list

Read *Bread and Wine: Readings for Lent and Easter*, available on Amazon

Read *Lent for Everyone: Mark, Year B*, by N.T. Wright, available on Amazon