

“DON'T GIVE UP — GIVE!”

Lent is a season of preparation for Holy Week and Easter. During the season of Lent, Christians meditate on the suffering that Christ endured on their behalf and reflect upon their own Baptism and what it means to live as a child of God. Many Christians give something up for Lent as a way of remembering and personalizing the great sacrifice that Christ made on the cross for our sins. This year why not “give” instead of, or in addition to, “giving up” something.

Below you will find a calendar that starts on Ash Wednesday, the beginning of Lent, with suggestions for giving throughout the Lenten Season.

All donations should be placed in the Christian Helping Hands box in the narthex. Let's really make a difference this Lenten Season.

FEBRUARY - MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			26 Ash Wednesday 1 jar of peanut butter to help God's Word stick in your heart	27 1 can of carrots to open your eyes to what God has done for you	28 1 jar of jelly to help you “spread the Word”	29 1 can of cream of chicken soup for that special casserole
1 1 jar of mayo if you watched the Super Bowl last month	2 Snack packs of any kind if your stomach is growling	3 1 bag of pasta for every cell phone owned by your family	4 1 jar of spaghetti sauce if you'd like to go to Italy	5 1 box of cereal if you are a morning person	6 1 box of breakfast bars if you're not a morning person	7 1 box of spiral pasta to remember to “spring forward”
8 1 can of cream of mushroom soup if you're a “fungi”	9 1 can of fruit if you love nature	10 1 can of vegetables for every hour you watched tv this week	11 1 can of soup for every TV you have in your house	12 1 box of saltine crackers to go with that soup	13 1 box of Kleenex if you or someone you know had the flu	14 1 can of tuna fish for every fish you caught last year
15 1 pkg. of dried beans if you want God to grow your faith	16 1 box of cornbread mix because Jesus is the Bread of Life	17 1 bag of rice for every wedding you attended last year	18 1 box of band-aids if you are thankful for your health	19 1 bottle of mustard if you have faith greater than a mustard seed	20 1 can of chicken if you're afraid of anything	21 1 bottle of ketchup to “catch up” with God's Word
22 1 bar or pump bottle of soap if you said a bad word last year	23 1 box of pancake mix if you ever eat breakfast for dinner	24 1 bottle of syrup if you've said something sweet about someone this month	25 1 Hamburger Helper if you have been helped this month	26 1 can of stew if you're thankful for a warm place to live	27 1 box of Jello or pudding for every grandparent you currently have	28 1 container of dish soap if you're thankful that you are washed in the blood of Jesus
29 1 baby product (food, diapers etc.) if you love babies	30 1 package of cookies if you have a sweet tooth	31 1 bottle of salad dressing for every vegetarian you know				

APRIL 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 1 toothbrush if you had a dental check-up last year	2 1 tube of toothpaste if you had any cavities last year	3 1 box of mac 'n' cheese for every computer or tablet you have in your house	4 1 deodorant if you want to keep your friends close
5 Palm Sunday 1 can of chicken noodle soup to help cure what ails you	6 1 can of coffee if you're a Lutheran	7 1 container of coffee creamer if you need to be sweetened-up	8 1 can of broth for those "cold" Texas days	9 Maundy Thursday 1 box of kid's cereal if you are thankful for your children	10 Good Friday Donate something today in recognition of the sacrifice Jesus made for us	11 To continue giving consider donating your time or money to Christian Helping Hands
12 Happy Easter! 						
www.christianhelpinghands.org or 281-485-9776						