

**West Vancouver United Church
Lenten Calendar 2010**

Lent is a period of forty days, not including Sundays, beginning on Ash Wednesday and ending on Holy Saturday. Rev. Ross and Rev. Laura invite you to join us in these daily disciplines as we walk the road of faith together towards the joy of Easter Sunday!

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 Reflect on which of the hymns touched you in church today.	22 Thank God for your friends.	23 Take a walk on the seawall and enjoy creation!	24 Offer to help a neighbour with something around their home	25 Say a prayer for those who do not have a place to live.	26 Give something away that will bless another person.	27 Tell someone a joke and share a laugh

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 28 What did the sermon spark within you today?	1 Say a prayer for each member of your family.	2 Read a psalm and reflect on it.	3 Recycle something. Say a prayer of thanks for God's creation.	4 Share a meal and conversation with a friend.	5 Write a letter to a friend who lives far away.	6 Read Mt 5: 9. What might you do for peace?
7 How did the music in today's service speak to you?	8 Say the 23 rd Psalm before breakfast.	9 Prayer for West Van United and give thanks for your church family.	10 Do something extra nice for someone in your family today.	11 Remember the Mission and Service Fund of the Church in your prayers today.	12 Pray for the leadership of our church.	13 Enjoy sometime outside in creation.
14 What surprised you today in church?	15 Make a donation to First United Mission or another outreach ministry.	16 Treat yourself to something special.	17 Read Mark 9: 37. How might you encourage a young one in the faith?	18 Take someone out for lunch as a surprise.	19 Try something new today that you've been afraid to do in the past.	20 Why not visit Lighthouse Park or walk along the seawall?
21 What encouraged you the most about worship today?	22 Read John 15: 12. Tell someone you love them today.	23 Without complaining do a chore around the house that you don't like to do.	24 Look around today and notice things to be thankful for.	25 Send a card to someone who is struggling and needs encouragement.	26 Make someone laugh today.	27 Invite someone new to church tomorrow.
28 What was Palm Sunday like when you were a child? What has changed in the church?	29 Ask someone you know to share what Jesus means to them.	30 Pray for members of our Canadian Forces.	31 Read Luke 11: 9. What do you need the most right now?	Apr 1 Pray for our Sunday School and youth program at the church.	Apr 2 Pray the Lord's Prayer Before Going to Sleep.	Apr 3 Take sometime in silence today To reflect on the meaning of Easter