

WEEKLY THEME	SUNDAY PRAYERS	MONDAY NOTICE	TUESDAY SHARE	WEDNESDAY RESPECT	THURSDAY GRATITUDE	FRIDAY RECIPROCITY	SATURDAY SELF-CARE
<div>LENT 2026</div> <div>Gratitude &amp; Reciprocity</div>			<div>Weekly Theme: Welcoming Lent</div> <div>Lent is an invitation to slow down, to stay present, and grow in faith. This week, we're going to take time to set our intentions for Lent.</div>	<div>Each week, we'll spend Wednesdays thinking about respect, or how we protect what we love and care about. Today, as we enter Lent, what ways do you want to protect your time/Lenten commitments this year?</div>	<div>Each week, we'll spend Thursdays giving thanks for the topic we're reflecting on for the week. Today we invite you to consider and give thanks for the season of Lent, for the opportunity to grow in faith over the next 40 days.</div>	<div>On Fridays we'll consider how we can give back as a way of saying 'thank you' for the blessings we've received in our focus area for the week. Consider how you can contribute/volunteer for the Lenten offerings in your community.</div>	<div>Saturdays will give a prompt with a way to give back to yourself or recharge your battery. Today, do something nice for yourself that you've been putting off. It can be as simple as going to bed early or as exciting as trying a new coffee shop.</div>
<div>Home</div> <div>This week we are going to consider the place we call home: how we are blessed by it and how we give back to it.</div>	<div>22</div> <div>Dear God, we give you thanks for the place we call home, for the shelter it provides, the space to relax, recharge, and reconnect that it offers us, and for all the gifts, challenges, and space that it provides. Amen.</div>	<div>23</div> <div>On Mondays, we invite you to pay attention to the theme for the week. What ways are you grateful for your home? What does it give you, what do you contribute to it? Jot down your thoughts about your home, take pictures, or simply reflect on it.</div>	<div>24</div> <div>On Tuesdays we consider the ways we can share the abundance we have with others. This week, we're looking at our home. Are there ways we can share our home - from hosting a gathering to setting up a bird feeder. What's one new way you can share your home?</div>	<div>25</div> <div>Today we are considering how we show respect for our home. From cleaning or decorating it to basic repairs, we are often taking care of our space. To show respect for our home, take some time today to tackle or plan a project you've been meaning to do at home.</div>	<div>26</div> <div>Today we invite you to give thanks for your home. Give thanks for what it gives you, for what it means to you, and for all of the good memories it contains.</div>	<div>27</div> <div>Today we're considering the ways our home has blessed us and finding a way for it to bless others. It can be as simple as inviting someone to Easter, or you could start a little free library, or join an advocacy event for the unhoused.</div>	<div>28</div> <div>Sometimes our homes become utilitarian and less sanctuary. Today, we invite you to renew an area that will offer you refreshment... create a reading nook, an area to work on arts/crafts/projects, or simply make up your bed in a fancy way that brings you joy.</div>
<div>Family</div> <div>Last week we gave thanks for our home, this week we're giving thanks for the people who fill it with life. We'll give thanks for people and pets who bring energy and joy to our space everyday or once in a while when they visit.</div>	<div>March</div> <div>1</div> <div>Dear God, we give you thanks for our family, pets, and friends who are like family to us. Thank you for the ways they offer empathy, love, and laughter. May we care for them with a love as big as Yours, this day and always. Amen.</div>	<div>2</div> <div>Today we invite you to notice all of the people (and pets) who are your family, either because they live with you or because they love you. What connects you that brings joy? What ways do you show love and care for each other?</div>	<div>3</div> <div>Today consider how you share with your family/pets/friends. What ways do you give of yourself and what ways do they contribute to your life and happiness? What ways do you receive and give from a place of abundance?</div>	<div>4</div> <div>Respect is one way we can show love to one another. Today we invite you to consider (and discuss) how you give and receive respect from those you love.</div>	<div>5</div> <div>Today we invite you to give thanks for your family (however you define it). Write a note of gratitude to someone you love, send a text of gratitude, or do something kind and unexpected for a member of your family.</div>	<div>6</div> <div>Today we invite you to consider ways you can give back to your family. Maybe make a special meal, offer to do a chore that you don't usually do, plan an activity you can connect with loved ones around, or simply share with them your gratitude for them.</div>	<div>7</div> <div>Today we want you to find a way to take care of yourself so you can continue to take care of those you love. This might mean asking for help or a break if you are a caregiver, or it could mean encouraging a break for a loved one by doing something fun together.</div>
<div>Neighborhood</div> <div>There's a song for children that introduces the people in their neighborhood, and a hymn that points out that the saints of God are all around us. This week, we're focused on our neighbors, known and unknown.</div>	<div>8</div> <div>Dear God, we pray for our neighbors, known and unknown. Those who are in need, those who are unseen, and those who make up our community of care. Continue to guide us to care for one another to be signs of your love and to see that all flourishing is mutual. Amen.</div>	<div>9</div> <div>Today we invite you to notice all of the people who are your neighbors, from the people living around you to the people forming your neighborhood and community. What ways do they make your community better? What ways might they need your support?</div>	<div>10</div> <div>Consider ways you can share with your neighbors. Do you have someone who could use help getting their lawn ready for Spring? Can you host a neighborhood egg hunt because there are a lot of kids? How can you share your gifts with your neighbors?</div>	<div>11</div> <div>Today we want to encourage you to find a way to show respect to the area where you live. Perhaps clean up the mail area if you live in an apartment, or pick up trash when you walk around the neighborhood.</div>	<div>12</div> <div>On Thursdays we give thanks, and today we want to encourage you to find a way to say thank you to your neighbors. Perhaps drop off a baked good to a neighbor you don't know well and introduce yourself. If a neighbor helps you, write a thank you note to them.</div>	<div>13</div> <div>Today we invite you to consider ways you can give back to your neighborhood. Is there a park you could host a clean-up day or plant flowers in? Is there something unsafe that you could contact the agency responsible for it to get it fixed?</div>	<div>14</div> <div>Neighborhoods come in all shapes and sizes, but many of us pick ours because we like something about the area. Take time today to enjoy your favorite part of your neighborhood.</div>
<div>Community</div> <div>Communities come in all shapes and sizes, this week, we're giving thanks for the city we live in. We may love our town or have a love-hate relationship with it-regardless we can always support and give thanks for it.</div>	<div>15</div> <div>Dear God, I give thanks for my community. For the things I love, and for the ways we need your presence to help us do better, may the people of this community come together to help those in need to have fun together and give thanks for this place we call home. Amen.</div>	<div>16</div> <div>Today notice all of the good that happens in your community. How do people take care of one another? What are the things that make your town unique? What ways is your community showing up and spreading good in the world?</div>	<div>17</div> <div>Sharing is a way to notice the abundance in our lives and to make sure that everyone has enough. Can you donate items to a shelter or share your gifts by volunteering? What can you share with others to make your community stronger?</div>	<div>18</div> <div>Today we want to encourage you to find a way to show respect to the community where you live. Share what you love most about your town on social media, write a letter to your local officials thanking them, or find a way to give back as a sign of respect.</div>	<div>19</div> <div>Today we're giving thanks for our community and the people in it. Make sure to say thank you to those around you when out and about and consider making a list of all of your favorite things about your city that you can give thanks for today.</div>	<div>20</div> <div>Consider today how you might give back to your community. Is there a community organization you are interested in supporting? Can you set up or join a community clean up day? Where you can connect abundance to need?</div>	<div>21</div> <div>Often we don't really take the time to enjoy things in our community unless someone comes from out of town. Today, we invite you to play tourist. Go have fun doing the things that make your city special.</div>
<div>Nature</div> <div>Nature is a great place to see how connected things are. From the way a plant dies and becomes compost for something new to grow to how some seeds germinate only when eaten, nature is dependent on working together.</div>	<div>22</div> <div>Dear God, today I give thanks for creation, for the ways it invites us to see how richly blessed we are, and the ways we can bless others. Thank you for the complexity and simplicity of nature and for the reminder that when we care for nature, we care for You. Amen.</div>	<div>23</div> <div>Pay attention to nature today. Look for signs of spring, new life, and renewal happening around you. Notice your houseplants and consider their part in your home and life. Notice the birds, bugs, and other animals you encounter today.</div>	<div>24</div> <div>Sharing with nature might feel like an odd thing to consider but regardless of where we live, we are a part of the environment around us. Consider ways you share your life with nature, from houseplants to composting, how are you taking time to care for nature around you?</div>	<div>25</div> <div>Showing respect to nature might be an easier task on the weekend, but we can respect nature by advocating for it in addition to caring for it in person. Today write a letter to your representatives about your favorite spot in nature and why it should be protected and cared for.</div>	<div>26</div> <div>Today we are giving thanks for nature. Consider and give thanks for all of your favorite spots outdoors, from places you visit all the time to places you dream of going to. Spend sometime sharing with a friend about favorite spots in nature.</div>	<div>27</div> <div>Consider today how you might give back to your community. Is there a community organization you are interested in supporting? Can you set up or join a community clean up day? Where you can connect abundance to need?</div>	<div>28</div> <div>Shinrin-yoku, or forest bathing, is the Japanese practice of immersing yourself in nature. Science shows that being fully present in nature can improve physical and mental health. Today, find time to try forest bathing.</div>
<div>Friends</div> <div>This week begins Holy Week, a time filled with stories of how Jesus was with his friends, and a reminder of how friendship is important to our mental and physical health.</div>	<div>29</div> <div>Dear God, thank you for my friends and for the ways they bless my life. Thank you for creating humanity in your image, so that when we find the comfort of friends, we also know your comfort. Thank you for loving us and for our friends to support us in this journey. Amen.</div>	<div>30</div> <div>Notice and consider your friends, from trusted confidants to someone new you hope you can become friends with. Consider all of the ways your friends enrich your life and the ways you enrich theirs.</div>	<div>31</div> <div>Take time today to share with a friend. It can be a cup of tea and a much needed time of connecting, a funny meme letting them know you're thinking of them, or a word of gratitude for their companionship. Find ways to share and connect with your friends today.</div>	<div>April</div> <div>1</div> <div>Today we have a funny connection between April Fools Day and the chance to reflect on showing respect to our friends. Respect is about trust, so we encourage you to trust that you know if your friend well enough to have fun or pass on the holiday.</div>	<div>2</div> <div>Give thanks for your friends and be sure to let them know you are thankful for them. Send them a text, post about your gratitude on social media, or make a gift in their honor.</div>	<div>3</div> <div>Part of what makes friends so important is knowing they will be there for us when we need them, and that we'll show up for them too. Check in on friends in need today if you have the capacity to do so, but if you don't, reach out to one of them for support.</div>	<div>4</div> <div>We've made it to the end of Lent. Tomorrow comes with the promise of resurrection and new life. Reflect on your Lenten journey, what new habits or focus will you take with you? What ways will you continue to give thanks and give back to the world around you?</div>