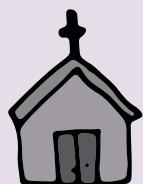


Lent 2021

SUNDAY



JOIN US
FOR
WORSHIP
AND
SUNDAY
SCHOOL!

21

MINDFULNESS MONDAY

Take 5 -10 minutes to do a body scan from your toes to your nose with deep breathing to listen to what your body is telling you.

MONDAY

22

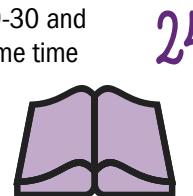
Write a note to someone you haven't spoken to in a while to let them know you are thinking of them.



TUESDAY

23

Read Genesis 1:29-30 and John 3:16. Take some time to reflect on all of God's gifts around you.



WEDNESDAY

ASH WEDNESDAY 17

- Talk about Lent.
- Attend an Ash Wednesday service online.
- Write down what you will give up or take on this Lent.

FEBRUARY

THURSDAY

Create a Lenten Prayer Station in your home. Include a candle, a cross, and a swatch of purple cloth. Use this as a place to pray each day.



18

Draw a flower vase and put in one flower to help you remember the things for which you are grateful this week.



FRIDAY

Serve our homeless neighbors today. Make bags with extra socks, a snack, and a small bottle of water to share with someone you meet.



19

20

Do a kind deed for someone today.

27

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AND
SUNDAY
SCHOOL!



28

MINDFULNESS MONDAY

Take 5 -10 minutes to do a body scan from your toes to your nose with deep breathing to listen to what your body is telling you.

MARCH

1

Revisit Sunday's worship recording, invite members of your family to explain the Gospel and the homily in their own words.



2



Reflect on a relationship with someone who has hurt you and journal about forgiveness.

3

Say a prayer of thanksgiving for someone who has impacted your life.



4

Draw a flower vase and put in one flower to help you remember the things for which you are grateful this week.



5

The Bible tells us we were created in the image of a giving God. List some ways you share what you have been given with others.

6



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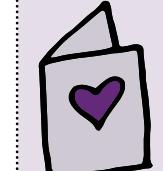


7

MINDFULNESS MONDAY

Take 5 -10 minutes to do a body scan from your toes to your nose with deep breathing to listen to what your body is telling you.

8



Write a note to someone you haven't spoken to in a while to let them know you are thinking of them.

9

Say a prayer for someone you know who may be sad or sick.



10

Have a special meal at home or order take-out to celebrate the half-way point through Lent.



11

Draw a new flower for your vase from last week to help you remember the things for which you are grateful this week.



12

With your family, read the devotion from WWW.DOFATHATHOME.ORG and reflect together through journaling, questions, and art.

13

JOIN US
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AND
SUNDAY
SCHOOL!



14

MINDFULNESS MONDAY

Take 5 -10 minutes to do a body scan from your toes to your nose with deep breathing to listen to what your body is telling you.

15

Today, **FAST** from something that hinders you from connecting with those you love, i.e. social media, video games, Netflix, etc.

16



ST. PATRICK'S DAY
In St. Patrick's honor, light a candle and pray for missionaries in foreign lands.

17

Practice patience with each other. Draw a picture of a time you weren't patient with someone in your family and talk to them about how you could have made it better.



18

Draw a flower vase and put in one flower to help you remember the things for which you are grateful this week.



19

It's the first day of Spring! Take a family walk or find another way to be in nature and look for signs of new life.

20



JOIN US
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SCHOOL!

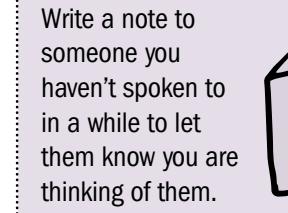


21

MINDFULNESS MONDAY

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22



Write a note to someone you haven't spoken to in a while to let them know you are thinking of them.

23

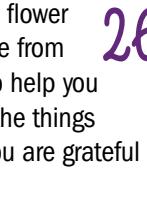
Share a video/post of something you miss about your spiritual home (younger children can draw a picture).

24

Listen to a piece of instrumental music and journal about the feelings that it raised.

25

Draw a new flower for your vase from last week to help you remember the things for which you are grateful this week.



26

Serve the neighbors around you today. Take a walk around your neighborhood and pick up any trash you see.

27



PALM SUNDAY
Join a worship service and remember Jesus' entry into Jerusalem.



28

MINDFULNESS MONDAY

Take 5 -10 minutes to do a body scan from your toes to your nose with deep breathing to listen to what your body is telling you.

29



Send a text/note to a family member you have not seen in person to tell them you miss them and love them.

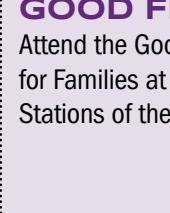
30

Think of a time you gave a gift. Write down three words that describe the way it made you feel.

31

MAUNDY THURSDAY
Prepare a meal as a family and eat together, remembering Jesus' last supper.

1



GOOD FRIDAY
Attend the Good Friday Service for Families at 10:00 am or Stations of the Cross at 2:30 pm.

2

In the shadow of Good Friday, spend some time walking in darkness and silence (before Sunrise or after Sunset) as you listen for God's whisper.

3



EASTER SUNDAY
Join us for worship and unbury your Alleluia!



4

Prepare - Pray - Practice

If you would like more ways to plug into your Spiritual Home this Lent, contact Lindsay Masi, Director of Children, Youth and Family Ministry, at masiL@christchurchcharlotte.org.



Christ Church Charlotte

CHRIST EPISCOPAL CHURCH

www.christchurchcharlotte.org/lent

CHRIST CHURCH 2021

We hope this calendar will help you
and your family to be more aware
of the ways we can see Jesus and act
like Jesus as we live our lives
during this season of Lent.



BURY THE ALLELUIA

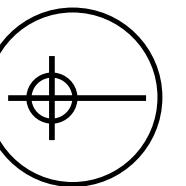
During Lent, we refrain from using the word, "Alleluia," because Lent is a penitential season in the church. Instead, we focus on penitence and contemplation. We will say our last alleluias before Ash Wednesday.

To help our children remember, we encourage families to decorate an alleluia banner with as many colors and decorations as you like. Then, find a place in your home to "bury" it until Easter morning. On Easter morning, participate with us in our digital Discovery Service, when we will invite everyone to unbury their alleluias!

SUPPLIES NEEDED

paper for your banner
markers or crayons

large object to help hide your banner until Easter



Christ Church Charlotte
CHRIST EPISCOPAL CHURCH

1412 Providence Road
Charlotte, NC 28207

Family
Lenten
calendar

