

the season of lent:
some helps

1.a simple calendar

2.a photo/word a day

3.a prayer for ash
wednesday

4.also

march: lent begins

2025

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5. word: dust Ash Wednesday service at 7:30pm	6 grow	7 tumble	8 friend
9 peace <i>Psalm 8: Praying for creation</i>	10 soil	11 water	12 air	13 transform	14 pray *worm moon	15 rock
16 rainbow <i>Psalm 23: Praying in the Valley of the Shadow</i>	17 create	18 release	19 fly	20 butterfly first day of spring!	21 earth	22 towel
23 sunshine <i>Psalm 97 (CEB): Praying for Justice</i>	24 rest	25 neighbor	26 candle	27 thrive	28 rain	29 wait *new moon

april: lent into easter

SUN	MON	TUE	WED	THU	FRI	SAT
30 human <i>Psalm 46: Praying for Refuge</i>	31 cloud	1 family	2 free	3 light	4 journey	5 flower
6 wonder <i>Psalm 95: 1-7 Music as prayer</i>	7 Jesus	8 sing	9 listen	10 still	11 root	12 mountain Easter Eggstravaganza!
13 spirit <i>Psalm 24: Praying for Jesus *pink moon</i>	14 beauty	15 tree	16 thankful	17 bread Walk with Jesus 5:30pm	18 shadow Good Friday	19 word: silence
20 resurrection Easter! He is risen!						

a photo/word a day

*Attention is the beginning of devotion.
Mary Oliver*

*Prayer is a staple of our spiritual lives:
hearing prayers, reading them,
saying them, feeling them.
During Lent we make an extra effort to
return to or strengthen that practice.*

*This year we invite you to take or make a picture
that relates to the word of the day
(the one in each box or another word your heart calls out),
look deeply, look from unusual angles,
look at the light,
at the extraordinary, at the mundane.
Pay attention.*

*This can be done collectively or as individuals,
but do take the time to talk about your subject.
It is about the time and attention spent,
not about any final outcome or product or epiphany.*

Ash Wednesday

*We are made of stories and stardust.
We tell the stories of . . . people of faith
who have worked for love, justice, and compassion,
to inspire us, to make us bold,
and connect us to each other
and the Love that makes us one."*

from Holy Troublemakers and Unconventional Saints by Daneen Akers

A challenging day for grown-ups as well as for children, Ash Wednesday can crack our grief open at the same time it can reorient us to looking at our lives and how we live them, begging the question: what will we do with our one wild and precious life? (a nod to Mary Oliver's A Summer's Day).

Your grief, your tears and your anger (an oft ignored but essential part of our grieving) are all safe in the sanctuary of our church. I encourage grown-ups to attend the service at UCCN that night; bring your children if you think it is appropriate and if you do, be ready for the sometimes difficult conversations that can ensue. Also be ready for your child to get in the car and ask if they can get an ice cream. As Maria taught us, there is no wrong response to facing mortality.

For those for whom this may all be too much, sitting in candlelight together and reading this prayer can be a simple and beautiful way to mark the day. Make space for questions and wonderings: who inspires us? Who gives us courage? When was a time you were bold? When was a time you fostered connection? Close your time in prayer-your own, the children's, the Lord's prayer, the 23rd Psalm, silence-whatever speaks to your heart and the needs of your family.

Also

Small acts of kindness are radical acts of defiance.
Vivek Murthy

1. In three things for families, there will be additional weekly resources and suggestions.

2. I would love to see your pics/drawings.

Please share any time via text

(508-934-9784) or email (children@uccnorwell.org).

It is so important for us see things from other peoples' perspectives, and I'd love to put together a simple weekly slideshow of what we all are seeing.

3. Please mark your calendars for Maundy Thursday. We will be having a program like last year where we walk through the events of the night before Jesus' death as a group.

Reach out with questions or concerns.

4. Add your own color & design to these calendars, maybe daily, maybe on a quiet day. Whenever the spirit moves you.

5. Looking for more? This book is an incredible resource: Faithful Families For Lent, Easter & Resurrection by Traci Smith