

# LENT, February 14 - March 31

Lent is the season in the church, consisting of 40 days, (excluding Sundays) leading up to Easter, beginning with Ash Wednesday and ending with Holy Saturday. It is traditionally a time of prayer, self-examination, and reflection, fasting and service. The forty days represents the time Jesus spent in the wilderness before the crucifixion.

Prepare your minds for action; discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed. Like obedient children, do not be conformed to the desires that you formerly had in ignorance. Instead, as he who called you is holy, be holy yourselves in all your conduct, for it is written, "You shall be holy, for I am holy."  
1 Peter 1: 13-16, NRSV

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
			<b>February 14</b> 15 attend Ash Wednesday Service at 12:30 or 6:30	15 pray for each person on the church's prayer list	<b>16</b> register for <i>Emotionally Healthy Spirituality</i> <a href="http://chambleeumc.org/study-EHS">chambleeumc.org/study-EHS</a>	<b>17</b> fill up a bird feeder or make one by hand
<b>18</b> 1st Sunday of Lent attend SS and Worship at new times	<b>19</b> say "thanks" to a store clerk, server, or delivery person	<b>20</b> pray for family member(s) for 5 minutes	<b>21</b> donate toys or books to Assistance League of Atlanta	<b>22</b> Send 2 cards to someone who is sick or struggling	<b>23</b> re-invite someone who hasn't been to church in awhile	<b>24</b> pick up trash on your street or a nearby park
<b>25</b> 2nd Sunday of Lent stay for Scout Spaghetti Lunch after worship	<b>26</b> volunteer to sort historical documents at the church	<b>27</b> forgive someone who has wronged you	<b>28</b> help prep for Backpack Buddies <a href="http://tinyurl.com/BackpackBuddies">tinyurl.com/BackpackBuddies</a> Signup	<b>29</b> Leap Day! Do something fun. Play!	<b>March 1</b> send a thank you note to a teacher, church staff, or caregiver	<b>2</b> donate a bag of dog or cat food to a local animal shelter
<b>3</b> 3rd Sunday of Lent visit a 9:30 class; stay for 10:45 worship	<b>4</b> call someone who was not at church & tell them they were missed	<b>5</b> give away clothes you no longer wear to St. Vincent de Paul	<b>6</b> help prep for Backpack Buddies <a href="http://tinyurl.com/BackpackBuddies">tinyurl.com/BackpackBuddies</a> Signup	<b>7</b> FAST from electronics	<b>8</b> make a list of the blessings you have received in life.	<b>9</b> signup or donate to the ATL Community Food Bank Hunger Walk <a href="http://acfb.org">acfb.org</a>
<b>10</b> 4th Sunday of Lent visit a <i>different</i> 9:30 class; stay for 10:45 worship	<b>11</b> send 5 cards to soldiers at <a href="http://woundedsoldierproject.org">woundedsoldierproject.org</a>	<b>12</b> donate or help w/ Elizabeth Foundation meal <a href="mailto:becky@beckyveal.com">becky@beckyveal.com</a>	<b>13</b> help prep for Backpack Buddies <a href="http://tinyurl.com/BackpackBuddies">tinyurl.com/BackpackBuddies</a> Signup	<b>14</b> donate old eye/sun glasses and hearing aids <a href="http://lionslighthouse.org">lionslighthouse.org</a>	<b>15</b> volunteer to help at a city cleanup event <a href="http://keepchambleebeautiful.org">keepchambleebeautiful.org</a>	<b>16</b> in honor of St. Pat's Day <i>tomorrow</i> , plant something green <i>today</i>
<b>17</b> 5th Sunday of Lent after SS and worship, enjoy a nature walk on CFUMC campus	<b>18</b> ask God to help you reconcile a broken relationship	<b>19</b> pick up and fill eggs for the Egg Hunt on Saturday	<b>20</b> help prep for Backpack Buddies <a href="http://tinyurl.com/BackpackBuddies">tinyurl.com/BackpackBuddies</a> Signup	<b>21</b> make cookies and deliver to your local Police or Fire Station	<b>22</b> contact our Homebound members <a href="mailto:iking@chambleeumc.org">iking@chambleeumc.org</a>	<b>23</b> take a potted plant or cut flowers to an older neighbor
<b>24</b> 6th Sunday of Lent attend Palm Sunday Service w/Children's Processional	<b>25</b> clean up your room without being asked	<b>26</b> take non-perishables to Malachi's Storehouse b/w 4 & 6 pm	<b>27</b> give blood at LifeSouth or Atlanta Blood Bank	<b>28</b> read the Passion Story Mathew 26:15-27, Mark 14:12-15, Luke 22:7-23, and John 13:1-19:42	<b>29</b> attend Good Friday service 6pm	<b>30</b> go thrifting at Assistance League of ATL or St. Vincent de Paul

**31**  
Christ Is Risen!  
Easter Services  
9am & 10:45

### Lenten Sermon Series

- Feb 18 Listen to Him
- Feb 25 How Much More?
- Mar 3 Is There Room for Me?
- Mar 10 Priceless Pursuit
- Mar 17 Holy Risk Taking
- Mar 24 Do You See It?



LISTEN  
TO  
HIM

**GPS:** As a follow-up to Sunday worship, Rev. Chung encourages you to read a verse each day. This sacred time of meditation, especially during the season of Lent, invites us to slow down, express gratitude, and contemplate the word of God.  
[chambleeumc.org/grow-pray-study](http://chambleeumc.org/grow-pray-study)