

UCC WESTERLY'S LENTEN DEVOTIONAL GUIDE 2021

Ash Wednesday, February 17 through Easter Sunday, April 4

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Feb. 14				Participate in Ash Wednesday Service – see instructions for making your own ashes in Ash Wednesday Worship Resource	Make contact with someone else just to say hi! Texts, phone calls, emails, note or card.	Fast today from something you love to eat or drink. Put a quarter in a jar every time you think about it!	Do something physical today! Outside is best, weather permitting.
2 Feb. 21	Participate in worship using Resource & Bible Reading. Make a few notes on the sermon.	Read the scripture text again with paper and a pen close by. Then write down the key points you remember. Look at the text again to see how accurate you are.	Read through the Worship Resource and the text again. Write a prayer of your own in response to what you read.	Write down a question or two that you have been pondering about the theme for the week. Join Rev. Ruth's Zoom discussion to ask them. <i>Remember to register before!</i>	Do something nice for someone else. Bake cookies for a loved one; take the dog for an extra walk; do a chore for someone else that you know is not their favorite.	Fast today from social media or the telephone. Put a quarter in a jar every time you think about it!	Do something physical today! Outside is best, weather permitting.
3 Feb. 28	Participate in worship using Resource & Bible Reading. Make a few notes on the sermon.	Read the scripture text again with paper and a pen close by. Jot down the key points you remember. Look at the text again to see how accurate you are.	Read through the Worship Resource and the text again. Write a prayer of your own in response to what you read.	Write down a question or two that you have about the theme for the week. Join Rev. Ruth's Zoom discussion to ask them.	Reach out and talk with someone from church who is involved in something that you are curious about – A Deacon, the Pollinator Garden, a choir member, etc.	Fast today from anything with sugar or a sweetener in it. Put a quarter in a jar every time you think about it!	Do something physical today! Outside is best, weather permitting.
4 March 7	Participate in worship using Resource & Bible Reading.	Read the scripture text again with paper and a pen close by. Jot down the key points you remember. Look at	Read through the Worship Resource and the text again. Write a prayer of your own in	Write down a question or two that you have been pondering about the theme for the week. Join	Get a copy of the Church Directory and identify some people to call just to say hi.	Fast today from television or streaming on your computer. Put a quarter in a jar every time	Do something physical today! Outside is best, weather permitting.

	Make a few notes on the sermon.	the text again to see how accurate you are.	response to what you read.	Rev. Ruth's Zoom discussion to ask them.		you think about it!	
5 March 14	Participate in worship using Resource & Bible Reading. Make a few notes on the sermon.	Read the scripture text again with paper and a pen close by. Jot down the key points you remember. Look at the text again to see how accurate you are.	Read through the Worship Resource and the text again. Write a prayer of your own in response to what you read.	Write down a question or two that you have been pondering about the theme for the week. Join Rev. Ruth's Zoom discussion to ask them.	On a piece of paper, write down 3-5 skills you know you have. Now figure out how to use one of them to help someone else.	Fast today from crankiness. Put a quarter in a jar every time you slip up!	Do something physical today! Outside is best, weather permitting.
6 March 21	Participate in worship using Resource & Bible Reading. Make a few notes on the sermon.	Read the scripture text again with paper and a pen close by. Jot down the key points you remember. Look at the text again to see how accurate you are.	Read through the Worship Resource and the text again. Write a prayer of your own in response to what you read.	Write down a question or two that you have been pondering about the theme for the week. Join Rev. Ruth's Zoom discussion to ask them.	Contact someone from Missions, Deacons, Trustees or the Pollinator Crew and see if there are any projects needing volunteers. Then volunteer!	Fast today from unkind thoughts about yourself. Put a quarter in a jar every time you criticize yourself.	Do something physical today! Outside is best, weather permitting.
7 March 28	PALM SUNDAY Participate in worship using Resource & Bible Readings.	Read through two of the Passion accounts in the Gospels. How are they alike and different? Matt. 26:17-27:66 Mark 14:1 – 15:37	Read through two more of the Passion accounts in the Gospels. How are they alike and different? Luke 22:7-23:56 John 18:1-19:42	Write down a question or two that you have been pondering about the theme for the week. Join Rev. Ruth's Zoom discussion to ask them.	Maundy Thursday Plan to participate in the Maundy Thursday Service on FBL. Invite someone else to watch with you.	GOOD FRIDAY Invest 20 minutes in the Vigil at the labyrinth at church. <i>Tally your quarters; donate it to the Deacons Fund!</i>	Do something physical today! Outside is best, weather permitting.
8 April 4	EASTER SUNDAY						