

2016 Lent Experiential Calendar

FPC (Fernandina Beach) and St Matt's (Perth)

		Feb 10-14	Feb 15-21	Feb 22-28	Feb 29 - March 6
Monday	<i>Mondays encourage you to think about your consumption.</i>		Limit your sugar intake (use as little as possible)	Limit your screen time (use only when necessary)	Limit your heat/ac (change your thermostat slightly in house/car)
Tuesday	<i>Tuesdays encourage generosity and gratefulness.</i>		Give food to someone	Thank as many people as you can today. For everything.	Give money away (to a person or charity or just leave in a public place)
Wednesday	<i>Wednesdays encourage fasting. We intentionally abstain from something</i>	Ash Wednesday: Have an ash cross put on your forehead	Fast from cursing, raising your voice and negative language	Fast during breakfast and lunch (instead of eating, say a prayer of thanks)	Fast from music
Thursday	<i>Thursdays encourage action, whimsy, curiosity, an appreciation for life.</i>	Put a message on the steps of your house/work (chalk, tape, etc)	See how long you can hold your breath. (Be careful!)	Dance to a song you know every word to	Take a picture from a unique angle of something you see everyday
Friday	<i>Fridays encourage prayer and contemplation.</i>	Think of the simplest prayer you know. Say it a couple times today.	Reflect on your life. Come up with at least 3 things you are proud of.	Light a candle	Read a passage from scripture very slowly. Twice.
Saturday	<i>Saturdays encourage fellowship and the common table.</i>	Eat a meal with family or friends	Eat a meal with family or friends	Eat a meal with family or friends	Eat a meal with family or friends
Sunday	<i>Sundays are gathering times. We journey together.</i>	Ask someone older than you to tell you a favorite childhood memory	Plant or create something.	Pick up someone else's trash	Hide something for someone to find

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	March 7-13	March 14-20	March 21-27		
Monday	Limit your sitting (stand or move as much as possible)	Limit your water use	Limit talking about yourself		<i>Ash Wednesday services at Noon and 5:30pm, Feb 10</i>
Tuesday	Give a coffee or meal (or pay for the person behind you at the drive thru)	Give thanks every time you throw something away	Write down 5 nice things that others have done for you in your life		<i>Lenten Services Wednesdays at Noon</i>
Wednesday	Fast from social media (Facebook, Twitter, Instagram, Snapchat, etc.)	Fast from stimulants (caffeine, alcohol, etc.)	Fast from meat		<i>Sunday Morning Worship at 8:30 and 11:00</i>
Thursday	Smell at least one flower.	Try to balance a spoon on different things.	Maundy Thursday: Wash someone's feet	<i>Maundy Thursday Service 7PM, March 24</i>	
Friday	Count at least 50 breaths	Spend 10 minutes sitting still	Good Friday: Spend 10 minutes in silence remembering Jesus' death		
Saturday	Eat a meal with family or friends	Eat a meal with family or friends	Holy Saturday: Do something that connects you with your community	<i>Community Easter Celebration 10am-1pm</i>	
Sunday	Do something you love to do	Place a bowl of water in your house. Touch the water whenever you pass it	EASTER!!! Celebrate. He is risen indeed.	<i>Community Easter Sunrise Service followed by Pancake Breakfast</i>	<i>Please share this calendar with anyone.</i>

We would love to hear from you. If you're in FL or Scotland or wherever, we're in this together. Pictures, thoughts, suggestions.
#ExperienceLent



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