

# 40 ideas for keeping a holy Lent

## The Anglican Parish of Huntley

Don't feel you have to do all of these or in this order.

Add or replace one if you wish!

Check out our other Lent Ideas at [www.huntleyparish.com](http://www.huntleyparish.com)

Day 1: Write down 5 things you love about the community you live in

Day 2: Watch this Lenten Prayer video: <https://vimeo.com/152765598>

Day 3: Don't turn on the car radio, bask in the silence

Day 4: Give \$20 to a non-profit of your choosing

**(Lent 1 ~ Sunday ~ Lent practices don't happen on our Celebration Day)**

Day 5: Take 5 minutes of silence at noon

Day 6: Reflect on this poem by Mary Oliver:

*Praying*

*It doesn't have to be the blue iris, it could be weeds in a vacant lot,  
or a few small stones; just pay attention, then patch*

*a few words together and don't try to make them elaborate, this isn't  
a contest but the doorway into thanks, and a silence in which another voice may speak."*

Day 7: Go to the library sometime this week

Day 8: Pray for the staff and customers of Alice's Café

Day 9: Do someone else's chore

Day 10: Buy a few \$5 Tim Horton's Gift Cards and drop them off at the church (Pastor Monique will be using them for a Lenten project we are doing on April 2nd)

**(Lent 2 ~ Sunday ~ Lent practices don't happen on our Celebration Day)**

Day 11: Call an old friend

Day 12: Pray the Paper (pray for people and situations in today's news)

Day 13: Read the readings that we will read this Sunday at church [Exodus 17:1-7](#) • [Psalm 95](#) • [Romans 5:1-11](#) • [John 4:5-42](#)

Day 14: Pay a few sincere compliments

Day 15: Pray for the West Carleton Food Access Centre

Day 16: Educate yourself about the Anglican Church of Canada's Council of the North (<http://www.anglican.ca/cn/>)

**(Lent 3 ~ Sunday ~ Lent practices don't happen on our Celebration Day)**

Day 17: Forgive someone

Day 18: Internet diet ~ No Facebook or Internet

Day 19: Ask yourself how your household is doing with its recycling and composting ~ change if necessary!

Day 20: Read and Reflect: *The soul is like a wild animal - tough, resilient, savvy, self-sufficient, and yet exceedingly shy. If we want to see a wild animal, the last thing we should do is to go crashing through the woods, shouting for the creature to come out. But if we are willing to walk quietly into the woods and sit silently for an hour or two at the base of a tree, the creature we are waiting for may well emerge, and out of the corner of an eye we will catch a glimpse of the precious wildness we seek.* - Parker Palmer from "[Let Your Life Speak](#)"

Day 21: Introduce yourself to a neighbour

Day 22: Tell someone what you are grateful for (post it on the Huntley Facebook page!)  
**(Lent 4 ~ Sunday ~ Lent practices don't happen on our Celebration Day)**

Day 23: Light a candle and sit with it a bit

Day 24: Read the readings for this coming Sunday: [Ezekiel 37:1-14](#) • [Psalm 130](#) • [Romans 8:6-11](#) • [John 11:1-45](#)

Day 25: Bake a cake or something else to give to a neighbour

Day 26: No shopping day

Day 27: Search through the National Church website (<http://www.anglican.ca>) and find out something about the National Church you did not know before.

Day 28: Take a nap and give thanks to God for the gift of rest

**(Lent 5 ~ Sunday ~ Lent practices don't happen on our Celebration Day)**

Day 29: Write a thank you note and mail to someone who's blessed you in your life

Day 30: Pay it Forward... buy a coffee for someone at Alice's or Tim Horton's by paying for the person behind you in line

Day 31: Pray for one of the Parish churches that you don't normally attend

Day 32: Donate school snacks and/or school supplies to the West Carleton Food Access Centre (you can leave supplies in the cupboard at the Parish Hall)

Day 33: Read John 8:1-11 <http://bible.oremus.org>

Day 34: Worship at a friend's mosque, synogogue or church and look for the beauty  
**(Palm Sunday ~ Lent practices don't happen on our Celebration Day)**

Day 35: Pray for our neighbouring churches

Day 36: No sugar day – where else is there sweetness in your life?

Day 37: Eat chocolate today but make it Fair Trade... challenge yourself to find fairly made chocolate

Day 38: Talk a Walk in a neighbourhood and pray for the people in the homes you pass

Day 39: Pray for peace

Day 40: Decide which of these exercises you'll keep for good