

LENT: COUNT YOUR BLESSINGS CALENDAR

As the year turns the corner to Spring and Easter, we see God’s creations in all their beauty and feel the inspiration of our shared faith. To help you embrace this glorious season, here are prompts of gratitude for you to use to count your blessings during Lent. This year, we will use the gathering from our Blessings Jar to aid in Ukrainian relief efforts through the UCC Mission & Service Fund.

Notes: Where the prompt says a coin, feel free to put any amount you feel represents how you feel about that blessing. You may place any coin [nickel, dime, quarter, loonie, toonie] or bill for the item each day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
			<p>22 Ash Wednesday</p> <p>Put in a coin if you agree that working together with other United Churches to do God’s work is a blessing. The United Church of Canada does this through our Mission and Service givings.</p>	<p>23 Prayer</p> <p>Pray today for the members and work of your faith community. Put in a coin in gratitude for your faith community.</p>	<p>24 Family</p> <p>“God bless Mummy” we learned in our childhood prayers. Our families have grown to include others in our families of the heart. Put in a coin for each member of your “family”, however you count them.</p>	<p>25 Spiritual Friendship</p> <p>Many of us were introduced to LVUC through a friend. Count your spiritual friends at LVUC and put a coin in your jar in gratitude for each one.</p>	
<p>26 Working for Reconciliation</p> <p>We are privileged to live on the traditional lands of First Nations people. Make a deposit to reflect your gratitude.</p>	<p>27 Keeping Warm & Dry</p> <p>We are blessed to be able to keep warm and dry. Do you feel blessed when you put on your coat? Or your boots? Put in a coin, for each.</p>	<p>28 Transportation</p> <p>Being able to move around freely is a blessing. Put in a coin for each vehicle, wheelchair, Skateboard, bicycle, scooter, or roller blades in your household.</p>	<p>1 Privacy</p> <p>Do you have a place that you can go to be by yourself?</p> <p>Put in a coin to acknowledge this gift.</p>	<p>2 Mentorship</p> <p>Remember people in your life who have helped you through life’s challenges.</p> <p>Add a coin for each.</p>	<p>3 Natural Beauty</p> <p>We live in an amazing part of the world. Look out your window. Take in the beauty you see, trees, mountains, water, sky.</p> <p>Put in a coin for each special vista.</p>	<p>4 Comfort</p> <p>Put in a coin for every pet or stuffed animal or doll in your household.</p>	
<p>5 Surplus</p> <p>Put in a coin if you have more stuff than you need. You can follow up by taking excess stuff to a charity or thrift store.</p>	<p>6 Connection</p> <p>Is there someone in your faith community that you work with to make a difference in the world?</p> <p>Put in a coin for each such relationship.</p>	<p>7 Local Community</p> <p>Put in a coin in gratitude for each facility you use.</p>	<p>8 Education</p> <p>Put in a coin for every year of secondary or post-secondary education you have completed.</p>	<p>9 Knowledge</p> <p>How do you learn new things? Books? Courses or study groups? Seeking out knowledge online?</p> <p>Put in a coin for each way you use.</p>	<p>10 Communication</p> <p>How do you communicate with others who are not present? By telephone? Email? Texting? Social media? Put in a coin for each such means.</p>	<p>11 Access to Health Services</p> <p>Gone to the doctor or dentist, called an ambulance, or visited the hospital recently? Put in a coin for each occasion.</p>	

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<p>12</p> <p>Democracy and the Rule of Law</p> <p>It may seem to be under attack at times and certainly less than perfect but consider the alternatives and give thanks with your coins.</p>	<p>13</p> <p>Work Satisfaction</p> <p>Our paid and volunteer work can be a source of frustration and a source of satisfaction. Put in a coin for each moment in the last week that stands out where you felt satisfied you had done well, or perhaps done good?</p>	<p>14</p> <p>Wisdom</p> <p>Think of an example of how your faith journey has helped you increase in wisdom. Deposit a coin.</p>	<p>15</p> <p>Children</p> <p>Despite crises and difficulties, we can work together to raise our children to the glory of God. Give thanks and put in a coin for every child in your life.</p>	<p>16</p> <p>Transportation Services</p> <p>Do you take the bus? Put in a coin in gratitude for this public service.</p>	<p>17</p> <p>Clean Water</p> <p>Put in a coin in gratitude for access in your home to clean water.</p>	<p>18</p> <p>Caring for Others</p> <p>Think of those for whom you get to provide physical or emotional or financial support. Put in a coin for each such relationship.</p>	
<p>19</p> <p>Recreation</p> <p>Have you been to a ski hill, park, golf course or recreation facility? Put in a coin for each type of recreation you participate in.</p>	<p>20</p> <p>Treats</p> <p>What is your favourite snack? Chips? Chocolate? Jelly? Put in a coin for each one you have on hand.</p>	<p>21</p> <p>Civility</p> <p>How many times this past week do you recall a stranger doing you a small kindness? Put in a coin for each.</p>	<p>22</p> <p>Strength through Faith Community</p> <p>Philippians 4:13 says, "I can do all things through Christ who strengthens me." Put in a coin for the strength you find as a result of your connection at LVUC.</p>	<p>23</p> <p>Comfort</p> <p>Don't you just love tucking yourself into a warm and comfy bed each night? Put in a coin in gratitude.</p>	<p>24</p> <p>Hygiene</p> <p>Put in a coin in gratitude for having bathroom facilities.</p>	<p>25</p> <p>Entertainment</p> <p>Do you have a TV or radio in your home, or a computer that you use for recreation? Put in a coin for each.</p>	
<p>26</p> <p>Electricity</p> <p>Put in a coin in gratitude for the benefits of electric light, heat, power.</p>	<p>27</p> <p>Fun At Home</p> <p>Do you enjoy games: board games, jigsaw puzzles, video games, cards or online games? Put in a coin for each of your favourites.</p>	<p>28</p> <p>Family Values</p> <p>LVUC promotes inclusive values and the ethics of love. Put a coin in your Blessings Jar for each family value you treasure most.</p>	<p>29</p> <p>New Friends</p> <p>Put in a coin for every new person you have met in the past year that is developing into a new friendship.</p>	<p>30</p> <p>Spiritual Leaders</p> <p>Nurturing a community of faith is a special gift. Give thanks for those whom God has called into service at LVUC. A coin for each person whose leadership has brought you closer to God.</p>	<p>31</p> <p>Good Memories</p> <p>Do you take pictures to help you remember happy times? Put in a coin. Do you display some so you can see them? Put in a coin. Do you share them with others? Put in a coin.</p>	<p>1</p> <p>Music</p> <p>Do you have musical instruments? Do you have a means to listen to music at will? Give thanks for musical gifts with a coin for each.</p>	



Please return your donations on the Sunday after Easter. You can bring a cheque to church on Sunday or mail it to Lynn Valley United Church at 3201 Mountain Highway, North Vancouver, V7K 2H4, specifying Lenten Blessings Appeal on the memo line. Or make your donation online at www.lynnvalleychurch.com



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Holy Week: April 2 to April 9.

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<p>2</p> <p>Palm Sunday</p> <p>Do you have works of art in your home? Give a coin in gratitude for creativity for each one you love.</p>	<p>3</p> <p>Fresh Air</p> <p>How many days a week are you out of doors? A coin for each.</p>	<p>4</p> <p>Food Security</p> <p>Do you have enough to eat? Give a coin. Can you access groceries within 15 minutes of your home? Give a coin.</p>	<p>5</p> <p>The Body</p> <p>What practices do you follow that honour the gift from God that is your body? A coin for each regular practice.</p>	<p>6</p> <p>Natural Beauty</p> <p>Go for a walk and when you get home, see how many things you can remember that were in bloom. Add a coin for each bird species that you notice.</p>	<p>7</p> <p>Good Friday</p> <p>10:30am Good Friday Service at LVUC.</p> <p>Jesus Christ Superstar sing-along at LVUC in the evening.</p>	<p>8</p> <p>Holy Saturday</p> <p>Have you lost a dear friend unexpectedly? Put a coin in to remember reach special person who was taken away before their time..</p>	
<p>9</p> <p>Easter Sunday</p> <p>10:30am Easter Sunday Service at LVUC.</p>							