

March 1 2026 The second Sunday of Lent

**Theme;** The season of Lent; Planting seeds of love .

**Object;** Bible, a broom, and a flower pot with a heart flowers, small hand shovel. Other cleaning items.

**Scripture;** Praise be to God and the Father of our Lord Jesus Christ, who has blessed us, in the heavenly realms, with every spiritual blessing. **Ephesians 1:3**



This week was the beginning of a very important season in our church year- the season of Lent. Do you remember how long Lent lasts? That's right, Lent is the 40 days before Palm Sunday which leads right in to Holy Week and Easter Sunday. The word "Lent" comes from another word "Lente" which means springtime. That makes sense...since Lent and Easter always happen during springtime.

As I was thinking about Lent and springtime, I realized that many of the things I like to do in the springtime are similar to the kinds of things you and I can and should do during Lent as we prepare for Easter. Let me explain. In the springtime, I like to **OPEN UP**. I put these screens in my windows so I can open up my windows and let fresh spring air fill my home.

For Lent, a great thing to do is **OPEN UP** our Bibles and read them more. When we read our Bibles, God speaks a fresh word to us and fills our hearts with His presence.

In the springtime, I like to **CLEAR OUT**- especially the clutter in my closets. I go through my closets and take out the things I don't really need: heavy coats, old shoes- things that will just be in the way.

For Lent, it is good to **CLEAR OUT** the things in our lives that we don't really need—things that get in the way of following Jesus. For example, maybe you watch TV or play video games a lot. Why not put them away for a while and use that extra time to pray or read stories of Jesus.

In the springtime, I always need to **SWEEP UP**. I try to find and clean up all the dirt in my home that has been hiding all winter- like under my rugs, dirt that no one else sees, but dirt that I know is there.

For Lent, it is good to try to **SWEEP UP** our mistakes, "Have I made any mistakes or messes that I need to clean up? Do I need to say 'I'm sorry' to someone for something I said or did? Do I need to ask God to forgive me?"

In spring, I love to **PLANT** seeds in my garden pots and water them until they grow into something beautiful.

For Lent, it is good for us to **PLANT**- different kind of seeds. We can plant seeds of love in the hearts of others when we are kind, or helpful, or when we tell someone about Jesus. For Lent, think of something you can do that will become something beautiful for someone else, and do it in the name of Jesus, the one who did something really beautiful for you. **During the season of Lent, we can prepare for Easter by** opening up our Bibles, clearing out clutter, sweeping up mistakes, and planting seeds of love. Just like springtime, Lent is a time for thinking about things we have done that we shouldn't have done. So, let's ask for God's forgiveness, be kind to others, and share Jesus' love with everyone. **Dear Jesus, We love you. Help us to Open up our Bibles, Clear Out our clutter, Sweep up our messes, and Plant seeds of Love. Amen**

*Lenten*

# Declutter Challenge

*FEB 14th*

Pantry

*FEB 15th*

Email+  
Computer  
Files

*FEB 16th*

Bedside  
Tables



*FEB 19th*

Media/  
Games

*FEB 20th*

Toys

*FEB 21st*

Phone  
Apps

*FEB 22nd*

Car

*FEB 23rd*

Office  
Supplies



*FEB 26th*

Junk  
Drawer

*FEB 27th*

Laundry  
Room

*FEB 28th*

Craft  
Supplies  
+ Gift Wrap

*FEB 29th*

Coat  
Closet

*MAR 1st*

Medicine



*MAR 4th*

Kids  
Closets+  
Shoes

*MAR 5th*

Bathrooms

*MAR 6th*

Books

*MAR 7th*

Linen  
Closet

*MAR 8th*

Dressers



*MAR 11th*

Mail/  
Paper  
Sorter

*MAR 12th*

Kitchen  
Cabinets

*MAR 13th*

Garage

*MAR 14th*

Entryway

*MAR 15th*

Master  
Closet



*MAR 18th*

Fridge +  
Freezer

*MAR 19th*

Jewelry

*MAR 20th*

Kitchen  
Drawers

*MAR 21st*

Cleaning  
Supplies

*MAR 22nd*

Purse +  
Wallet



*Mar 25th*

Make Up

*MAR 26th*

Sports Gear  
+ Outdoor  
Toys

*MAR 27th*

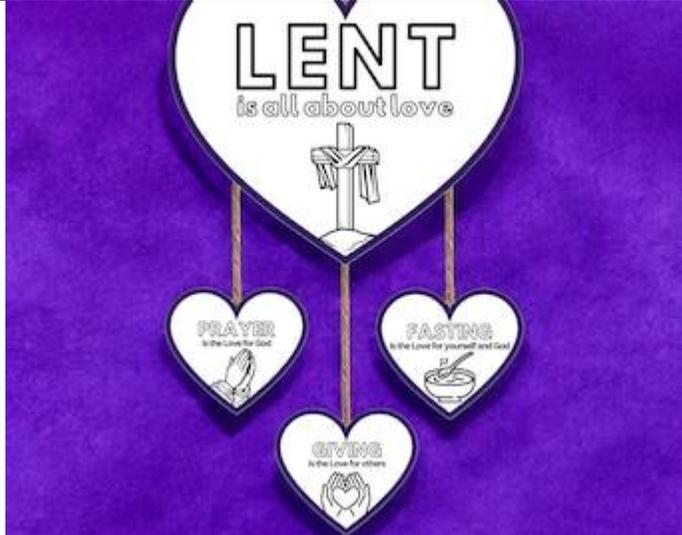
Chargers  
+ Cords

**TIP:** Have a spirit of almsgiving as you declutter. St. Ambrose said, "If you have two shirts in your closet, one belongs to you and the other to the poor man with no shirt."

♥ *Use the weekend to catch up and donate items.*

Easter/Lent/Spring cleaning; If you need a suggestion as to where you can take used clothing etc., St. Thomas Stittsville takes clean clothing, shoes, boots, all sizes etc. to sell at our once a month Clothing Sale. Each item costs just \$1.00. All proceeds go to Stittsville Food Bank. Call 613-836-5741 for more information.

**Let's Do a Craft!!.**

	<p>Lent</p> <p>Is all about</p> <p>L O V E</p> <p>H O P E</p> <p>C H A R I T Y</p>
	<p>Fasting means to “Give Up some kinds of food.</p> <p>Pray is to ask God for help for us and others.</p> <p>Give to others who are not as lucky as you are.”</p>



Loving God, I offer you today  
all I think and do and say.



I offer it with what was done on  
earth by Jesus Christ, your son.



Amen



14	13	12	<b>WALK THE LENTEN PATH...</b>			
15 	 Lent	11	2 <sup>nd</sup> Sunday of Lent	10	9 	8
16	<b>Prayer, Fasting &amp; Almsgiving</b>					7
		34	33 	32	31	
3 <sup>rd</sup> Sunday of Lent					30	6
17					29	5
18	35				5 <sup>th</sup> Sunday of Lent	1 <sup>st</sup> Sunday of Lent
19	36				28	4
20	37				27 	3 
21 	38 Holy Thursday 	39 Good Friday 	40 Holy Saturday		26	2
22	4 <sup>th</sup> Sunday of Lent	23	24	25	 Lent	1  ASH WEDNESDAY

**Let's Sing The Lord's Prayer!**