3 right	OF S	"Besides this, you know what time it is, how it is already the moment for you to wake from sleep.  For salvation is nearer to us now than when we became believers; the night is far gone; the day is near. Let us then throw off the works of darkness and put on the armor of light" Romans 13: 11-12						
right NOW Lent at First United Methodist McKinney  Sunday Monday		Tuesday	Wednesday	Thursday	Friday	Saturday		
		FAT TUESDAY Pancake Dinner @ The Hub- Create your listening	Ash Wednesday  Print out and use the daily tracker https://www.sharingtheheart.org/lent/	15 Pastor Post  Read the Echo -  Who wrote this week's  Pastor Post?	16 February is black history month, together, let us journey toward racial equality –use resources from sharingtheheart.org/ together/	As a family get your Bible and find a Bible Verse for your family to use during Lent.		
18 PRAY Finger Labyrinth Visit website for a template to use.	19 Pray for peace in our world— pray for victims of violence and war in the world.	20 <u>Holy Listening</u> <u>Stone</u> Look on website for Stones handout and weekly questions	21 Breath Prayers Psalm 23 Inhale: I will not be afraid Exhale: for You are with me	<b>22 Pastor Post</b> Pray for our Pastors by name.	23 <b>5 Finger Prayer</b> Use the handout on website to pray.	24 Make a lent box to collect money for appreciation gifts for staff at Grace Children's Hospital; we are creating 130 bags to send to Haiti or pur- chase items from Amazon wish list. Watch for details		
25 <u>SERVE</u> Help family with work/ chores.	26 Sign up to serve in as an acolyte or for adults serve in Children's Ministries (coffee bar, dinner team, teacher, vbs)	27 <u>Holy Listening</u> <u>Stone</u> Look on website for Stones handout and weekly questions	28 Breath Prayers 2 Corinthians 12:9 Inhale: Your grace Exhale: is enough for me	29 Pastor Post  Make cards for staff at Grace Children's Hospital in Haiti– bring to church.	1Prayer Pretzels Recipe on website As you enjoy your pretzels, fold your arms in the shape of a pretzel and say a prayer,	2 Make a donation of food to a Little Free Pantry in McKinney		
3 <u>WORSHIP-</u> Invite a neighbor or friend to Sunday School and church	Listen to worship music as a family. Share your favorite song on our Facebook.	5 <u>Holy Listening</u> <u>Stone</u> Look on website for Stones handout and weekly questions	6 Breath Prayers Psalm 56:3 Inhale: When I am afraid Exhale: I will trust you	<b>7 Pastor Post</b> Share a pastor post with a friend or neighbor.	8 Create a prayers space in your house—cross, Bible, cloth and candle	9 Neighborhood Walk  Take a walk as a family and pray for your neighbors as you pass by their houses.		
10 <u>LEARN</u> Read your favorite Bible story as a family	11 Learn about Grace Children's Hospital by visiting https://www.sharingtheheart.org/give/missions/	12 <u>Holy Listening</u> <u>Stone</u> Look on website for Stones handout and weekly questions	13 Breath Prayers Romans 8:38-39 Inhale: Nothing can separate me Exhale: from God's love	14 Pastor Post  Make a list of all the Pastors and find out their favorite scripture.	15 List what is special about each person in your family and then share it with them.	16 Buy a new teddy bear to donate to Children's Advocacy Center (bring to church) or purchase items at: https://www.caccollincounty.org/waystogive/rainbow-room/		
17 LOVE— Saint Patrick gave his heart to Jesus and brought the gospel to Ireland— Tell someone that God loves them.	18 Forgive someone who has hurt you.	19 Holy Listening Stone Look on website for Stones handout and weekly questions	20 Breath Prayers Philippians 4:7 Inhale: Peace of Christ Exhale: guard my heart and mind	21 Pastor Post Pray for pastors around the world.	22 <b>Parents NIGHT OUT</b> Join your friends at church for a fun night-you must register by 3/24	23 <b>Nature Prayer Walk</b> Use the handout on website for a fun prayer guide		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PALM SUNDAY  Caster  Cagstravaganza The Hub 3 to 5	25 Bubble Blessings Look on website for handout	26 Bubble Blessings Look on website for handout	27 Bubble Blessings Look on website for handout	28 Attend Maundy Thursday service Bubble Blessings Look on website for handout	29 Attend a Good Friday service Bubble Blessings Look on website for handout	30 Stations of the Cross Scavenger Hunt Use handout from website
9 EASTER	Celebrating Holy Week will shar Jesus, ask some quest Bubble blessing	e a story about	Look up! to see what God has to say to us today.	Look in! to see how to live out the story with faith-filled friends.	Look out! to see how we share this story with others.	Bubble Blessing prayers offered at the end of each daily devotion for you & your family.

We hope you enjoy your Lent Calendar -we pray that Jesus will show us all how to right here, right now share the love of Jesus in our community and around the world.

Visit the website: Sharingtheheart.org/lent to get resources and information for activities on the Calendar. Also watch for special emails and follow us on social media for the Holy Listening Stones weekly questions, Bubble Blessings and other handouts to use with this Calendar



# Holy Listening Stones

A HOW TO GUIDE



## FIND A SPACE

Choose a place that is comfortable, familiar and free from distractions. This could be the dinner table, a comfy couch, a porch swing - anywhere that allows you to feel safe and open.



#### LIGHT A CANDLE

Light a candle and place it in the center of your space. The candle will help center you. It also is a symbol that reminder us that we are entering a holy time where we focus on God's presence in our conversation.



#### PREPARE YOU STONES

Place the listening stones for everyone to see. If you have actual stones, great! If you have the sheet of symbols, that works too! The symbols don't have one meaning. They are a too! to help us listen to God and express ourselves.



#### ASK AND LISTEN

Ask the reflection questions from this week of Lent from weekly email. You will use stones to answer each question, picking 1-3 stones for each question. Share with each other why you picked each stone. Encourage everyone to listen empathetically, without trying to "fix" anything.



### PRAY TOGETHER

Close your holy time together with a short prayer, led by a different family member each week. When you blow out the candle be reminded that God is always the light inside of us.

Adapted from Rev. Dr. Leanne Hadley - leanne-hadley.com









































