

# A Sharing Calendar for Lent 2023

Each day at or after a meal time, gather around this map activity. Consider the reflection and questions, place a coin or a bill (a "gift") in your fish coin bank or a jar.

Feb. 26-March 4

**Sunday:** God, open our eyes to the many blessings you have given us. Remind us that we are all connected with your Creation. May we seek your peace, love and justice with everyone we meet. **Amen.**

**Monday:** After a natural disaster, it can be hard to find places to cook or to even find food. Say a prayer for those struggling with food insecurity and give a gift for each meal you ate today.

**Tuesday:** Using the online map, find a PDA partnership near where you live. Say a prayer for those recovering from natural and human-caused disasters. Organize a group to make Gift of the Heart kits ([pcusa.info/heart](http://pcusa.info/heart)).

**Ash Wednesday:** Read Isaiah 58:6-8, 11-12 aloud. What words and images stand out to you? Write a prayer that will guide you through this season of Lent using some of the words and images in this passage.

**Wednesday:** Communication can be very difficult after a disaster. Give a gift for every call, text or email you received from a loved one today.

**Thursday:** Think of three people you are thankful for. Write them a note to let them know you are thinking of them and that you are thankful for them. Share a gift in their honor.

**Thursday:** In some countries, people have to travel for miles to find clean water, especially after a disaster. Share a gift to help clean water reach people who need it.

**Friday:** PDA Blue T-Shirt Sunday is this Sunday. Wear a blue shirt to worship as a visible reminder that OGHS makes a difference for disaster survivors around the world. Learn more at [pda.pcusa.org/situation/blue-tshirts](http://pda.pcusa.org/situation/blue-tshirts).

**Friday:** Who are the helpers in your life? Whom do you call upon when you face difficult situations? Thank someone in your life for the specific ways they support you.

March 5-11

**Sunday:** For those with friends and family but no food, Lord, hear our prayer. For those with food but no friends and family, Lord, hear our prayer. For your gifts of friends, family and food, we give you thanks, O God. **Amen.**

**Monday:** When families move, building a new community of friends and neighbors can be difficult. Make a card or gift for someone new in your church, school or neighborhood to make them feel welcome.

**Tuesday:** Using the online map, find an SDOP partnership near where you live. Read about the ministry and say a prayer for the people involved. Give a gift in support of our siblings facing injustice and oppression.

**Wednesday:** Blankets keep us warm and are used internationally to comfort those affected by disasters. Give a gift for each blanket in your house and pray for those who need their warmth.

**Thursday:** God gives many gifts and talents to each of us. What are you thankful for within yourself? Make a list and give a gift in thanks for what you feel is your strongest talent/gift.

**Friday:** SDOP Sunday is in two days! Go to [pcusa.org/sdop](http://pcusa.org/sdop) to learn more about how SDOP partners are alleviating poverty and oppression and download the SDOP Sunday Resource for more partner stories.

March 12-18

**Sunday:** Encourage us, O God, when things are difficult. May we draw creativity and hope from your Spirit and from our partners along the way. **Amen.**

**Monday:** Without the right nutrition in the first two years of life, a child's mental and physical development are compromised. Make a gift to help ensure healthy food for children in our communities and around the world.

**Tuesday:** Using the online map, find the PHP partner SouthWest Organizing project in New Mexico that is working to eradicate poverty by assisting low-income families with growing healthy food. Give a gift for each vegetable you had today.

**Wednesday:** The right supplies make all the difference, whether you are growing crops, raising livestock or learning at school. What are the most important tools you use every day? Make a gift to remember how that tool helped you.

**Thursday:** God's love is shown in many ways, both large and small. Find three things you can do today or tomorrow to share God's love.

**Friday:** Make up a short mealtime prayer. Use it during meals this weekend. Invite others to write mealtime prayers and share them with each other.

March 19-25

**Sunday:** God, you have promised to protect us and take care of us, even when things get really bad. Help us to trust you so that we may know your peace. **Amen.**

**Monday:** Hunger kills tens of thousands of adults and children every day. Give a gift of gratitude for the meals you have eaten today.

**Tuesday:** Using the online map, find a partnership near where you live. Read about the need and how it is being addressed there? Say a prayer for the people involved in the ministry there.

**Wednesday:** As people are trained in farming techniques, more and better foods are grown. Nearly 3,000 people received this training last year. Make a gift of thanks for farmers and their crops.

**Thursday:** Social support and connection are important parts of being healthy. Give a gift of gratitude for one person or place that has welcomed you when you were alone.

**Friday:** Healthy food choices and food safety can change the health of an entire community. Eat a healthy snack and make a gift to honor those who teach us to eat in healthy ways.

March 26-April 1

**Sunday:** Loving God, in a world that sometimes doesn't make sense to us, open our hearts to receive your care and your joy. **Amen.**

**Monday:** Where rain is scarce, special collection systems are built to catch the water so that it can be used for growing plants all year. Give a gift for each plant in your house.

**Tuesday:** Using the online map, locate a ministry in a country far away from you. What need is being addressed there? Say a prayer for the people involved in that ministry.

**Wednesday:** Learn about the Indigenous people who inhabited the land where you live. Learn the name they used for the land and what that name means. Give a gift to honor them.

**Thursday:** In Papaye, Haiti, hope is seen in the leaves of the moringa tree, a superfood that helps hungry people in many different ways. Give a gift for every tree around your home.

**Friday:** The vulnerable are often the most impacted in emergency situations. Discuss who in your community are considered the most vulnerable and say a prayer for them.

April 2-8

**Sunday:** God, you call us to grow, go out and serve. Open our eyes, ears and hearts so that we can be "repairers of the breach," serving our siblings in need. **Amen.**

**Monday:** In India, Dalit women have found hope as they work together to provide shelter, food and livelihoods for their communities. Give a gift to honor the strong and courageous women in your life.

**Tuesday:** Using the online map, locate Daisy C.H.A.I.N.(DC) in California, an SDOP project that supports Black, Indigenous and People of Color, addressing issues of poverty and racism. Give a gift in honor of your friends of color.

**Wednesday:** Education is a vital tool to help people address their needs. Give a gift for every year you have been in school.

**Thursday:** Sometimes people need help advocating for their rights — like those who work with the Immokalee farmworkers. Say a prayer for those who advocate for basic human rights for all.

**Friday:** People without housing have nowhere to keep food. Give a gift for each time you have opened the refrigerator today and pray for people experiencing homelessness.

April 9

**Sunday – Resurrection/Easter:** Present the gifts in your coin box to your congregation. Say a prayer for all those who will receive help from your generosity.

For more locations and ministries, go to [pcusa.org/oghsmap](http://pcusa.org/oghsmap) or scan this code.



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