

Here are a few additional resources for journeying through Lent that you might find intriguing or helpful.

### **Devotions**

There's a wide variety of Lenten devotional booklets on the round table as you come into church. Help yourself, and if you have a friend or neighbor who might appreciate one, feel free to share.

If you'd like a daily devotion to show up in your email inbox, you can subscribe to the United Church of Christ's excellent Daily Devotional at [ucc.org/daily\\_devotional](http://ucc.org/daily_devotional) or sign up for Luther Seminary's "God Pause Daily Devotions" at [luthersem.edu](http://luthersem.edu).

### **Prayer**

The new issue of Living Lutheran's cover story about prayer includes this insight: "Prayer isn't about us getting God to see things from our perspective. It's about God getting us to see things from God's perspective."

Come to Holden Evening Prayer of four Wednesdays in Lent at 6:45 – and come enjoy a simple soup supper together at 6:00, just before worship.

### **Fasting**

How about a 40-day fast from buying what you don't actually need? Google writer Ann Patchett's opinion piece in the New York Times, "My Year of No Shopping," to read about her experience and what she learned about herself that year. (Or talk to me about my own "year of no shopping" last year.)

Or how about a one-day-a-week fast from all your personal devices? Or at least from social media?

### **Acts of Love and Mercy**

Alongside all the ways that easily come to mind for you, you might consider giving away something useful each day in Lent. Do it daily or set things aside for Savers in Hanover, Wellspring in Hull, or the HoP yard sale this spring. (Yes, it's going to happen!) Unclutter your home and your life as you give things away and ask yourself a few questions: What am I learning by doing this? What's the hardest part? The easiest part? Is it changing how I think about my stuff? About the neighbors God calls us to love?

### **Check out these two articles**

"40 Ideas for Lent" from Rachel Held Evans blog at [rachelheldevans.com](http://rachelheldevans.com). She's an Episcopalian who includes this on her 2015 list: ". . . consider 'giving up' social media, cynicism (replace with wonder, compassion, and hope), perfectionism, legalism, TV, sugar, reading authors and bloggers who tend to look and think like you . . . ." There are links to her previous years' "40 Ideas" lists, too.

"40 Spiritual Practices for Lent" on Melissa DeRosia's blog, Sacred Screaming, at [sacredscreaming.blogspot.com](http://sacredscreaming.blogspot.com). It's "an invitation to broaden, deepen and open our awareness to God's presence in our everyday lives." Here's Day Thirty-six: "Find ways to recognize people as children of God. Make eye contact with the grocery store clerk. Smile at strangers."