



40 ideas for keeping a Holy Lent  
Christ Church Bells Corners - 2024

Don't feel you have to do all of these  
or in this order.

Add or replace one if you wish!



**Day 1:** Find out more about Lent, use the internet to take a look around at different definitions. Here is one example: <https://youtu.be/O3sq8DeAzbQ>.

**Day 2:** Join the Bible Café Lent Study. The book is *Becoming Christian* by Rowan Williams.

**Day 3:** Sign up for an online Lenten discipline. You can find one at PWRDF that includes daily emails: <https://pwrdf.org/lent2024/>

**Day 4:** Pay it forward in the Tim Horton's Drive Thru line up

**(Sunday ~ Lent practices don't happen on our Celebration Day)**

**Day 5:** Take 5 minutes of silence and prayer at some point today.

**Day 6:** Ask yourself: "What do you have to let go of in your life?"

**Day 7:** Pray for students and teachers in our local high schools and elementary schools.

**Day 8:** Pray for the clients and staff at FAMSAC.

**Day 9:** Do someone else's chore.

**Day 10:** Intentionally pray for the future residents at Hollyer House. There are 35 units so you could pray for each apartment.

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**Day 11:** Pray for the families who have lost a loved one in the past year.

**Day 12:** Pray for the women who are being helped by Chrysalis House

**Day 13:** Open your bible and read something from one of the Gospels. If you would like to find the bible online go to <http://bible.oremus.org>.

**Day 14:** Sit down, write and send out a letter to someone (a real letter is preferred).

**Day 15:** Pray for the poor and the vulnerable in our community. Especially the work of our Diocesan Community Ministries. (To find out more about them see: [http:// www.ottawa.anglican.ca/Community\\_Ministries.html](http://www.ottawa.anglican.ca/Community_Ministries.html)).

**Day 16:** Pray for displaced people throughout the world and for refugees making their way or recently arrived to Canada.

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**Day 17:** Forgive someone or, as is sometimes necessary, forgive yourself.

**Day 18:** Internet diet ~ No Facebook or Internet... or TV Diet if you'd prefer!

**Day 19:** Examine your habits ~ what ones bring you close to God, what ones take you further from God?

**Day 20:** If you don't know what 'Turtle Island' is try to find out and/or find out what treaty land your home is on. You can find out the territory that you live on:  
<https://native-land.ca>

**Day 21:** Make a Date – with your partner, a family member or a friend.

**Day 22:** Take some donations to FAMSAC

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**Day 23:** Head to a different neighbourhood (by car, foot or bus) and pray for the homes as you pass by.

**Day 24:** Pray for an end to extremism and religious fundamentalism, racism and bigotry and hurtful behavior.

**Day 25:** Consider a financial alms gift to the parish.

**Day 26:** No shopping day ~ stay out of stores and any aspect of consumerism today.

**Day 27:** Pray for your neighbours ~ especially the ones you don't like.

**Day 28:** Light a candle and sit with it for a moment in complete silence.

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**Day 29:** Write a thank you note and mail to someone who's blessed you in your life.

**Day 30:** Attend the Service of Prayer and Peace that is happening tonight (Tuesday, March 19th @ 7pm in the Chapel)

**Day 31:** Pray for the residents of the senior's residences in our community

**Day 32:** Buy flowers or a new plant for your house to bring creation inside until spring.

**Day 33:** Give up meat today or plan for a Fish Friday.

**Day 34:** Consider worshipping at a neighbouring faith community

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**Day 35:** If you don't usually participate in Holy Week services choose one that you will participate in this year (Maundy Thursday, Good Friday).

**Day 36:** Pray for our neighbouring faith communities.

**Day 37:** Reflect on climate change and what impact you make on it and what you can do.

**Day 38:** Pray for all those who make farming and agricultural their livelihood in rural Ottawa community.

**Day 39:** Consider how you might talk about Christ at your Easter Dinner.

**Day 40:** Consider how you are being called to follow Christ in new and different ways this Easter season.

**Pancakes are just the beginning of the journey through Lent.**

**You are invited to any (or all) of the following Lent and Easter services:**

Ash Wednesday - February 14th @ 7pm in the Chapel

Five Sundays of Lent - February 18, 25, March 3, 10, 17

@ 8am (Chapel) and 10am (Foundation Hall)

Prayer and Peace Service - March 19th @ 7pm in the Chapel

Palm Sunday - March 24th @ 8am (Chapel) & 10am (Foundation Hall)

Maundy Thursday - March 28th @ 7pm in Foundation Hall)

Good Friday - March 29th @10am (Family) & 1pm (Traditional)

Easter Sunday - March 31st @ 8am (Chapel) & 10am (Foundation Hall)

All are Welcome at Christ Church Bells Corners!

Christ Church Bells Corners  
3861 Old Richmond Rd. Nepean, ON  
[www.christchurchbellscorners.ca](http://www.christchurchbellscorners.ca)  
613-829-1826