

40 Acts: Do Lent Generously

Gifts & Presence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Ash Wednesday Gift: Can of Soup Presence: Spend 4 minutes in silent prayer/meditation	Gift: Can of Vegetables Presence: Get to know your classmates! Try and learn one new thing about one of your classmates	Gift: Jar of Peanut butter Presence: Say a prayer for someone who is ill	Gift: Tin of tuna or salmon Presence: Check in on a neighbour to make sure they're okay/ask if they need anything. If you don't have a contact # for your neighbour, leave them a note with your contact info.
1st Sunday of Lent	Gift: Toothpaste Presence: Compliment 5 people today.	Gift: Toothbrush Presence: Call or text someone you haven't connected with in a while	Gift: Bar of Soap Presence: Spend 5 minutes in silent prayer/meditation	Gift: Bottle of Shampoo Presence: Leave a note/card of appreciation on your mailbox for your mail carrier	Gift: Deodorant Presence: Say a prayer for someone you know is struggling with their mental health	Gift: Box of Feminine Hygiene products (pads/tampons) Presence: Make time to ask a parent/guardian/grandparent some questions about their past/younger years
2nd Sunday of Lent	Gift: Box of Cereal Presence: Show you're present while listening to others today (eye contact, nod your head, ask relevant questions when appropriate) to help them feel they're really being heard.	Gift: Bag of Rice Presence: Share an encouraging quote on social media	Gift: Jar of Jam Presence: Spend 6 minutes in silent prayer/meditation	Gift: Bottle of ketchup Presence: Write a thank you note to someone you are grateful to.	Gift: bottle of mustard Presence: Say a prayer for seniors, and those in long-term care facilities	Gift: Package of cookies Presence: Go for a walk with someone (safely distanced if they do not live in your household)
3rd Sunday of Lent	Gift: Canned ham/corned beef Presence: Leave an encouraging message/note in a public place for strangers to read (tape it to a bus stop, park bench, lamp post, etc.)	Gift: Package of pudding cups Presence: Share a 'good news' or feel-good story on social media to help others see the good in the world	Gift: Box/bag of pasta Presence: Spend 7 minutes in silent prayer/meditation	Gift: Jar of pasta sauce Presence: Send a note of thanks to your faith community leader (priest, pastor, imam, etc.)	Gift: Jug of cooking oil Presence: Say a prayer for doctors, nurses, and other front-line health care workers	Gift: Instant Coffee Presence: Arrange a virtual get-together with friends/family

<p>4th Sunday of Lent</p>	<p>Gift: Bag/Carton of Sugar</p> <p>Presence: Show respect for others by being on time for things and being fully present to any work/conversations/discussions</p>	<p>Gift: Baby food</p> <p>Presence: Share a link to a fun/uplifting song to someone you suspect might be feeling low</p>	<p>Gift: Can of Chili</p> <p>Presence: Spend 8 minutes in silent prayer/meditation</p>	<p>Gift: Package of dried herbs/spices</p> <p>Presence: Create a message of appreciation for health care and front-line workers and share it on social media</p>	<p>Gift: Box of instant oatmeal</p> <p>Presence: Say a prayer for those living in poverty or experiencing unemployment</p>	<p>Gift: Can of fruit/fruitcups</p> <p>Presence: Write & send a letter to a relative or friend you miss</p>
<p>5th Sunday of Lent</p>	<p>Gift: Can of baked beans</p> <p>Presence: Do a household chore for someone to help free up some of their time – or help them with the chore so it gets done more quickly!</p>	<p>Gift: Pasta/Rice side dish</p> <p>Presence: Put a smile on others’ faces by sharing a funny/encouraging meme on social media</p>	<p>Gift: Your favourite sauce (alfredo, teriyaki, butter chicken, etc.)</p> <p>Presence: Spend 9 minutes in silent prayer/meditation</p>	<p>Gift: Box of granola bars</p> <p>Presence: Make a gratitude list of all of the people, things, and experiences you are thankful for. Offer up a prayer thanking God for all of the blessings in your life.</p>	<p>Gift: Can of ready to eat pasta</p> <p>Presence: Say a prayer for all those who are grieving</p>	<p>Gift: Package of powdered milk</p> <p>Presence: Arrange a family and/or physically distanced photo shoot: When was the last time you had to dress up for anything? Encourage your family & friends to dress their best, then take and share some fun photos 😊</p>
<p>6th Sunday of Lent Palm/Passion Sunday</p>	<p>Gift: box of tissues</p> <p>Presence: Send a card (I miss you, thinking of you, or just because card) to someone you haven’t seen in a while</p>	<p>Gift: Can/Tin of chicken</p> <p>Presence: Help others who are struggling by sharing on social media a verse from scripture or a spiritual quote that helps you when life gets challenging</p>	<p>Gift: Jar of unsweetened applesauce</p> <p>Presence: Spend 10 minutes in silent prayer/meditation</p>	<p>Holy Thursday Gift: Box of crackers</p> <p>Presence: Have a phone/screen-free, sit-down meal with family member(s). If you live by yourself, arrange a video chat dinner with a friend/family member</p>	<p>Good Friday Gift: Box of instant mashed potatoes</p> <p>Presence: Say a prayer for all those who have died, especially those in the past year.</p>	<p>Holy Saturday/Easter Vigil Gift: Package of toilet paper</p> <p>Presence: What is one way you would like to connect with others once it is safe to do so? Write it down to remind yourself to do it once the pandemic is over!</p>