

PEOPLE TO PRAY FOR:

OTHER PRAYER TOPICS:

DID YOU KNOW? LENTEN FACTS

- We say “40 days of lent” but there are actually 46 days between Ash Wednesday and Easter Sunday... this is because Sundays are not part of Lent! We do not fast on Sundays because every Sunday is like a “mini Easter” when we celebrate the hope and promise of resurrection.
- You aren’t required to fast from anything during Lent, but you can choose to fast from anything.
- We often try to “give alms” or give to charity above and beyond our typical giving during Lent. You can give more than money!
- Prayer is an important part of who we are as Christians. Prayer can come in many forms, from speaking intentionally with God to coloring, singing, or even just traveling in a car in silence, listening for God’s “still, small voice.”



LENT

2026



LENT IS A CHRISTIAN SEASON OF PREPARATION & REPENTANCE

We spend this time in prayer and look for ways that we have wandered away from God. We “return to the Lord our God” through spiritual practices like those you’ll find on this calendar: praying, giving, and fasting. Join us in growing closer with God these 40 days!

WEEKLY EVENTS

Worship on Sundays at 10:30 a.m.

Lenten Study on Mondays at 7:30 p.m. February 15 through March 22.
 “Witness at the Cross: A Beginner's Guide to Holy Friday” by Dr. Amy-Jill Levine.
 To sign up for the Lenten study email pastor@cumcballston.org.

SPECIAL EVENTS

ASH WEDNESDAY WORSHIP
 February 18 at 7:00 p.m. in the sanctuary.

MAUNDY THURSDAY WORSHIP
 April 2 at 6:30 p.m. Join us for Dinner church in the fellowship hall. We will share a meal while we worship and also share the Lord’s Supper.

EASTER SUNDAY WORSHIP
 April 5 at 10:30 a.m.
 Potluck lunch in the fellowship hall to follow worship. Please bring a dish to share if you’re able to do so.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FEB. 16 LENTEN STUDY BEGINS 7:30 P.M.	17 SHROVE TUESDAY	18 ASH WEDNESDAY WORSHIP 7:00 PM	19 GIVE encouragement to a friend	20 FAST from screens for today (notice what you have time for)	21 PRAY for children living in the midst of war	22 Remember your baptism with a bubble bath
23 PRAY for those who are hungry	24 GIVE your time by sharing a warm beverage with someone	25 PRAY for the lonely	26 GIVE a 10-second hug to someone you love	27 FAST from music today (notice what you hear instead)	28 PRAY for those without adequate housing	MARCH 1 Make a special meal with family or friends
2 PRAY for students and teachers	3 GIVE your attention to Creation	4 PRAY for families of all shapes and sizes	5 GIVE gently used clothing to a local charity	6 FAST from using plastic today (notice how hard this might be)	7 PRAY for first responders	8 Start a puzzle or word search and spend time with family or friends
9 PRAY for nursing home residents	10 GIVE artwork to a nursing home for a resident's room!	11 PRAY for caregivers and hospital staff	12 GIVE a donation to the CUMC Manna Ministry	13 FAST from social media today (notice how it impacts your screentime)	14 PRAY for those who need healing	15 Read or watch a show for some Sabbath rest
16 PRAY for those who don't have a faith community	17 GIVE some love: send a note to someone	18 PRAY for those who mourn	19 GIVE your time! corral carts in a store parking lot	20 FAST from gossip (notice your relationships)	21 PRAY for all who struggle with loneliness	22 Spend some time outside in Creation today
23 GIVE yourself time to focus on God's love for the world	24 GIVE laughter! tell a joke to a friend	25 PRAY for those who teach about our faith	26 GIVE your help with someone else's chore or job	27 FAST from spending money today (notice how you use what you have)	28 PRAY for teachers and parents	29 PALM SUNDAY
30 FAST from busyness... slow down and journey through Holy Week	31 GIVE a sweet treat to a neighbor	APIL 1 PRAY for pastors and worship leaders everywhere	2 MAUNDY THURSDAY WORSHIP 6:30 PM	3 GOOD FRIDAY	4 HOLY SATURDAY	5 EASTER SUNDAY WORSHIP 10:30 AM