

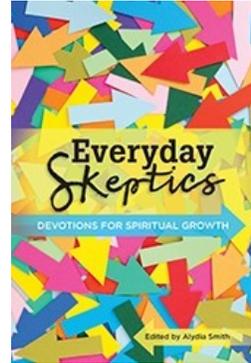
Inspire! Invite! Thank!

Generosity, Giving & Gratitude Seasonal Ideas

March – Lent begins a time for self-reflection: prayer, fasting (from those things that are unhealthy) and almsgiving (giving to those things that align with God’s call).

Inspire!

1. In the spirit of prayer, pick up a copy – paper or e-book – of [Everyday Skeptics](#), the 2019 United Church of Canada Lenten devotional which focuses on the words of the prophets. *Everyday Skeptics* was written by a wide variety of contributors who do local and global ministry within The United Church of Canada, and includes a study guide.
2. In the spirit of fasting, focus on the health of mind and body through National Nutrition Month. Use the ideas found at the [Dietitians of Canada](#) website to inspire any food prepared this month, at home or church—even at coffee hour!
3. Ask people to share their spiritual practices with one another, whatever they may be: some people say “thank you” whenever they see something they find beautiful; others pray for the people in a passing ambulance – the sick or injured person and the first responders ... there are as many practices as there are people.



Invite!

1. Lent can also be a time of intentional hospitality—anything from inviting someone you don’t know well to lunch or coffee, all the way to becoming involved in support for refugees or undocumented immigrants.
2. Invite people—both within and outside your congregation—to full participation in Lent and Holy Week: at your congregation’s services and events, and perhaps even those in other churches or events like a Good Friday Walk. [Building Faith](#) gives you some ways to get started.
3. On the Sunday after [International Women’s Day](#) (March 8), recognize and give thanks for the social, economic, cultural and political achievements of women. Who are the local women who have made an impact?

Thank!

1. On Sunday, March 10, most Canadians move to [Daylight Saving Time](#). Invite others to give thanks for more light and all the ways this helps – more daylight outdoor family time, time for farmers and gardeners to tend their crops in daylight.
2. Think about those in your congregation who normally just go about their work (paid or unpaid) without much notice—the funeral lunch committee, the custodian, the people who fold bulletins, or anyone else who supports the work of your congregation in a quiet way. Lift them up in the service (by name, not by job title!) and thank them for all they do in a way that is really personal and sincere.

Thinking ahead: Preparing for April

As people work on filing their income tax forms, plan on using some of the [Financial Literacy](#) resources of the Chartered Professional Accountants of Canada. There is likely a CPA member in your community – maybe in your own congregation -- who can lead one or more of these 45-minute workshops.

