PRACTICING HOPE IN THE WILDERNESS OF LENT
Cultivating habits for resistance, rest, and resilience

SEVEN INTENTIONS FOR THE SEVEN WEEKS OF LENT

WEEK 1
February 17
Ash Wednesday

READ MATTHEW 6:1-6, 16-21
What current event is weighing heavy on your heart? Light a candle, contact a representative, and pray deeply about this event.

WEEK 2
February 21–27

READ PSALM 25:1–10
When you’re frustrated with yourself or someone around you, take a breath of empathy, assume the best in them and yourself.

WEEK 3
February 28 - March 6

READ MARK 8:31–38
Acknowledge our commitment to one another: Disconnect from social media & discover new ways of connecting with people, maybe in a letter or a phone call.

WEEK 4
March 7-13

READ EXODUS 20:1–17
Sign up to be a pen-pal with a person who is incarcerated. The organization Black and Pink is a great place to get connected as a pen-pal.

WEEK 5
March 14–20

READ NUMBERS 21:4–9
Invite someone into a daily routine of yours. For example, plan a Zoom dinner date with friends or family. Try a socially-distanced walk or make time to pray together.

WEEK 6
March 21-27

READ JEREMIAH 31:31-34
When getting groceries for yourself, ask a neighbor if you can pick up anything for them while you’re out or shopping online.

WEEK 7
March 28 - April 4

READ MARK 14:1–15:47
Review some of the most recent photos on your phone. What prayers come to mind? Offer them to God.

PLEASE JOIN US FOR THESE LENT, HOLY WEEK & EASTER SERVICES

March 28, 11am
PALM SUNDAY SERVICE
Preacher: The Rev. Dudley C. Rose, Associate Dean for Ministry Studies and Lecturer on Ministry, Harvard Divinity School; Affiliated Minister in the Memorial Church.
Listen live on WHRB 95.3 FM.

March 29 - April 2
HOLY WEEK REFLECTIONS
Daily email of ecumenical reflections on the meaning of Holy Week from Harvard Chaplains.

April 1, 7pm
MAUNDY THURSDAY SERVICE
(Online Service)

April 2, 12–2pm
GOOD FRIDAY SERVICE
Meditations upon the Seven Words from the Cross. (Online Service)

April 5, 11am
EASTER SUNDAY
Easter Worship Service, 11am
Preacher: Professor Stephanie Paulsell, Interim Pusey Minister in the Memorial Church; Susan Shallcross Swartz Professor of the Practice of Christian Studies, Harvard Divinity School.
Listen Live on WHRB 95.3 FM

memorialchurch.harvard.edu