



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

**SEVEN INTENTIONS  
FOR THE  
SEVEN WEEKS  
OF LENT**

**WEEK 1** READ MATTHEW 6:1-6, 16-21  
February 17  
Ash Wednesday  
What current event is weighing heavy on your heart? Light a candle, contact a representative, and pray deeply about this event.

**WEEK 2** READ PSALM 25:1-10  
February 21-27  
When you're frustrated with yourself or someone around you, take a breath of empathy, assume the best in them and yourself.

**WEEK 3** READ MARK 8:31-38  
February 28 - March 6  
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** READ EXODUS 20:1-17  
March 7-13  
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** READ NUMBERS 21:4-9  
March 14-20  
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** READ JEREMIAH 31:31-34  
March 21-27  
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** READ MARK 14:1-15:47  
March 28 - April 4  
HOLY WEEK  
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