

Lent 2023

Notice and Give Thanks



St. Paul's
EPISCOPAL CHURCH OAKLAND

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Noticing and Giving Thanks for the Small Things in Our Daily Lives Today, notice and give thanks for...	Feb 22 Ash Wednesday the fragility of life. Give thanks for ways resiliency comes from fragility.	23 something so small, you normally wouldn't notice it.	24 something you love in your neighborhood.	25 life present in your home.	26 1st Sunday of Lent Sundays will be dedicated to practicing gratitude for yourself. Today, reflect on what gives you purpose.	
27 a picture of a good memory.	28 what gives you warmth.	Mar 1 a chore that you enjoy.	2 something that alleviates stress.	3 the beauty of winter.	4 your comfort food.	5 2nd Sunday of Lent Today, reflect on how you've evolved and adapted throughout your life.
6 what gave you energy today.	7 a beautiful color in an unexpected place.	8 something that worked perfectly today.	9 a sign of Spring arriving.	10 someone you encountered today.	11 what helps you rest.	12 3rd Sunday of Lent Today, reflect on your hopes and dreams as the seasons change.
13 something you created.	14 your daily rituals.	15 windows and what you can see through them.	16 something challenging.	17 a spark of magic during your day. Happy St. Patrick's Day!	18 a favorite song, book, or movie.	19 4th Sunday of Lent Today, reflect on your body and mind and all that you can do.
20 what sustains you.	21 the night sky.	22 the craftsmanship in your home.	23 something you used to not like but now you do.	24 something that makes your life easier.	25 the clouds.	26 5th Sunday of Lent Today, reflect on what you love about yourself.
27 a hobby that brings you joy or purpose.	28 a meaningful conversation.	29 how you get where you need to go.	30 something you've learned recently.	31 something you've taught recently.	Apr 1 who you live with.	2 Palm Sunday Today we remember the hope of Jesus' followers. Reflect on all the things that bring you hope.
3 something in bloom.	4 a meaningful gift you have received.	5 someone who makes your life better.	6 Maundy Thursday a place to sit.	7 Good Friday those who have come before us.	8 a source of light.	9 Easter All the ways you experience resurrection and new life.