

THE 40 DAYS OF LENT



A SEASON FOR EXPERIENCING GOD UP CLOSE

We invite you to use this calendar to deepen your spiritual journey during this Lenten season. It includes readings and reflections, and actions you can take to give to our community as God has given to you. Each Sunday we will have a service project for you to participate in as a way to show God's love to others. Full details on these projects and daily reflections can be found on our website at bensonmemorialumc.org/lent/.

MARCH 5
ASH WEDNESDAY

Reading:
[Psalm 51](#)

Meager Meal:
5:45 p.m., FH

Worship Services:
Noon & 7 p.m.

MARCH 6

Reading:
[Psalm 6](#)

**Service Opportunity
for next Sunday:**

Make an encouraging card(s) for a "mom-to-be" at the women's prison. Drop them off at the church.

MARCH 7

Reading:
[Psalm 25](#)

MARCH 8

Saturday's Selah
(Based on
[Psalm 25](#))

[See today's reflection here.](#)

MARCH 9

**SUNDAY
SERVICE PROJECT:
CARDS FOR
MOMS-TO-BE**
Bring to church your cards for the moms-to-be at the women's prison.

MARCH 10

**Service Opportunity
for next Sunday:
Collection for Family
Promise of the Triangle**
Cleaning supplies and mattress covers are high on the list!

MARCH 11

Prayer Practice:
Pray using Lectio Divina—reading, meditating, praying, contemplating.
[Learn more here.](#)

MARCH 12

Reading:
[Psalm 23](#)

MARCH 13

Weekly Wisdom
(inspirational quote by Howard Thurman)

[Read it here.](#)

MARCH 14

Reading:
[Psalm 34](#)

MARCH 15

Saturday's Selah
(Based on
[Psalm 34](#))

[See today's reflection here.](#)

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<p>MARCH 16</p> <p>SUNDAY SERVICE PROJECT: COLLECTION FOR FAMILY PROMISE OF THE TRIANGLE Bring your donations to the narthex this Sunday.</p>	<p>MARCH 17</p> <p>Service Opportunity for next Sunday: Make an encouraging card(s) for a resident at Springmoor Life Care Retirement Center. Drop them off in the office or at church on Sunday.</p>	<p>MARCH 18</p> <p>Prayer Practice: Pray the Prayer of Confession. Learn more here.</p>	<p>MARCH 19</p> <p>Reading: Psalm 139</p>	<p>MARCH 20</p> <p>Weekly Wisdom (inspirational quote by Father Gregory Boyle) Read it here.</p>	<p>MARCH 21</p> <p>Reading: Psalm 86</p>	<p>MARCH 22</p> <p>Saturday's Selah (Based on Psalm 86) See today's reflection here.</p>
<p>MARCH 23</p> <p>SUNDAY SERVICE PROJECT: CARDS FOR SPRINGMOOR LIFE CARE Bring to church your card(s) for a resident of the retirement center.</p>	<p>MARCH 24</p> <p>Service Opportunity for next Sunday: Bring new or clean and gently-used children's clothing for Jeffreys Grove Elementary. Drop them off in the office or at church on Sunday.</p>	<p>MARCH 25</p> <p>Prayer Practice: Pray the Psalms. Learn more here.</p>	<p>MARCH 26</p> <p>Reading: Psalm 102</p>	<p>MARCH 27</p> <p>Weekly Wisdom (inspirational quote by James H. Cone) Read it here.</p>	<p>MARCH 28</p> <p>Reading: Psalm 143</p>	<p>MARCH 29</p> <p>Saturday's Selah (Based on Psalm 143) See today's reflection here.</p>

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<p>MARCH 30</p> <p>SUNDAY SERVICE PROJECT: CLOTHING DRIVE FOR JEFFREYS GROVE ELEMENTARY Bring your donations to the narthex this Sunday.</p>	<p>MARCH 31</p> <p>Service Opportunity for next Sunday: Go shopping for North Raleigh Ministries. Drop off your items in the office or at church on Sunday. Here is a list of most-needed items.</p>	<p>APRIL 1</p> <p>Prayer Practice: Pray the Examen at the end of your day. Learn more here.</p>	<p>APRIL 2</p> <p>Reading: Psalm 46</p>	<p>APRIL 3</p> <p>Weekly Wisdom (inspirational quote by St. Clare of Assisi) Read it here.</p>	<p>APRIL 4</p> <p>Reading: Psalm 62</p>	<p>APRIL 5</p> <p>Saturday's Selah (Based on Psalm 62) See today's reflection here.</p>
<p>APRIL 6</p> <p>SUNDAY SERVICE PROJECT: NORTH RALEIGH MINISTRIES Bring your food donations for North Raleigh Ministries to the narthex.</p>	<p>APRIL 7</p> <p>Service Opportunity for This Week: Come up with a way that you/your family can serve your immediate neighbor(s). Take a pic and tag us on Facebook and Instagram.</p>	<p>APRIL 8</p> <p>Prayer Practice: Take a moment to practice a healing breath prayer. On the inhale, say "in you" and on the exhale, say "I am made whole." Learn more here.</p>	<p>APRIL 9</p> <p>Reading: Psalm 147</p>	<p>APRIL 10</p> <p>Weekly Wisdom (inspirational quote by Richard Rohr) Read it here.</p>	<p>APRIL 11</p> <p>Reading: Psalm 126</p>	<p>APRIL 12</p> <p>Saturday's Selah (Based on Psalm 126) See today's reflection here.</p>

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HOLY WEEK

**APRIL 13
PALM-PASSION
SUNDAY**

Join us for worship
at 8:45 or 11:00 a.m.,
then stay for
a family-fun
Easter Egg Hunt on
the lawn at 12:30 p.m.
Invite a friend to
church today!

APRIL 14

Weekly Wisdom
(inspirational quote
by Ellen F. Davis)

[Read it here.](#)

APRIL 15

Prayer Practice:
Pray using the Ignatian
Contemplation, using
your imagination to
bring scripture to life.

[Learn more here.](#)

APRIL 16

Reading:
[Psalm 71](#)

*In You, O Lord,
I Take Refuge*

**APRIL 17
HOLY THURSDAY**

Reading:
[Psalm 116](#)

The Cup of Salvation

Worship Services:
Noon & 7 p.m.

**APRIL 18
GOOD FRIDAY**

Reading: [Psalm 22](#)
*My God, My God, Why
Have You Forsaken Me?*

Stations of the Cross
throughout the day

Tenebrae Service:
7 p.m.

**APRIL 19
HOLY SATURDAY**

Holy Saturday
Reading:
[Psalm 130](#)

*Waiting for Divine
Redemption*

**APRIL 20
EASTER SUNDAY**

HE IS RISEN!

Worship Services:
8:45 a.m. & 11 a.m.

Invite a friend!

We hope this Lenten calendar will help you focus on scripture, prayers, and service during this season. Each week we will also have a service opportunity that you can do at home and then bring to the church like making cards for those served by our prison ministry or constructing baffles for Habitat for Humanity houses. These service projects are described in detail on our website. You will also find there the poems referenced on this calendar, as well as the Saturday reflections.

Please visit bensonmemorialumc.org/lent/ for our full Lenten content and offerings.

Visit our Easter web page for complete details on our Holy Week and Easter events: bensonmemorialumc.org/easter/.