

## 2021 At Home Resource

This resource is for you to use each week during Lent starting with Ash Wednesday, Feb. 17, 2021.

Resources:

Bible

Fish Bank

Giving Calendar

Minutes for Mission from the OGHS website: <https://pcusa.org/oghs/resources>

Candle

### Begin your journey on Ash Wednesday, Feb. 17, 2021

- Assemble your fish box and put it in a place you will see every day.
- Print the Giving Calendar and put it near the fish box or in a place you will see every day. Daily, add your offerings to the fish box.

### Ash Wednesday, Feb. 17, 2021

Gather ashes (or dirt or potting soil if you are unable to get ashes), olive oil and a small bowl.

Open with prayer:

*We come before you, O Lord, with humble hearts and hope for forgiveness. We are sorry for the things that have not been loving to you or our neighbors. Help us to change our ways and live in a way so that everyone will see your light shine through us. Amen.*

Ash Wednesday is at the beginning of our church season of Lent and is 40 days before Easter (not counting Sundays). On Ash Wednesday, we remember that we belong to God. We remember that we all mess up, we are sorry and we are forgiven. We are encouraged to think about how to change our ways of living so that we love God, our neighbor or ourselves.

To make the ashes/oil mixture, church leaders burn palm branches saved from Palm Sunday the previous year, then mix with a little olive oil until a paste is made. They apply the ash/oil mixture to our foreheads as a sign of repentance and to remember that we belong to God.

Try it at home. Some children might prefer to have the ashes placed on their hands or arm instead of forehead. Allow children to place the ashes on the forehead or hand of adults in the room.

Read Isaiah 58. Over the next several weeks in your daily gatherings, you will explore fasting and feasting. Today ... simply read and prepare for the journey.

Celebrating that we belong to Jesus Christ, sing "Jesus Loves Me."

Bless each other by saying: God be with you on this Lenten Journey.

## Weekly Gatherings: What is the fast and feast you choose?

Choose a day of the week and time of day that works best for your family.

Find a place in your home or outside that is away from distractions. Make this your weekly gathering spot. Prepare your area with a table and candle.

**Week 1:** (Starting Monday, Feb. 22) Read Isaiah 58 and talk about fasting and feasting.

What is a fast? Typically, we think of a fast as not eating something, such as chocolate or red meat. Some fasts prevent eating from sunup to sundown. The purpose of a fast is to allow ourselves to not focus on worldly things and instead to focus on the divine.

What does Isaiah say about fasts? It seems Isaiah is suggesting that we choose a different type of fast. A fast from the things of this world and an addition of ways of life that love God and love our neighbor. Practice the fast and feast.

Make a list for each week of what you will fast and what you feast. Examples:

Week 1: fast from keeping things for myself and feast on donating what I no longer need.

Week 2: fast from hateful behavior and feast on showing love.

Offer this blessing with and for each other: God be with you on this Lenten journey.

**Week 2:** Read the Minute for Mission about Trinity White Plume and the Pine Ridge Indian Reservation in South Dakota and wonder together about how the OGHS made a difference. Close with blessing.

**Week 3:** Read the Minute for Mission about Mama O and the Black Women's Blueprint and wonder together about how the OGHS made a difference. Close with blessing.

**Week 4:** Read the Minute for Mission about Manuel Nazario and the Capirendita community and wonder how the OGHS made a difference. Close with blessing.

**Week 5:** Read *Gracie and the Fishing Net* and engage with the activities. Close with blessing.

**Palm Sunday:** Read Isaiah 58 and revisit your fasting and feasting. Where have you seen yourself grow and change over the past few weeks? Close with blessing.

**Easter!:** The Lord is Risen! What better way to celebrate than to give to the One Great Hour of Sharing? Don't forget your fish box!

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