

Living Faith @

Dear Faith Shapers,

March is a great month for faith shaping. We are in the midst of Lent. Lent is a great time to try a new spiritual practice or restore one that you have stopped doing. Here are some spiritual practice ideas:

- ♦ Mealtime Prayers
- ♦ Sharing Highs and Lows & Praying over them
- ♦ Reading the Bible
- ♦ Listening to a Bible podcast
- ♦ Lighting Lenten Candles
- ♦ Picking a Bible verse to memorize
- ♦ Praying
- ♦ Acts of Kindness
- ♦ Gratitude Journaling
- ♦ Read a Gospel as family during Lent
- ♦ Be Still- Start your day with God and 10 minutes of listening
- ♦ Prayer Journaling
- ♦ Contemplative Family Walks
- ♦ Meditation App

May you continue to seek ways to be closer to God this Lent.

Deacon Lisa Kammerer



Lucky Charms Cereal Snack Mix

March 17th is St. Patrick's Day. Enjoy a snack of Lucky Charms and talk about God.

Rainbow Marshmallow- A symbol of God's promises

**Balloon Marshmallow- God lifts our burdens.
Psalm 55:32**

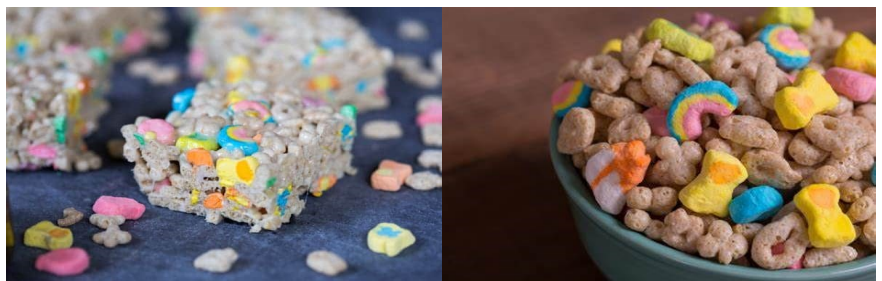
**Heart Marshmallow- God is abounding in love.
Exodus 34:6**

Star Marshmallow- God knows the names of the stars and my name, too. Psalm 147:4-5

**Moon Marshmallow- Sorrow only lasts for the night.
Psalm 30:5**

**Clover Marshmallow- Reminder of the Trinity
(Father, Son & Holy Spirit)**

Horse Shoe Marshmallow- Do you really need luck when you walk with God?



This information is prepared for you by the Northeastern Iowa Synod-Home Life Network for use by families and local congregations.

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ACTS OF KINDNESS FOR LENT

LENT IS A TIME TO PRAY, GIVE, SERVE AND WALK CLOSER TO GOD. HERE ARE SOME FUN AND EASY ACTS OF KINDNESS YOU CAN DO. PICK ONE ACT OF KINDNESS TO DO EACH DAY AND AT MEALTIME OR BEDTIME TALK ABOUT WHAT YOU DID AND HOW IT FELT. .

1. USE ONLY KIND WORDS ALL DAY
2. DONATE BOOKS TO THE LIBRARY OR LEAVE A KIND NOTE IN A BOOK
3. COLOR A PICTURE AND MAIL IT TO A FAMILY MEMBER
4. COMPLIMENT THREE PEOPLE TODAY
5. DONATE PERSONAL HYGIENE ITEMS TO YOUR LOCAL FOOD BANK
6. LEAVE CHANGE IN A VENDING MACHINE
7. HELP SOMEONE BY RETURNING THEIR GROCERY CART
8. WRITE A THANK YOU NOTE TO A TEACHER OR A COWORKER
9. BUY SOMEONE A CUP OF HOT CHOCOLATE, TEA OR COFFEE
10. THANK A VETERAN
11. GATHER UP TOYS OR CLOTHES TO DONATE
12. READ A STORY TO A NURSING HOME RESIDENT OR SHUT IN
13. INVITE SOMEONE TO GO TO CHURCH WITH YOU
14. GIVE SOMEONE A FLOWER OR PACK OF SEEDS TO PLANT
15. TAKE TREATS TO FIRST RESPONDERS
16. WRITE DOWN POSITIVE QUALITIES OF FAMILY MEMBERS
17. BRING IN TRASH CANS OR SHOVEL SHOW FOR A NEIGHBOR
18. BAKE TREATS FOR STAFF AT SCHOOL OR WORK
19. PLAY OR SIT WITH SOMEONE NEW
20. FEED THE BIRDS