

# LENT 2022

## GRACE FAMILY LENT NEWSLETTER

### ON THE MARGINS

This year's theme is "life on the margins."

What does that mean?

That's what you're going to explore this week as a family.

What are margins? What does it mean to live on them? What can we do to help?



### DAILY FAMILY HIGHS & LOWS

This week's devotions, start with highs and lows. Highs and lows are also known as peaks and valleys or ups and downs. This activity not only gives insight into your day but can be used to help see what it means to be on the margins.

Highs and lows are simple to do: pick one thing that was amazing from your day (a high or an up) and one thing that was bad about your day (a low or a down) and share them with your family. For example, a high is that I got picked for kickball first. A low is that I had a lot of homework. Each person must have at least ONE high or low. If they have multiples of highs/lows, that's great! But you cannot have nothing to say.

*Parents, it is important in your high and lows to share them in terms your child(ren) will understand.*

### "MARGIN"

First, look up the definition of margin with your family.

Next, use your highs and lows to write down things you are thankful for, gifts from God.

For example, my high was being picked for kickball and my low was a lot of homework. I am thankful for friends who pick me for kickball and thankful for teachers and parents to help with homework. Write down as many things you are thankful for!

Take all those things you are thankful for and circle things that others might not have. For example, do you think everyone has friends who pick them for kickball? Not everyone. That would get circled.

Once you've gone through your list and circled things others might not have, go back to the definition of margin.

Write down what your family understands/defines "life on the margins" and post it in your home either on the fridge or a door or on a mirror.

## SERVICE PROJECT OPPORTUNITIES

*Bread Drop works with community food programs by helping provide food. We are helping build snack bags!*

Directions: In a sandwich-sized Ziploc bag pack 5 total items (listed below) (mix of sweet and savory).

### Items that can be packed

Sweet items: fruit snacks, mini-chocolates, raisins, chewy granola bars, cookies;

Savory items: 1 oz bag of potato chips, peanut butter crackers, cheese crackers, mini slim jims.

Please follow the directions for items to pack, amount to pack, and all in a sandwich size ziploc.

Drop-off by Sundays 11:30am at Grace Lutheran Church to Kelsey or to the church office!

*"For I was hungry and you gave me something to eat. I was thirsty and you gave me something to drink. I was a stranger and you invited me in"*

*- Matthew 25:35*

During the Sundays in Lent, Grace will be collecting items for the Welcome Church in Philadelphia. The Welcome Church is "a church with no walls" and attracts people of all walks of life, especially the homeless. Kelsey Tomlinson and crew will be helping at the Welcome Church in May.

### Here are the items we are collecting:

1. Sandwich size Ziploc bags
2. Water bottles
3. Juice boxes
4. Capri Suns
5. Snack-size items, individually wrapped:
  - a. Fruit Snacks
  - b. Mini chocolates (i.e., Hershey)
  - c. Raisins
  - d. Chewy granola bars
  - e. Cookies (i.e., Oreos, Chips Ahoy)
  - f. Potato chips (1 oz.)
  - g. Peanut butter crackers / cheese crackers
  - h. Mini Slim Jims

***Please place your donations on the table in the 6th Avenue foyer!***