

# Lenten Paper Chain

Dear families of the Parish of St. Dunstan,

This Lent let us put together a paper chain to help us connect ourselves with God by doing good things. Sharing, being still, spreading joy, breathing and counting are all great ways to intentionally engage with God and with our surroundings.

Each day take time with your family to detach the daily reflection. Read the reflection together and decide how best to respond to it. **Be sure to detach the correct date!** Staple or tape the reflection into a loop and add the loops together to create a long Lenten paper chain.

Our prayer this Lent is (repeat-after-me-style):

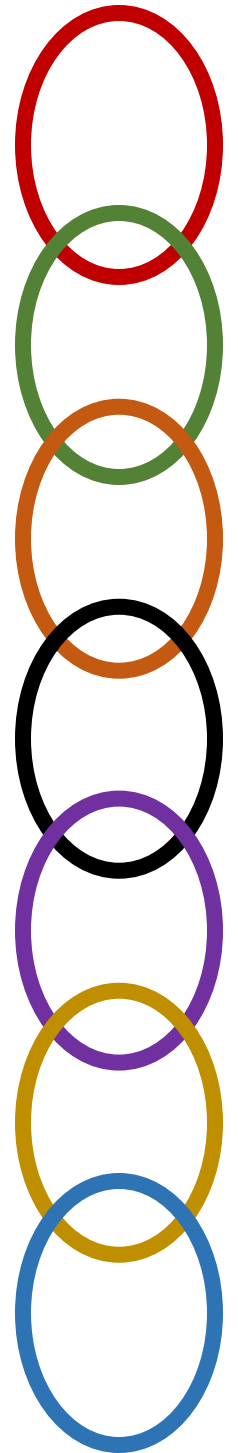
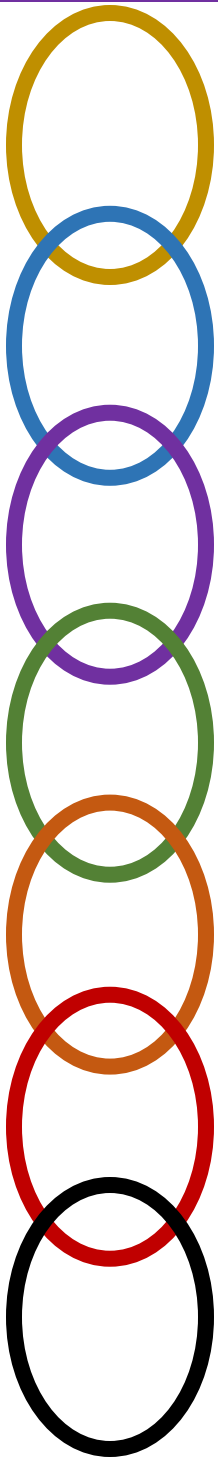
**Loving God,  
You are with us always.  
Give us courage and energy  
to love you with our whole heart  
and to love one another.  
Through Jesus Christ our friend and helper.  
Amen.**

Be sure to share many Lenten family hugs to stay well connected with one another!

With Love,



the Reverend David Taylor



# The Mondays of Lent

On Mondays we remember that it is good to share.

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Monday, March 22

Today we share our thanks to God for God's Love. I wonder what you are thankful for.

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Monday, March 15

Today we share some seeds with the birds. I wonder how many birds you will see.

.....

Monday, March 8

Today we share our helping hands in the kitchen. I wonder how you will help.

.....

Monday, March 1

Today we share a hug with everyone in our family. I wonder who is in your family.

.....

START HERE! Monday, February 22

Today we share a smile with a friend. I wonder who your friend is.

# The Tuesdays of Lent

On Tuesdays we remember that it is good to be still.

  
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Tuesday, March 23

Today we stand still and reach around with our arms. I wonder what is near to you.

  
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Tuesday, March 16

Today we sit still at the dinner table and pray. I wonder what you say for grace.

  
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Tuesday, March 9

Today we stand still and listen. I wonder how many different noises you hear.

  
.....

Tuesday, March 2

Today we lie still and listen for God's voice in our hearts. I wonder what God says.

  
.....

Tuesday, February 23

Today we sit still on the ground and stretch. I wonder if you can touch your toes.

# The Wednesdays of Lent

On Wednesdays we remember that it is good to have joy.



Wednesday, March 24

Today we have a family tickle. I wonder who you will tickle.



Wednesday, March 17

Today we dance a special dance. I wonder who will dance with you.



Wednesday, March 10

Today we sing our favourite song as loud as we can! I wonder what you will sing.



Wednesday, March 3

Today we go for a walk. I wonder what you will see on your walk.



Wednesday, February 24

Today we tell a joke. I wonder who will laugh the loudest.

# The Thursdays of Lent

On Thursdays we remember that it is good to breathe.

  
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Thursday, March 25


Today we run on one spot for a minute. I wonder how fast you are breathing.

  
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Thursday, March 18

Today we breathe out God's Love. I wonder if you can fill the room with God's Love.

  
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Thursday, March 11

Today we breathe in God's Love. I wonder how much God loves you.

  
.....  
Thursday, March 4

Today we take 3 deep breaths. I wonder how much air is in your lungs.

  
.....  
Thursday, February 25

Today we hold our breath for as long as possible. I wonder how long you can do it.

# The Fridays of Lent

On Fridays we remember that it is good to count.



Friday, March 26

Today we count our family members. I wonder who is in your family.



Friday, March 19

Today we count how many rooms are in your home. I wonder which room is your favourite.



Friday, March 12

Today we count how many windows are in our homes. I wonder how many are open and how many are closed.



Friday, March 5

Today we count how many things are on our bedroom floor. I wonder if you can pick some up.



Friday, February 26

Today we count how many jars are in the fridge. I wonder how many different things there are.