



<p>The Year of Hospitality</p>	<p>Our Lenten calendar</p>		<p>St. James 40 day challenge</p>		<p>14 When you go somewhere, ask the people around you if you can pick up anything they need.</p>	<p>15 Sunday is rest day.</p>	<p>16 Talk to someone at work or play whom you haven't talked to before.</p>	<p>17 If you walk by a car with an expired parking meter, put a quarter in it.</p>
<p>Feb. 18 Ash Wed. Listen intently.</p>	<p>19 Give someone a hug.</p>	<p>20 Write someone a letter on paper, & mail it.</p>	<p>21 Forgive someone.</p>		<p>18 Think of 3 things you like about yourself.</p>	<p>19 Say a prayer for someone who needs one.</p>	<p>20 Give a friend a hug, touch their arm or pat them on the back. So many of us are starved for human touch.</p>	<p>21 Donate an item to the Food Bank.</p>
<p>22 Sunday is rest day.</p>	<p>23 Let someone in your lane. They're probably in a rush like you.</p>	<p>24 Relay an overheard compliment.</p>	<p>25 When you begin to think that someone else should do something, stop. Do it yourself.</p>		<p>22 Sunday is rest day.</p>	<p>23 Check in with someone who lost a loved one in the last year.</p>	<p>24 Sing a song out loud with all your heart.</p>	<p>25 If you see someone without a smile today, give them yours.</p>
<p>26 Lend someone a book you think they'd like.</p>	<p>27 Remind yourself that everyone is fighting their own struggles.</p>	<p>28 Treat yourself in some way today.</p>	<p>March 1 Sunday is rest day.</p>		<p>26 Let someone in your lane; They're probably in a rush just like you.</p>	<p>27 Give someone the benefit of the doubt.</p>	<p>28 Leave a note for someone to find to brighten their day.</p>	<p>29 Sunday is rest day.</p>
<p>2 Give yourself 5 minutes to sit in silence & breathe deeply.</p>	<p>3 Invite someone over for a meal.</p>	<p>4 Smile when you feel like scowling.</p>	<p>5 Be patient.</p>		<p>30 Give someone a genuine compliment today.</p>	<p>31 Before you go to bed, think of 5 things you're grateful for.</p>	<p>April 1 Be encouraging.</p>	<p>2 Tell a sibling or close family member how much you appreciate them.</p>
<p>6 Tell the parent of a child/ teen they're doing a good job.</p>	<p>7 Help someone struggling with heavy bags.</p>	<p>8 Sunday is rest day.</p>	<p>9 Call your grandparents or grandchild. Call someone you love.</p>		<p>3 Good Friday Allow someone to help you with something.</p>	<p>4 Make plans with that person you've been putting off seeing.</p>	<p>5 Easter Sunday</p>	
<p>10 Remember to take time out for yourself today.</p>	<p>11 Make sure every person in a group conversation feels included.</p>	<p>12 Say thank you to a custodian.</p>	<p>13 Take 5 deep breaths 3 times today.</p>					