

**UNITED METHODIST CHURCH OF SUMMIT**  
17 Kent Place Boulevard ▪ Summit, NJ 07901

# **THE DIALOGUE**

**February 2016**



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# WHAT'S INSIDE

**FROM THE PASTOR**.....Page 3-7

**EDUCATION**.....Page 8-10

**MUSIC NOTES**.....Page 11

**FOR YOUR INFORMATION**.....Page 12-14

**BIRTHDAYS** .....Page 14

**“To Do” List**.....Page 15

**MONTHLY CALENDAR**.....Page 16

**FEBRUARY LENTEN CALENDAR**.....Page 17

## From the Pastor

This January I enrolled in a beginner's pottery class. As of this writing I have attended one session, and am incredibly eager for the next!

While there was so much about the class and its potential that I enjoyed, the primary impression that this first experience offered was that pottery-making is far more messy than I expected.



I had gone to the class with old clothing on, for I was wise enough to know I would get messy. But I had no idea of the extent to which the mess would reach. My hands, arms, feet, jeans, sleeves, were well-adorned with drying clay... as were the wheel, the tools, the floor, the wall...

You name it, it had evidence of clay on it.

And it was **so great**. As far as I could tell, everyone around me was as messy as I, for, it seems, clay travels when you are working on a moving wheel! Mess comes with the territory of this work. One did not, and should not, try to keep it all perfect and pretty. The mess is part of the process.

I share all this because we are right on the cusp of Lent, in which mess is also part of the process. In this sacred season we look at the tension and conflict that adheres itself to Christ's journey among us, and the undeniably untidy, even grimy way in which God's story is proclaimed.

Join me in these messy days. For something beautiful will surely come of it.

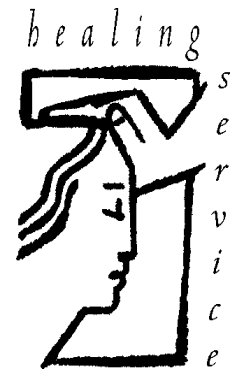
*Shawn Callender Hogan, Pastor*

## **HEALING SERVICE:**

**Sunday, January 31, 2016  
10:30 a.m. Worship Service**

### **An Introduction:**

**(resource: The United Methodist Book Of Worship)**



All healing is of God.

Scripture strongly affirms ministries of spiritual healing, which in recent years have received renewed emphasis throughout Christ's holy Church. The root of the word *healing* in New Testament Greek, *sozo*, is the same as that of *salvation and wholeness*.

God works to offer persons balance, harmony, and wholeness of body, mind, spirit, and relationships, seeking reconciliation between God and humanity, among individuals and communities, within each person, and between humanity and the rest of creation. The Church's healing ministry in no way detracts from the gifts God gives through medicine and psychotherapy. It is no substitute for either medicine or the proper care of one's health. Rather, it adds to our total resources for wholeness.

Healing is not magic, but underlying it is the great mystery of God's love. God does not promise that we shall be spared suffering but does promise to be with us in our suffering. Trusting that promise, we are enabled to recognize God's sustaining presence in pain, sickness, injury, and estrangement.

A Service of Healing is not necessarily a service of curing, but it provides an atmosphere in which God's presence and healing can become known. *The greatest healing of all is the reunion or reconciliation of a human being with God.* For the Christian the basic purpose of spiritual healing is to renew and strengthen one's relationship with the living Christ.

**On Sunday, January 31, 2016 our service of worship will focus on God's healing presence, and will include the opportunity for any so inclined to receive anointing with olive oil, as an act of God's touch.**



**ASH WEDNESDAY**  
**February 10, 2016**

**Service of Worship at 7:00 pm**  
**in the Chapel**

Lent begins with the arrival of Ash Wednesday. We call this day Ash Wednesday because for centuries ashes have been used as a sign of remorse and repentance.

The Christian church took on the tradition of taking the palms of the previous year's Palm Sunday and burning them to ashes, and then on Ash Wednesday, making the sign of the cross with the ashes on the forehead on this day that starts Lent, marking our solidarity with the brokenness of the world, and our desire to begin anew with Christ.

In addition to offering the imposition of ashes, the worship service on Ash Wednesday will include the Lord's Supper. *(Soup Suppers do not begin until the following week, February 17<sup>th</sup>.)*

**WEDNESDAYS THROUGHOUT LENT**  
**(February 17<sup>th</sup> through March 16<sup>th</sup> in the Social Hall)**

**6:00 Soup Supper (Social Hall)**  
**7:00 Worship (in the Chapel)**

Each Wednesday evening you are invited to gather **at 6:00 in the Social Hall for a soup supper**. With the help of volunteer "Soup Chefs" we will share in a simple meal as we walk through Lent:



*If you are willing to provide a simple soup supper on one of the Wednesday nights, please add your name to the sign-up sheet in the Social Hall* so we can plan appropriately. (Please consider making vegetarian options for those who cannot eat meat.) The suppers are a gentle, casual way to mark the weeks of self-reflection, recognizing that we do so as a community.

Following the supper, **at 7:00 pm we will gather in the Chapel for a brief service of worship** (concluding around 7:40 pm), which will usually include Holy Communion.

## **MORGAN THE METHODIST Takes Time Out to De-Stress!**



Some of you already know Morgan the Methodist. Morgan is the “person” we used to represent the collective identity of the Church membership. It was a creative jumping off point to gain a deeper understanding of who we really are as a body of Christ. With an image of Morgan in our minds, we began an inventory of our needs, strengths and resources to guide plans for ourselves, and our ministry beyond ourselves. During this entire exercise we became acutely aware of how much stress Morgan carries and how Morgan, like the surrounding culture, would benefit from opportunities to be refreshed and renewed.

Morgan has been very busy over the last couple of months attending focus groups and is now ready for some refreshing and renewal! The United Methodist Church of Summit responds to Morgan with our first workshop on “The 3 R’s” – relax, recharge and reboot.

Morgan comes in lots of shapes and sizes so we are going to have 3 distinct workshops on **February 21<sup>st</sup>**:

2.00pm	Children 5 to 10
3:15pm	Adults (baby-sitting available for children)
4:30pm	Tweens and Teens

Participants can expect to:

- be given an introduction to “Mindfulness-Based Stress Reduction”
- learn easy and helpful relaxation techniques
- sit through a guided meditation led by Alison
- think positive thoughts to reduce stress

The goal will be to have fun, feel recharged and honor our need to take time for ourselves. If you are interested in participating in the workshop please sign up on the sheet in the social hall, or call the church office!



# WHY DO WE GIVE?

## We Give Because God First Gave to Us.

That is the most basic of all reasons we give. You know the bible verse, **“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but have eternal life” (John 3:16, NRSV).** That is the greatest gift God has given us. In addition to the promise of eternal life, God has given us this life and so much more.

## We Give Because We Love God.

United Methodists are expected to live according to John Wesley’s “General Rules,” which Bishop Rueben Job summarized in his *Three Simple Rules* (Abingdon Press, 2007):

1. Do no harm.
2. Do good.
3. Stay in love with God.

Giving to God is a way to build a closer relationship with God. We give because it is one way to stay in love with God. Giving of our substance is a spiritual discipline in which we trust God will provide us with enough.

As we give, we stay in love with God.

*“Our diseases of ‘alluENZA’ and credititis’ (enjoy now, pay later) evidence our lack of trust in a God of abundance. When the people of Israel wandered in the wilderness, God provided just enough manna for each day....The early church was founded on the concept of sufficiency: the people had all they needed, so they shared it. God is sufficient. God will guide us through.” – Bishop Susan W. Hassinger, Albany Area*



# CHRISTIAN EDUCATION



You might be wondering, “What is that shown in this photograph?”

Think back a year ago. At our annual healing service, we added a ritual where people could take a torn piece of paper and paint it onto this piece of poster board as a symbol of giving a piece of our brokenness to God. The photograph above shows the art work we created together that Sunday morning. Like the image above that looks far from complete, many of us probably feel there’s still work within us to be done, still places we need healed, still brokenness we need to let go.

Our church is working together to become a place of rest and renewal, a place of healing. Our Educational ministries are also trying to provide and nurture rest and renewal. Like the image above, some of the specifics of how we do this are still a work in progress, and you are welcome and encouraged to join these conversations.

One of the ways we will be aligning with our church emphasis on being a place of rest and renewal will be incorporating ways of helping our children learn strategies and experiences for rest and renewal. For instance, at our January Parents’ Night Out, we talked about mindfulness. Mindfulness simply means paying attention on purpose, being fully present. We played a game called "freeze and melt", tensing our bodies when we freeze, relaxing to melt. We noticed differences in our heart beat when we were still and while running. We played "duck, duck, goose" substituting words the kids picked to represent mindfulness and its opposite. They chose words like, "quiet and loud," "crazy and calm," "peace and stress," "pain and healed." Listening to their responses, it was clear that even our young children feel the pressure of the pace of life we lead.

Another opportunity for rest and renewal is our short-term, intergenerational **Sunday School during Lent** starting **February 14 and continuing through March 20**. All are welcome to join us Sundays at 9:30am in the chapel to renew our spirits as we grow in faith together. Look for more information to come in this newsletter and bulletins.

Wherever you may be on the journey to rest, renewal, and healing; you are welcome here!

Blessings, Sherri Shumate; Director of Christian Education, [sherri.shumate@gmail.com](mailto:sherri.shumate@gmail.com)



## SUNDAY SCHOOL FOR EVERYONE!

9:30am-10:15am, Chapel

Sundays: February 14-March 20



During Lent, we are doing something new! All are welcome to meet in the Chapel for a six-week, intergenerational experience of growing in faith together. These gatherings will be a place for rest and for renewing our spirits.

We will be exploring the same scripture texts that we will focus on during worship at 10:30 following our gathering. No work or reading is required prior to these gathering, but the scripture references are included below in case you're curious.

Please contact me if you have questions. Please join us!

Feb. 14: *Jesus and the Moneychanger, Matthew 21*

Feb. 21: *A Woman Anoints Jesus, Luke 7*

Feb. 28: *Peter Denies Jesus, Matthew 26*

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest" - Matthew 11:28

### YOUTH MANHATTAN BAGEL TRIP

Sunday, **Feb. 7th** Teen\_Sunday school trip to Manhattan Bagel at 9:30am.

Please bring money for breakfast.

Dress warmly; meet in the church driveway at 9:25am!

For more information:

[sherri.shumate@gmail.com](mailto:sherri.shumate@gmail.com)

*Mark Your Calendars:*

**Education Committee Meeting:** Sunday, Feb.7th after Worship, Fellowship Room

### WORSHIP TOGETHER

We believe the body of Christ includes all of us, bringing our gifts and growing in faith together. Sunday morning all children are invited to remain in worship with their families. Worship buckets with coloring and activities for children connected to the messages are available in the front and rear of the sanctuary. Bathrooms and a changing table are located in the back of the sanctuary.

Staff childcare is available in the nursery on Sundays from 9:00am-10:15am and in the Hospitality Room in the rear of the Sanctuary from 10:20am-11:30am! There is a live video showing the worship service, but more room for kids to move and wiggle than in our pews. Parents are welcome to sign-in and drop off their child or to stay with their child. Our staff nursery caregivers are paid, experienced, childcare professionals: Luz, Christa, and Heather. Please contact me if you have questions.

[sherri.shumate@gmail.com](mailto:sherri.shumate@gmail.com)

### WOW IT'S WEDNESDAY:

4:30-6:00pm

Wednesday, Feb. 17, 7pm Lenten Service designed and led by our children & youth.

Wow It's Wednesday is an intergenerational Christian Education & music experience. All are welcome to join us for food, fun, and fellowship. WOW follows the Summit Public School Calendar. We do not meet on days the Summit public schools do not meet, have early dismissals, or have weather closings.

Our WOW program is a hands-on, interactive way to engage the themes and stories we are learning in worship and Sunday school. One of the ways we will be aligning with our church emphasis on being

a place of rest and renewal will be incorporating ways of helping our children learn strategies and experiences for rest and renewal. We make

healthy snacks related to our theme together each week. Please alert me if your children have food allergies. There is no staff supervision available until 4pm or after 6pm. Please plan accordingly. Contact me for more information. [sherri.shumate@gmail.com](mailto:sherri.shumate@gmail.com)

**WOW Schedule:**

4:30-4:55pm Story, Snacks, & Sharing  
5:00-5:15pm Devotions  
5:15-6:00pm Adult Conversations  
5:20-6:00pm Singing Praises

**GROWING IN FAITH TOGETHER**

Here are some ways our young people hope to grow in faith this year:

- \*recognize what's important in God's eyes
- \*appreciate God's creation
- \*say blessings before meals
- \*pray every night
- \*tell God, "I love you"

*How will you grow in faith this year?*

**PARENTS' NIGHT OUT:**

**Saturday, February 6, 5-8pm**

Drop off your children for an evening of fun designed and lead by our youth. We offer a mix of fun and worship and make sustainable lunches for Bridges. Aligning with our church emphasis on being a place of rest and renewal, we will be incorporating ways of helping our children learn strategies and experiences for rest and renewal, such as noticing our breathing and practicing games that help us learn to focus and calm our bodies.

We will provide a light dinner & snack or you may pack your own. Friends and guests are welcome, just please RSVP so we have enough supplies, food, and helpers. Suggested donation \$10/child. This money goes to purchase supplies for our Bridges lunches that we donate to homeless families.

*Please sign-up via email by Feb. 1st:*  
[sherri.shumate@gmail.com](mailto:sherri.shumate@gmail.com)

**FAITH PARTNERS**

"Thank you so much for introducing me to Bradley. I love children and really enjoy praying for him," said a Faith Partner to me before worship. Later, my oldest son said, "Mom, guess what awesome thing happened... I was trying to sneak in the kitchen to say 'hello' to my Faith Partner, but she saw me first and even hugged me!" That same Sunday, my other son said, "Look my Faith Partner is playing the guitar today!" Thank you Faith Partners! You mean so much to my children, and we enjoy praying for you every night.

Did you know, we have 21 pairs of Faith Partners, 42 people from our community who are regularly praying for each other?

Would you be interested in being a Faith Partner? The only requirement is you pray for your Faith Partner weekly.

Optional suggestions: Greet your Faith Partner each Sunday, occasionally sit together in worship, write or draw a letter, send a birthday note, etc. Opportunities for you to share God's love are limitless.

Contact me if you're interested in being a Faith Partner!- Sherri Shumate  
[sherri.shumate@gmail.com](mailto:sherri.shumate@gmail.com) or call the church office

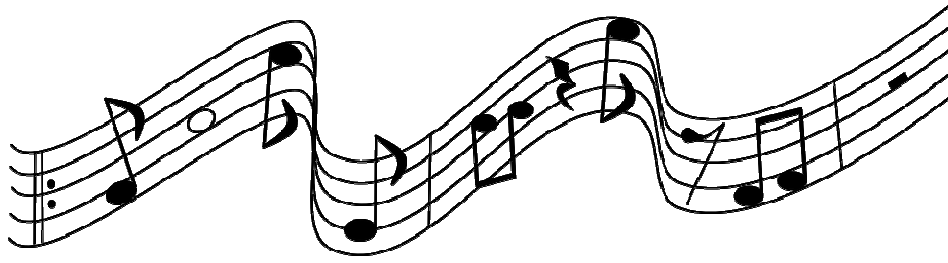
**YOUTH OPPORTUNITIES**

Throughout the year we make an effort to attend our children and youths' concerts, plays, and special events. If your child has an upcoming event you'd like us to be part of, please let me know! We also try to plan our youth ministries around our young people's passions, interests, and needs. [sherri.shumate@gmail.com](mailto:sherri.shumate@gmail.com)

**Sunday Feb. 7, Teen Manhattan Bagel Trip,** 9:30am, Bring money, dress warm, meet in the parking lot at 9:25; Second adult helper needed.

**Saturday, Feb. 5, Parents' Night Out:** 5-8pm, Youth Helpers Needed, RSVP by Feb. 1<sup>st</sup>

**Wednesdays Lenten Soup Supper and Worship Services** beginning Wednesday, Feb. 10<sup>th</sup> – March 22.



### **MUSIC NOTES**

Joanne Teubner Prussak,  
*Music Director*

#### **Wesley Choir**

Our children and young people learn Christian songs and better understand the meaning of the text through music and rhythm. The choir welcomes all children ages three and up. **Rehearsals are in the chapel on Wednesdays at 5:20 pm.**

#### **Singing Believers**

Our youth develop their faith and experience worship through their singing in choir. **Rehearsals are on Saturdays at 12:45 pm.**

#### **Contemporary Ensemble**

Our Contemporary Ensemble of singers, drum, recorder, bass and piano are praising God through music from contemporary hymnals. **Rehearsals are Sundays at 12:15 pm in the sanctuary.**

#### **Bell Choir**

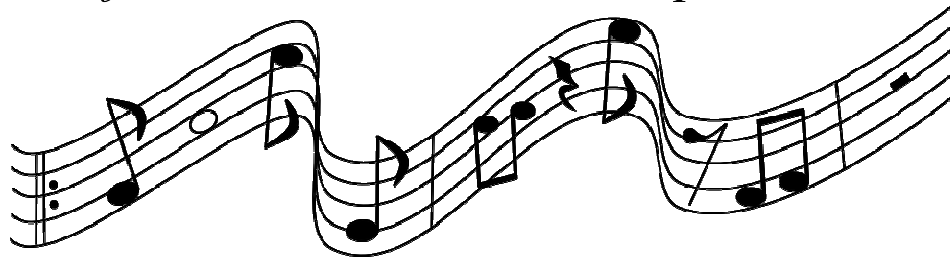
Come and ring a joyful sound to the Lord. **Rehearsals are Sunday mornings at 11:45 am in the sanctuary.**

#### **Chancel Choir**

Our Chancel Choir rehearses **Sunday mornings at 9:30 am.**

*It is in doing that we are enriched and that we grow closer to God and to each other.*

*Come, join us and make music to praise our God!*



# FOR YOUR INFORMATION:



## CAUSE

Like all "**first Sundays of the month**" we collect nonperishable food items for CAUSE, the United Methodist food pantry in Jersey City. Drop off your items on your way into worship; feel free to leave them on the sanctuary pew near the entrance.



## FACEBOOK

**Do you follow our Church's Facebook page?** There you can find reminders of church activities, links to national and global articles of interest, thought -provoking articles, and educational materials. [Join us in our Facebook conversation today!](#)



## FAMILY GAMES NIGHT

Who's ready for some indoor FUN!!!

Our Game Nights this winter will be **Friday 2/26 and 4/1.**

- \* 6:30 pm Potluck dinner: Bring something / anything your family likes
- \* 7:00 pm Board games: If you like, bring a game you've been wanting to try out with others. There will be a many games to choose from.

We will meet in the Social Hall. No signups are needed but a phone call to the church office or an email to [myrene.reyes@gmail.com](mailto:myrene.reyes@gmail.com) would be helpful in planning this event (or in case the weather requires us to cancel).

**Bring yourself, invite your friends, and come ready for a great night of laughs and some healthy table top COMPETITION!**

# FOR YOUR INFORMATION:

## LENTEN ACTIVITY CALENDAR



*Lent us upon us, and you will have many different avenues for honoring the Lenten journey:*

- soup supper fellowship*
- worship and reflection on Sundays and Wednesdays and*
- daily suggested activities.*

*This year we have provided a **Lenten calendar** at the end of this newsletter, with suggested activities for each day. The activities are in part general activities to promote personal health and holiness, and in part specific activities aimed at honoring God's creation by attending to our impact on the earth.*

*At the end of the Lenten season, let us know how you experienced the calendar, and what made an impression in your journey through this sacred season.*



## FROM THE OUTREACH COMMITTEE OUR CHRISTMAS FOR OTHERS

During Advent the Outreach Committee sponsored an alternative Christmas market giving congregants the opportunity to donate to several causes. This effort was initiated by the Committee in response to the Conference asking that all churches pledge to support a mission fund called "A Future with Hope Mission Fund Campaign," a campaign designed to allow us to make a difference to those in need on local, regional and global levels.

The Outreach Committee is pleased to report that, thanks to the generosity of our church community, **a total of \$838** was raised and will be distributed to five mission projects:

Global:	<i>Imagine No Malaria</i> [\$140]
Global:	<i>Syrian Refugee Support</i> [\$205]
Regional:	<i>Super Storm Sandy Relief</i> [\$190]
Local:	<i>SHIP (Summit Helping Its People)</i> [\$180]
Local:	<i>CAUSE (Christian Approach to Urban-Suburban Encounter)</i> [\$123]

The Outreach Committee sincerely thanks those who donated and helped us fulfill our pledge to the Conference mission fund.

# FOR YOUR INFORMATION:



## **GOOD NEWS!**

Our church was the beneficiary of a "**free on - site energy audit**" which occurred as a result of participating in the PSE&G Direct Install Program for Government, Non-Profit and Small Business Facilities.

The subsequent energy conservation recommendations were reviewed and approved by the Property Committee and the Trustees and were implemented last month.

We were given a **70% discount** with regard to the actual cost of the project.

These changes give us **brighter and more efficient lighting**. We should realize a reduction in our electric bills and our carbon footprint.

This transition also supports the UMC Social Principles of the Natural World which state that "we call upon all to take measures to conserve energy."

What a great way to start the New Year!

## **BIRTHDAYS in February:**

<b>1</b>	Davis Barry Jamie Kennedy	<b>15</b>	Martha Stampes Gregory Vartan III
<b>4</b>	Deanne Burns Brian Tipton	<b>16</b>	Angelica Hughes Richard Hughes
<b>5</b>	Millie Eichhorn	<b>17</b>	Jane McKinley
<b>6</b>	Angelika Miles JoAnne Teubner Prussak	<b>18</b>	Natalie Aguilera
<b>7</b>	Christine Tipton	<b>24</b>	Marg Edwards Kathy Whipps
<b>8</b>	Stacey Daniel		Susan Williams
<b>12</b>	Audrey Boise	<b>25</b>	Will DeMartin
<b>13</b>	Jane Hagner		
<b>14</b>	Daniel Tassé		



# FEBRUARY

## *“To Do” List:*

### **MEETINGS:**

**Ad Council** - 2/1

**Education Committee** - 2/7

**Focus Group “Ministry Beyond Ourselves”** - 2/11

**Green Team** - 2/21

**Focus Group “Renewal”** - 2/21

### **MINISTRY:**

**CAUSE** - donations every first Sunday

**Taize Service** - first Wednesday of each month

**Prayer Warriors** - Wednesdays

**Knitting Ministry** - Thursdays and Fridays

**Ash Wednesday** - 2/10

**Soup Suppers** - 2/17 through 3/16

**Lenten Services** - 2/17 through 3/16

**Guided Meditation Events** - 2/21

### **AND MORE:**

**Parents’ Night Out** - 2/6

**Adult Study** - 2/7

**Sunday School for Everyone** - 2/14 - 3/20

**Family Games Night** - 2/26

# FEBRUARY 2016

Summit United Methodist Church ▪ 17 Kent Place Boulevard ▪ 908-277-1700

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>Ad Council Meeting</b> 7:30pm <i>(Fellowship Room)</i>	2	3 <b>Prayer Warriors -1pm</b> <b>Wow , It's Wednesday</b> <b>Taize Service</b> 7pm <i>(Chapel)</i>	4 <b>Knitting Ministry</b> 1:00pm <i>(Fellowship Room)</i>	5 <b>Knitting Ministry</b> 7:00pm <i>(Fellowship Room)</i>	6 <b>Parents' Night Out</b> 5-8pm <i>(Social Hall)</i>
7 <b>Focus Group "Renewal" – 11:30am</b> <i>(Conference Room)</i> <b>Education Committee Meeting</b> (after worship) <b>Adult Study - 4:00 pm</b> <i>(Fellowship Room)</i>	8	9	10 <b>ASH WEDNESDAY</b>  <b>Prayer Warriors - 1:00pm</b> <i>(Fellowship Room)</i>	11 <b>Knitting Ministry</b> 1:00pm <i>(Fellowship Room)</i>  <b>Focus Group "Ministry Beyond Ourselves" 7pm</b> <i>(Conference Room)</i>	12 <b>Knitting Ministry</b> 7:00pm <i>(Fellowship Room)</i>	13
14 <b>First Sunday in Lent</b> <b>Sunday School for Everyone - 9:30am</b> <i>(Chapel)</i>	15	16	17 <b>Prayer Warriors -1pm</b>  <b>Wow , It's Wednesday</b> <b>Soup Suppers 6pm</b> <i>(Social Hall)</i> <b>Lenten Worship</b> 7pm <i>(Chapel)</i>	18 <b>Knitting Ministry</b> 1:00pm <i>(Fellowship Room)</i>	19 <b>Knitting Ministry</b> 7:00pm <i>(Fellowship Room)</i>	20
21 <b>Green Team Meeting – 8:30am</b> <i>(Fellowship Room)</i> <b>Sunday School for Everyone - 9:30am</b> <i>(Chapel)</i> <b>Guided Meditation Events - 2-6pm</b> <i>(Chapel)</i>	22	23	24 <b>Prayer Warriors -1pm</b> <b>Wow , It's Wednesday</b> <b>Soup Suppers 6pm</b> <i>(Social Hall)</i> <b>Lenten Worship</b> 7pm <i>(Chapel)</i>	25 <b>Knitting Ministry</b> 1:00pm <i>(Fellowship Room)</i>	26 <b>Family Games Night</b> 6-9pm <i>(Social Hall)</i> <b>Knitting Ministry</b> 7:00pm <i>(Fellowship Room)</i>	27
28 <b>Sunday School for Everyone - 9:30am</b> <i>(Chapel)</i>	29	<b>SUNDAY SCHEDULE:</b> <b>9:30am</b> – Sunday School (all grades) <b>10:30am</b> – Worship <b>11:30am</b> – Refreshments and Fellowship				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="text-align: center;">LENTEN CALENDAR</h1> <h2 style="text-align: center;">February 2016</h2>			10 <b>ASH WEDNESDAY</b>  Make a list of things you are grateful for.	11  Make someone laugh.	12  Go meat-free today.	13  Sign-up for a "green" newsletter.
			14  Tell someone you love them.	15  Minimize disposables today such as: Bring a mug to get coffee, use cloth napkins at a meal, wipe-up with cloth instead of paper towels.	16  Chat about issues that matter to you and research a new charity to support.	17  Learn about the impact of mountaintop coal mining. Refer to <a href="http://SAMSVA.org">SAMSVA.org</a> for more information.
21  Donate something to charity.	22  Unplug your appliances and phone charger that are off; place computers, radios, and TVs on a power strip, and turn off between uses.	23  Send a thank-you note, email or text.	24  Walk, ride a bike, take mass transit or carpool instead of driving alone.	25  Run your washing machine only with full loads and turn the knob to "cold/cold". Using cold water gets your clothes just as clean as using hot, but uses half the energy.	26  Be aware of how much food you discard this week. Look for opportunities to avoid wasting food by planning well, and eating leftovers.	27  Make a 'take a compliment' poster.
28  Place an insulating cover over your hot water heater. You can find a 'blanket' at most hardware stores (if you have an electric water heater, it's an easy job to do yourself).	29  Choose to eat something local and organic.	