GIVING SOMETHING UP FOR LENT 2019

In the spirit of giving something up for Lent, most of us suggest food items, sweets, or just skipping desserts. I believe last year I suggested doing something consistently for the 40 days to help someone – take out their garbage, helping a neighbor, shopping for someone who can’t get out, bringing someone to church that otherwise might have difficulty getting there (here), visiting someone in the hospital or nursing home, or contributing an extra dollar to the ‘Boiler Fund for each day of Lent.

I am sure many of you may have vowed to declutter your lives by throwing or giving away some of that clutter. I am going to suggest, how about giving away 4o bags (of stuff we don’t need) in 40 days. Recognizing how difficult this might be, a more realistic goal might be to just get rid of one item or issue per day. The approach might be to give any usable item to someone who could use them. There is a Veteran’s org., the Salvation Army, of course, and those neighborhood bins located around. Otherwise just toss them! Here are a few suggestions that you might consider giving up or, giving away:

Shoes, clothes that don’t fit; outdated accessories; costume jewelry you don’t wear, old magazines, books, VHS tapes, CD’s, unused hotel toiletries (to shelters), mismatched sheets/pillowcases, extra coffee mugs, kid’s toys, extra craft supplies, (and yarn), extra furniture, appliances that don’t work, pens that don’t work, old paint cans, old cards and letters that are not of sentimental value, dried up markers, expired food, cookbooks you don’t use, expired food; an overscheduling of social events; guilt over the past, worries about the future; and those nagging bills – (make a budget and clear them all away, one at a time)!

Perhaps “breaking free and letting go” of some of these things will simplify and lighten up our lives, giving us renewed energy for **intentiona**l time with God as we journey through Lent.

HAPPY DECLUTTERING AND TRAVEL MERCIES

Pastor Erv