



2025 Lent Season Calendar

Acts of Kindness

March 2025

INSTRUCTIONS: Starting on Ash Wednesday, place a heart on each day as you complete these acts of kindness.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01
02	03	04	05 Ash Wednesday Smile at 3 strangers today.	06 Invite someone to attend Sunday worship at WCOH.	07 Send or take flowers to a friend.	08 Tell a family member how much you love and appreciate them.
09 Call a friend that you haven't spoken to for a while.	10 Help with a household chore at home or for a friend.	11 Offer to cook for a friend or family member.	12 Share your testimony of the goodness of God with someone.	13 Say "Good morning" to a stranger.	14 Invite someone to attend Sunday worship at WCOH.	15 Find items to donate and take items to charity.
16 Say "Good Afternoon" to a stranger.	17 Send or give someone a handwritten note.	18 Tell someone they are loved.	19 Invite someone to attend Sunday worship at WCOH.	20 Send a Bible verse to a friend.	21 Tell someone why you are thankful for them.	22 Share a blessing with a stranger.
23 Spend time with an elderly person.	24 Help a friend get active.	25 Reach out to someone you haven't seen in a while.	26 Make someone laugh.	27 Invite someone to attend Sunday worship at WCOH.	28 Smile and say "Hello" to people you pass by daily but have never spoken to.	29 Send a picture of a cute animal to a friend.
30 Thank God for the opportunity to be a blessing to others.	31 Let a fellow driver merge into your lane.	01	02	03	04	05

April 2025



WESLEY CHURCH OF HOPE

United Methodist Church Newsletter

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01 Smile at a stranger.	02 Call a friend you haven't spoken to in a while.	03 Invite someone to attend Sunday worship at WCOH.	04 Send a motivational text to someone who is struggling.	05 Engage in conversation with the cashier while shopping or during checkout.
06 Pray today, thanking God for His grace and mercy.	07 Tell someone you love them.	08 Spend time playing with a pet or child.	09 Invite someone to attend Palm Sunday worship at WCOH.	10 Lend your ear—listen to someone who is having a bad day.	11 Put a surprise note or drawing on someone's desk.	12 Share your testimony of the goodness of God with someone.
13 Palm Sunday Pray today, thanking God for all His blessings.	14 Call a family member you haven't seen in a while.	15 Invite someone to attend Holy Week and worship services at WCOH.	16 Share your testimony of the goodness of God with someone.	17 Maundy Thursday Send an inspirational quote to a friend.	18 Good Friday Tell someone you are proud of them.	19 Say "Good morning" to another stranger.
20 Easter Sunday Pray for those who received your acts of kindness that they would feel God's presence through them.	21	22	23	24	25	26
27	28	29	30	01	02	03