

Region 2

Synod 2024

Lenten Challenge

Welcome to the 2024 Cross-Synod Challenge for ELCA World Hunger and Health!

This year for Lent, the five synods in Region 2 are challenging one another to raise money for ELCA World Hunger.

The challenge is to pledge to participate in some spiritual and physical practices during Lent and raise some money for ELCA World Hunger. Bragging rights goes to the synod with the most individual participants.

Why Lent? Lent is 40 days to reflect, remember our dependence on God and one another, and look forward to the ways God calls us to be. Adding one or more of these small practices to your observation of Lent might help you feel more connected. A light-hearted challenge like this might help our synods be the Church together, and to see God's vision and invitation for us to be a church for the world and share the good news of Jesus Christ.

What are the 40-40-40 Lenten practices?

To participate you'll pledge to do 3 of the 4 (or all 4) practices for Lent.

- ✓ **Daily Devotion.** Subscribe to receive daily email devotions for Lent. These short reflections will be delivered right to your inbox every morning for Lent.
- ✓ **Daily Discipline.** Do one wellness activity every day. Maybe it's your daily workout, maybe is a 1-mile walk a day. Maybe it's taking an extra flight of stairs or an extra glass of water.
- ✓ **Daily Donation.** Pledge to give \$1 a day (or more) to ELCA World Hunger for the 40 days of Lent.
- ✓ **Daily Declutter.** Once a day find, a way to daily de-clutter, de-stress, and re-tune. It could be clearing out the garage, your calendar, or a desk or drawer and donating gently used items.

How is this a challenge? This a friendly competition for a good cause. In honor of 50 years of ELCA World Hunger, our goal is for individuals representing 50 congregations per synod to participate.

What does our synod win? The 'winning' bishop will play a short video with congratulatory clips recorded by the other participating bishops. This acknowledgement of the 'superiority' by the other synods for this one challenge is all in fun.

Participating Synods: Sierra Pacific (2A), Southwest California (2B), Pacifica (2C), Grand Canyon (2D) and Rocky Mountain (2E)



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www.LentenChallenge.org