

# Giving from Abundance Calendar

During Lent, we are called to pray, to sacrifice, and to give. Rise Against Hunger (formerly Stop Hunger Now) helps us put our faith into action as we think about the blessings in our lives and give so that others may live, and live more abundantly!

The **Giving from Abundance Calendar** invites us to think every day about our access to food and services that support our health. Clean water, electricity, transportation, medicine: many of us take these “necessary conditions for life” for granted. In reflecting upon our abundance, we are called to help create abundant life for others. Visit [www.riseagainsthunger.org](http://www.riseagainsthunger.org) for more stories and to make donations.

These proposed gift amounts will generate giving around \$100 over the course of Lent for an average household. You can add the money in a jar as you go or note the amounts each day and make one big donation at the end of Lent! The giving calendar ends on a Saturday, and Easter is the following Sunday. Make sure to bring your donations on Easter Sunday so that you can celebrate lives saved with our congregation!

| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|---|--|---|--|--|--|---|
| 11  | 12   | 13  | 14<br>Ash Wed:<br>Commit to saving lives this Lent!                    | 15<br>\$.10 for each medicine bottle in your home                    | Learn about hunger and poverty at: <a href="http://www.riseagainsthunger.org">www.riseagainsthunger.org</a>  | 17<br>\$1 for every sink in your house                                    |
| 18<br>Pray for health and healing for all people across the world.              | 19<br>\$5 if you vacationed last year, \$25 if you flew                | 20<br>\$3 for every toilet in your home                     | 21<br>\$1.00 for every television in your house                        | 22<br>Tell a stranger about Rise Against Hunger today!               | Post to social media page: <a href="http://www.riseagainsthunger.org/understanding-hunger/world-hunger-facts/">http://www.riseagainsthunger.org/understanding-hunger/world-hunger-facts/</a> | 24<br>\$.05 for each light bulb in your home                              |
| 25<br>Pray for doctors, nurses, and community health volunteers.                | 26<br>\$1 for each time your family visited a dentist last year        | 27<br>All the coins in your pocket or purse                 | 28<br>\$.50 for every device in your home that can access the internet | 1<br>\$1 for every person in your home who wears glasses or contacts | Learn about RAH: <a href="http://www.riseagainsthunger.org/closer-look-symbols-within-new-logo/">http://www.riseagainsthunger.org/closer-look-symbols-within-new-logo/</a>                   | 3<br>\$2 for every shower or Bathtub in your home                         |
| 4<br>Pray for children under the age of 5 who are the most vulnerable to hunger | 5<br>\$5 if you have a garage, \$10 if you can't park in it            | 6<br>\$.15 for each canned good in your pantry              | 7<br>\$.50 for every toothbrush in your home                           | 8<br>\$3 if you have Band-Aids in your home                          | Read a story from this blog: <a href="http://www.riseagainsthunger.org/category/volunteer-story/">http://www.riseagainsthunger.org/category/volunteer-story/</a>                             | 10<br>\$1 for each time someone in your home visited the doctor last year |
| 11<br>Pray for women who are pregnant all over the world                        | 12<br>\$.15 for each pair of shoes in your home                        | 13<br>\$.50 for each step in your house, inside and outside | 14<br>Tell a stranger about Rise Against Hunger today!                 | 15<br>\$.05 for every drinking glass in your home                    | Read another story from this blog: <a href="http://www.riseagainsthunger.org/category/volunteer-story/">http://www.riseagainsthunger.org/category/volunteer-story/</a>                       | 17<br>\$.10 for each electric outlet in your home                         |
| 18<br>Pray for researchers working to eradicate hunger                          | 19<br>\$.10 for every package of frozen food in your freezer           | 20<br>\$10 for each car in your family                      | 21<br>\$.05 for every pillow in your home                              | 22<br>\$1 for each bed in your home                                  | Look at the global presence of Stop Hunger Now: <a href="http://www.riseagainsthunger.org/world-aid/">http://www.riseagainsthunger.org/world-aid/</a>  | 24<br>\$.05 for every roll of toilet paper in your house                  |
| 25<br>Pray for families mourning the loss of life due to hunger.                | 26<br>\$5.00 if you live within a 10 minute drive of a hospital/clinic | 27<br>Tell a stranger about Rise Against Hunger today!      | 28<br>\$1 for every load of laundry done this week                     | 29<br>\$.25 for every dessert you consumed this week                 | <a href="http://www.riseagainsthunger.org/understanding-hunger/hunger-resources/">http://www.riseagainsthunger.org/understanding-hunger/hunger-resources/</a>                                | 31<br>\$3 for every bottle of bug spray in your home                      |



Abundance Calendar Tally sheet – keep up with your donations on this chart. Please bring your donation for Rise Against Hunger on Easter Sunday (April 1). Packaging meals for Rise Against Hunger will be held at St. Mark’s on Sunday, August 12.

| Date    | Contribution Description  | Formula          | Total |
|---------|---|------------------|-------|
| 2/15/18 | \$.10 for each medicine bottle in your home                         | .10 x ____ =     |       |
| 2/17/18 | \$1 for every sink in your house                                    | 1 x ____ =       |       |
| 2/19/18 | \$5 if you vacationed last year, \$25 is you flew                   |                  |       |
| 2/20/18 | \$3 for every toilet in your home                                   | 3 x ____ =       |       |
| 2/21/18 | \$1.00 for every television in your house                           | 1.00 x ____ =    |       |
| 2/24/18 | \$.05 for each light bulb in your home                              | .05 x ____ =     |       |
| 2/26/18 | \$1 for each time your family visited a dentist last year           | 1 x ____ =       |       |
| 2/27/18 | All the coins in your pocket or purse                               |                  |       |
| 2/28/18 | \$.50 for every device in your home that can access the internet    | .50 x ____ =     |       |
| 3/1/18  | \$1 for every person in your home who wears glasses or contacts     | 1 x ____ =       |       |
| 3/3/18  | \$2 for every shower/bathtub in your home                           | 2 x ____ =       |       |
| 3/5/18  | \$5 if you have a garage, \$10 if you can't park in it              |                  |       |
| 3/6/18  | \$.15 for each canned good in your pantry                           | .15 x ____ =     |       |
| 3/7/18  | \$.50 for every toothbrush in your home                             | .50 x ____ =     |       |
| 3/8/18  | \$3 if you have Band-Aids in your home                              |                  |       |
| 3/10/18 | \$1 for each time someone in your home visited the doctor last year | 1 x ____ =       |       |
| 3/12/18 | \$.15 for each pair of shoes in your home                           | .15 x ____ =     |       |
| 3/13/18 | \$.50 for every step in your house, don't forget about outside      | .50 x ____ =     |       |
| 3/15/18 | \$.05 for every drinking glass in your home                         | .05 x ____ =     |       |
| 3/17/18 | \$.10 for each electric outlet in your home                         | .10 x ____ =     |       |
| 3/19/18 | \$.10 for every package of frozen food in your freezer              | .10 x ____ =     |       |
| 3/20/18 | \$10 for each car in your family                                    | 10 x ____ =      |       |
| 3/21/18 | \$.05 for every pillow in your home                                 | .05 x ____ =     |       |
| 3/22/18 | \$1 for each bed in your home                                       | 1 x ____ =       |       |
| 3/24/18 | \$.05 for every roll of toilet paper in your house                  | .05 x ____ =     |       |
| 3/26/18 | \$5.00 if you live within a 10 minute drive of a hospital/clinic    |                  |       |
| 3/28/18 | \$1 for every load of laundry done this week                        | 1 x ____ =       |       |
| 3/29/18 | \$.25 for every dessert you consumed this week                      | .25 x ____ =     |       |
| 3/31/18 | \$3 for every bottle of bug spray in your home                      | 3 x ____ =       |       |
| 4/1/18  | Please bring all donations on Easter Sunday.                        | Total Donation = |       |