



The Lower Prince George's County Cluster presents

2021 Lenten Journey

Yet even now, says the Lord,
return to me with all your heart,
with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your
God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from
punishing.
(Joel 2:12-13)

LENTEN FAST INSTRUCTIONS

This year, during the entire season of Lent (February 17 – April 1) we are asked to:

- abstain from **all** fried foods (We want to declutter and unclog our lives.)
- drink **7** bottles of water daily (We want to cleanse our hearts, minds, bodies and souls.)
- prayer-walk for **7** minutes daily (We want to deepen our communication with God and care for our bodies.)

WEEKLY LENTEN PRAYER FOCI

- Week One (ending on 2/20): Those suffering as result of the pandemic.
- Week Two (ending on 2/27): Educators, school support staff and students.
- Week Three (ending on 3/6): The Lower Prince George's County Cluster churches & staff.
- Week Four (ending on 3/13): Elected officials.
- Week Five (ending on 3/20): Bishop LaTrelle Miller Easterling & The BWC Cabinet.
- Week Six (ending on 3/27): The communities/neighborhoods surrounding our churches.

~ The Lower Prince George's County Cluster ~

United Methodist Church of the Redeemer | 1901 Iverson Street | Temple Hills, MD 20748
Gethsemane United Methodist Church | 910 Addison Road South | Capitol Heights, MD 20743
Bells United Methodist Church | 6016 Allentown Road | Camp Springs, MD 20746
The Reverend Michael Anthony Parker II & The Reverend Ronald Triplett, Cluster Pastors