# Region 2 Synod 2024 Lenten Challenge

## THE CAUSE

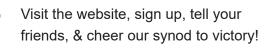
To honor ELCA World Hunger's 50th year, the 5 synods in Region 2 are challenging one another to raise money for ELCA World Hunger. **The challenge:** Participate in some spiritual and physical practices during Lent. *The synod with the most participants wins!* 

### WHAT TO DO?



**The goal:** 50 congregations per synod in which at least 1 person participates.

Each participant commits to doing 3 of the 4 practices for the 40 days in Lent.





LEARN MORE & SIGN UP

## THE PRACTICES



#### DAILY DEVOTION

Subscribe to receive a devotion by Pastor Steve Holm by email each of the 47 days of Lent courtesy of Spirit in the Desert Retreat Center.



#### DAILY DISCIPLINE

Commit to doing one wellness activity every day, be it a workout, a walk, an extra flight of stairs or an extra glass of water.



#### DAILY DECLUTTER

Find a way to de-clutter, de-stress, and re-tune by clearing the garage, the calendar, or the closet and donating gently used items.



#### DAILY DONATION

Pledge to give \$1 a day (or more) to ELCA World Hunger for the 40 days of Lent or pledge \$50 for ELCA World Hunger's 50th anniversary.

> For details: www.LentenChallenge.org