

## A GESTURE OF GRATITUDE

O giver and provider of life, you give us abundant life in Jesus Christ. You provide us with what we need for daily sustenance. Grateful, we bring gifts for our sisters and brothers who need support to meet their economic goals. May our giving be pleasing to you and honor those you have put in our care. In the name of Jesus we pray. Amen.

**Step 1. Get this flyer for Prayer and Self Denial.**

**Step 2. Find a clean jar, envelope, cup or can.**

**Step 3. Put the jar in a prominent place in your home and put the flyer in the jar (roll up like a scroll).**

**Step 4. During Lent follow each suggestion on the calendar and help raise the funds for our local contribution to the call for Prayer & Self Denial.**

**Step 5. Turn in the total of your contribution by May 1. If need be, take all of your coin to the bank, cash it in for paper money OR write a check for the amount payable to "Wesley United Methodist Women". On your check or envelope please mark "PRAYER & SELF DENIAL". Take it to the church office or turn it in to your circle leader.**

**Instead of using a container you can jot the amount you "owe" on each date, then add it all up and write a check for the total.**

**THANK YOU !!!!!!!!**

---

# Wesley UMW Prayer & Self Denial 2024

---

*The Prayer and Self Denial Offering received goes toward the local missions of the United Methodist Women.*

---



---

**This year the offering received will be donated to H.E.L.P., a local organization offering financial assistance for utilities, housing, prescriptions, food and transportation. Jeff Lewis is the director with office housed at Wesley.**



# Wesley UMW Prayer & Self Denial – 2024

*One hundred percent of the offering goes directly to H.E.L.P.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pray each day for people in need.			2/14 <b>ASH WED.</b> Put in a quarter for each bed in your home.	2/15 Put a dime in the jar for each room in your home	2/16 Put a dime in the jar for each key you have on your key ring.	2/17 Put \$1 in the jar if your birthday is during Lent (Feb 14-March 31).
2/18 Put a quarter in the jar for each cup of coffee you drink today.	2/19 Put a penny in the jar for each 10 pound you weigh.	2/20 Put a dime in the jar for each piece of mail you receive today.	2/21 Put a nickel in the jar for each piece of clothing you have on today.	2/22 Put a dime in the jar for each phone call you RECEIVE today.	2/23 Put TWO quarters in the jar if the sun shines today.	2/24 Put a quarter in the jar for each pet in your home.
2/25 Put a dime in the jar for each person you say "Good Day" to.	2/26 Put a dime in the jar for each bed you made today.	2/27 Put a penny in the jar for each photo you have hanging in your house.	2/28 Put a dime in the jar for each phone call you MAKE today.	2/29 Put a penny in the jar for each dish you wash today....	3/1 Put a dime in the jar for each tree in your yard.	3/2 Put a penny in the jar for each mile you drive today.
3/3 Put a dime in the jar for each blanket you have on your bed.	3/4 Put a penny in the jar if you heard someone singing.	3/5 Put a quarter in the jar if you see a robin today.	3/6 Put a quarter in the jar if you are wearing earrings today.	3/7 Put a penny in the jar for each door in your home.	3/8 Put a dime in the jar for each time you opened your refrigerator.	3/9 Put a dime in the jar for each siren you hear today.
3/10 Put a penny in the jar for each hand you shake today (human or otherwise).	3/11 Put a nickel in the jar for each button you have on your outfit today.	3/12 Put a quarter in the jar if the sun is shining.	3/13 Put 1 dime in the jar for every plant you watered this week.	3/14 Put TWO quarters in the jar if you are wearing nail polish.	3/15 Put a quarter in the jar for every load of laundry you do today.	3/16 Put a dime in the jar if there's still snow on the ground
3/17 St. Patrick's Day. Put in 30 cents if you are wearing green today.	3/18 Put a quarter in the jar if you wear corrective lenses (glasses or contacts)	3/19 Measure your waistline. Put a penny in the jar for each inch.	3/20 Put a quarter in the jar if you went shopping today.	3/21 Put a nickel in the jar for each pair of shoes in your closet.	3/22 Put a penny in the jar for each window in your home.	3/23 Put a dime in the jar for each piece of jewelry you are wearing.
3/24 Put in a quarter if you attended church a service	<del>3/25 Put a quarter in the jar if you exercised today. 2 quarters if not.</del>	3/26 Put a quarter in the jar if you listened to the radio	<del>3/27 Put a penny in the jar for each egg in your refrigerator.</del>	3/28 <b>MAUNDY THURSDAY</b> Put all your pennies in the jar.	3/29 <b>GOOD FRIDAY</b> Put \$1 in the jar if you ate out	3/30 Put a quarter in the jar if your spring bulbs are