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*I remember my affliction and my wandering,  
the bitterness and the gall.*

*I well remember them,  
and my soul is downcast within me.*

*Yet this I call to mind  
and therefore I have hope:*

*Because of the Lord's great love we are not consumed,  
for his compassions never fail.*

*They are new every morning;  
great is your faithfulness.*

*I say to myself, "The Lord is my portion;  
therefore I will wait for him."*

**LAMENTATIONS 3:19-24**



**Sign up for volunteer opportunities at  
[hopeforsd.org/lent2023](https://hopeforsd.org/lent2023)**

**Questions?  
[admin@hopeforsd.org](mailto:admin@hopeforsd.org)**

# LAMENT & HOPE *for* SAN DIEGO

## AN INVITATION TO OBSERVE LENT

*The Ancient Church incorporated 40 days of solemn practices, beginning with Ash Wednesday, to prepare themselves for the celebration of Easter. Fasting and prayer during this season of Lent help us create space for more of Jesus in our lives. We remember our complete dependence on him and walk the road to Calvary with him in sorrow and repentance.*

*Lent is also a season to lament, not only our personal sin, but the brokenness of the world around us. God welcomes us to cry out against the injustices in our city. He can handle all of the grief, loss, pain, and anger we feel. He took all of it onto himself on the Cross so that we will be reconciled to him and the world will be renewed.*

**THAT IS THE HOPE WE NEED!**



| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY   |
|---|--|--|---|---|--|--|
| <b>HOPE<br/>LAMENT</b>  | Looking forward to the day when<br>God will make all things new<br><br>Grieving the painful reality of<br>waiting for God's redemption | <b>FEB 22</b><br><b>ASH WEDNESDAY</b><br><i>Join us for a collaborative<br/>gathering*</i> | <b>23</b><br><i>Reunification for<br/>separated families</i>                | <b>24</b><br><i>Oppression of the<br/>weak and voiceless</i>                            | <b>25</b><br><b>SERVE</b><br>Alma Community Care<br>Logan Heights                        | <b>26</b><br><b>FEAST</b><br>On the abundance<br>of Christ's forgiveness       |
|   |  |  |   |   |  |  |
| <b>27</b><br><i>Comfort for those<br/>suffering loss</i>        | <b>28</b><br><i>Evil that ensnares<br/>the innocent</i>  | <b>MAR 01</b><br><i>Reconciliation for<br/>political enemies</i>                           | <b>02</b><br><i>Rejection of strangers<br/>seeking refuge</i>               | <b>03</b><br><i>Affordable housing<br/>for all who need it</i>                          | <b>04</b><br><b>SERVE</b><br>Collect needed items<br>for refugee and foster<br>families* | <b>05</b><br><b>FEAST</b><br>On the beauty of<br>God's word                    |
| <b>06</b><br><i>Loss of jobs and<br/>economic stability</i>     | <b>07</b><br><i>Replenishment for<br/>those serving<br/>the poor</i>   | <b>08</b><br><i>Abandonment and<br/>neglect of children</i>                                | <b>09</b><br><i>Community for<br/>the lonely</i>                            | <b>10</b><br><i>Addiction that<br/>destroys lives<br/>and families</i>                  | <b>11</b><br><b>SERVE</b><br>Urban Life<br>City Heights*                                 | <b>12</b><br><b>FEAST</b><br>On the nourishment<br>of relationships            |
| <b>13</b><br><i>Freedom for victims<br/>of trafficking</i>      | <b>14</b><br><i>Division of<br/>the church</i>   | <b>15</b><br><i>Shelter for those<br/>without homes</i>                                    | <b>16</b><br><i>Marginalization of<br/>ethnic groups</i>                    | <b>17</b><br><i>Redemption of<br/>pain and suffering</i>                                | <b>18</b><br><b>SERVE</b><br>SD Resue Mission<br>Oceanside*                              | <b>19</b><br><b>ILLUMINATE</b><br>HFSD Fundraiser*                             |
| <b>20</b><br><i>Racism against<br/>people of color</i>          | <b>21</b><br><i>Protection for the<br/>innocent and<br/>vulnerable</i>   | <b>22</b><br><i>Poverty that<br/>causes desperation</i>                                    | <b>23</b><br><i>Strength for<br/>weary parents</i>                          | <b>24</b><br><i>Passivity that<br/>prevents change</i>                                  | <b>25</b><br><b>SERVE</b><br>Alabaster Jar Project<br>Escondido*                         | <b>26</b><br><b>FEAST</b><br>On the rest we<br>enjoy in Christ                 |
| <b>27</b><br><i>Demonstration of<br/>neighborly love</i>        | <b>28</b><br><i>Innocence stolen<br/>from children<br/>and youth</i>   | <b>29</b><br><i>Salvation for those<br/>estranged from God</i>                             | <b>30</b><br><i>Pain of those who<br/>have lost loved ones</i>              | <b>31</b><br><i>Peace and friendship<br/>for newly arriving<br/>refugees</i>            | <b>APR 01</b><br><b>SERVE</b><br>Street Corner Care<br>Downtown*                         | <b>02</b><br><b>PALM SUNDAY</b><br>Feast on the promise<br>of the resurrection |
| <b>03</b><br><i>Greed that leads to<br/>damaging inequities</i> | <b>04</b><br><i>Resources for those<br/>suffering mental<br/>illness</i>   | <b>05</b><br><i>Blindness of the<br/>spiritually deceived</i>                              | <b>06</b><br><i>Change for unjust<br/>laws and oppressive<br/>practices</i> | <b>07</b><br><b>GOOD FRIDAY</b><br><i>Sickness and death<br/>that touches all of us</i> | <b>08</b><br><i>Save the date for<br/>Day of Service:<br/>July 22*</i>                   | <b>09</b><br><b>EASTER</b><br><i>He is Risen!<br/>Rejoice!</i>                 |

\*Find out more about these projects and events on our website at [hopeforSD.org/events/](https://hopeforSD.org/events/)

**ASH WEDNESDAY: FEBRUARY 22**  
**FIRST PRESBYTERIAN CHURCH @ 6:30PM**

**LEARN and SERVE  
PROJECTS**

Each project will offer a deeper understanding of our focus areas, highlighting unique neighborhoods and the dynamics which keep our unserved neighbors vulnerable.

**FEBRUARY 25 ALMA COMMUNITY CARE - Logan Heights**  
Focus on Immigrants & Refugees; All ages

**MARCH 11 URBAN LIFE - City Heights**  
Focus on Immigrants & Refugees; Ages 8+

**MARCH 18 SAN DIEGO RESCUE MISSION - Oceanside**  
Focus on Homelessness; Ages 12+

**MARCH 25 ALABASTER JAR PROJECT - Escondido**  
Focus on Sex Trafficking; Ages 16+

**APRIL 1 LADLE FELLOWSHIP - Downtown**  
Focus on Homelessness; Ages 14+

**FAMILY friendly  
OPPORTUNITIES**

Sign up online to receive all the details you need!

**WORLD RELIEF Make a welcome basket for refugee families**  
Focus on Immigrants & Refugees

**RESTORATION 225 Make a celebration basket for foster & kinship families**  
Focus on Foster Care

