



2023 Cross-Synod Challenge for ELCA World Hunger and Health!

The Grand Canyon Synod and the Southeastern Iowa Synod are partner synods in the U.S. and in 2023 the two synods are challenging one another to raise money for ELCA World Hunger for Lent. The challenge is to pledge to participate in some spiritual and physical practices during Lent and raise some money for ELCA World Hunger. The synod with the most people to participate wins!

Join the Cross-Synod Challenge for Lent. Lent is 40 days to reflect, remember our dependence on God and one another, and look forward to the ways God calls us to be. Adding one or more of these small practices to your observation of Lent might help you feel more connected. A light-hearted challenge like this might help our synods be the Church together, and to see God's vision and invitation for us to be a church for the world and share the good news of Jesus Christ.

What are the 40-40-40 Lenten practices? To participate you'll pledge to do 3 of the 4 (or all 4) practices for Lent.

Daily Devotion- Subscribe to receive daily email devotions for Lent. These short reflections will be delivered right to your inbox every morning for Lent.

Daily Donation- Pledge to give \$1 a day (or more) to ELCA World Hunger for the 40 days of Lent.

Daily Declutter- Once a day find a way to daily de-clutter, de-stress, and re-tune. It could be cleaning out the garage, cleaning your calendar, or finding some time to de-clutter a desk or drawer and donating gently used items.

Daily Discipline - Do one wellness activity every day. Maybe it's your daily workout, maybe is a 1-mile walk a day. Maybe it's taking an extra flight of stairs or an extra glass of water.

How is this a challenge? This a little friendly competition for a good cause. People from across the Southeastern Iowa Synod and the Grand Canyon synod will sign up to do three of four of the practices and the synod with the most individuals who sign up wins the challenge!

What does our synod win? An outstanding trophy will be presented with a video-recorded message from the losing synod's Bishop at the synod assembly and all the bragging rights that go along with beating another synod at something.

How do I sign up? Visit bit.ly/404040Lent for all the details and to sign up.

Learn more and Sign Up!
Visit: <https://bit.ly/404040Lent>