

ONE GREAT HOUR OF SHARING

GUIDELINES:

1. Choose the "unit" you will use to remember those in need during Lent to make contributions to OGHS this year. (i.e. penny, nickel, dime or quarter.)
2. Using the chart below, follow the 40 days of suggestions, marking the appropriate number of units in the box each day.
3. Add the total number of units and make an appropriate gift for OGHS. We dedicate the offering on Palm Sunday but reflections run through Holy Saturday.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Does your house have running water? 3 units <input type="checkbox"/>	1 unit for everyone in your house who ate a piece of fresh fruit today? <input type="checkbox"/>	Do you have a vegetable garden? 3 units <input type="checkbox"/>	1 unit for each stove burner? <input type="checkbox"/>	Did you eat something out of season in CNY? 1 unit for each <input type="checkbox"/>	1 unit for each person in your house who has a job <input type="checkbox"/>	Did you order out/eat out today? 1 unit for each person <input type="checkbox"/>
Day 8	Day 9	Day 10	Day 11 <input type="checkbox"/>	Day 12 <input type="checkbox"/>	Day 13	Day 14
Do you have a doctor? 2 units <input type="checkbox"/>	Fresh vegetables today? 1 unit per person <input type="checkbox"/>	Animals/pets you feed? 1 unit each <input type="checkbox"/>	Electricity in the house? 3 units	1 unit for each beverage prepared outside your home today	Do you have a grill? 1 unit <input type="checkbox"/>	Did anyone in your house go to bed hungry? 1 unit for each "no" <input type="checkbox"/>
Day 15 <input type="checkbox"/>	Day 16 <input type="checkbox"/>	Day 17	Day 18	Day 19	Day 20 <input type="checkbox"/>	Day 21 <input type="checkbox"/>
Have an oven? 2 units	Do you eat 3 meals/day? 1 unit per/meal per/person in your house today	Do you have a microwave? 1 unit <input type="checkbox"/>	Go through a drive-thru today? 1 unit for each trip <input type="checkbox"/>	1 unit per person for each meal prepared by others <input type="checkbox"/>	Buy organic? 2 units	1 unit for each Trip to buy groceries this week
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Able to afford a special diet for health? 2 units <input type="checkbox"/>	2 units for each person who ate meat today <input type="checkbox"/>	Out of season vegetables? 1 unit each	Do you have a frig/freezer? 2 units <input type="checkbox"/>	1 unit for each meal eaten in a restaurant/cafeteria <input type="checkbox"/>	1 unit for each food not produced in CNY <input type="checkbox"/>	1 unit <input type="checkbox"/> For each person who ate dinner
Day 29	Day 30	Day 31 <input type="checkbox"/>	Day 32 <input type="checkbox"/>	Day 33	Day 34	Day 35
Have a coffee maker? 1 unit <input type="checkbox"/>	1 unit for each person who ate breakfast this morning? <input type="checkbox"/>	Can you get to a grocery store? 3 units <input type="checkbox"/>	1 unit for each person who ate lunch today	Whole grain? 1 unit for each person <input type="checkbox"/>	Frozen or other prepared convenience food? 1 unit each	Out-of season fruit? 1 unit each <input type="checkbox"/>
Day 36	Day 37 <input type="checkbox"/>	Day 38	Day 39	Day 40	<input type="checkbox"/>	OGHS 2023
Snacks? 1 unit each	1 unit for each Food-based magazine subscription/purchase	Never needed food stamps? <input type="checkbox"/> 3 units	Desserts today? 1 unit per person <input type="checkbox"/>	1 Unit For each person who ate dinner today <input type="checkbox"/>	How "food fortunate" are you? Total Units	<input style="width: 50px; height: 30px;" type="text"/>