



**TO 140 DAYS  
140 YEARS**

**ANNIVERSARY CELEBRATION!**



**Saint Luke's  
Episcopal Church**

**150+ YEARS OF SERVING AND CELEBRATING GOD,  
140 YEARS ON THIS CORNER IN CLEVELAND.**

**140 Days  
of Prayer**



One community.

# choose your PATH

Many paths. 140 days of hope in action.



**1. CHOOSE**  
Pick 1 primary path (your anchor practice).



**2. ADD (optional)**  
Choose 1 secondary path for extra impact.



**3. COMMIT**  
For 140 days (or a shorter interval).



**4. CONNECT**  
Track your journey & encourage one another.



**5. SHARE**  
Share your stories and celebrate our progress together!

**Path 1** **Prayer & Presence**  
*Be rooted in God for the sake of the world.*

**Core Commitment**  
*(choose one)*

- 1 min of prayer daily for 140 days
- 1 intention or gratitude each day
- light a candle daily
- pray for a specific person or group of people

**Stretch Practices**

- pray for an enemy daily
- reflect daily on human dignity
- read 140 bible verses daily
- ask 140 people to pray

**Path 2** **Discipline & Transformation**  
*Offer your life as a living practice.*

**Core Commitment**  
*(choose one)*

- 1 daily embodied act (walk, stairs, yoga, etc.)
- add 1 healthy routine (mental, physical, spiritual, or emotional)

**Stretch Practices**

- 140 days of abstinence from something you choose
- practice listening deeply
- no phone for 140 min/day
- say yes to new experiences

**Path 3** **Generosity & Giving**  
*Where your treasure is, there your heart will be also.*

**Core Commitment**  
*(choose one)*

- give daily (penny, dollar...on a 140 scale)
- commit to a monthly or yearly gift
- donate your monthly coffee budget

**Stretch Practices**

- fund 140 Community Meal dinners
- collect 140 pairs of new socks for Your Neighbor's Cloak
- offer you professional services freely

**Community Expressions:** share on the prayer wall in the dining room, at a spirituality meeting, or during announcements in worship

**Community Expressions:** share updates with the community on milestone days (14, 40, 140...); gather accountability partners

**Community Expressions:** share your giving goals with accountability partners; set milestones; collect with a friend

**Path  
4**

**Kindness & Relationship**

*Honor the dignity of every human being.*



**Core Commitment**  
*(choose one)*

- 1 act of kindness daily
- 1 "thank you" daily
- invite lonely people into community daily
- practice eye contact daily
- stay to eat and chat at Community Meal
- host a game night at the church

**Stretch Practices**

- 140 hugs/handshakes
- offer apologies and pursue reconciliation

**Community Expressions:** share your stories, ask each other "Where did you see Christ today?"

**Path  
5**

**Service & Outreach**

*Love your neighbor in tangible ways.*



**Core Commitment**  
*(choose one)*

- serve 140 meals at Community Meal
- donate 140 pairs of boxer briefs to Your Neighbors Cloak
- carry gift cards or St. Luke's info cards for people who ask for food

**Stretch Practices**

- bake 140 cookies for Community Meal
- tutor 140 hours at a school
- build shade for St. Luke's front yard where neighbors gather

**Community Expressions:** come to a group service day, join a ministry team

**Path  
6**

**Creation Care**

*Tend the earth as a sacred trust.*



**Core Commitment**  
*(choose one)*

- reduce your own waste
- start a compost bin or join Rust Belt Riders
- turn off lights when no one is in the room
- pick up 140 pieces of litter
- plant the St. Luke's community garden

**Stretch Practices**

- plant 140 flowers
- start a recycling ministry
- advocate for sustainability

**Community Expressions:** host a neighborhood clean up day, fund a dishwasher so we can use fewer disposables at St. Luke's

**Path  
7**

**Justice & Advocacy**

*Do justice, love mercy, walk humbly with God.*



**Core Commitment**  
*(choose one)*

- send 140 postcards to legislators
- make 140 calls to local government
- advocate for immigrants, children, and/or food access

**Stretch Practices**

- provide tools like stamps and cards, trainings
- get to know your councilperson

**Community Expressions:** participate in an advocacy day, share ways you find to help with people you know

**Path  
8**

**Community & Invitation**

*Build a longer table, not a bigger barn.*



**Core Commitment**  
*(choose one)*

- invite others to worship
- invite others to serve in community
- reflect on what makes St. Luke's special and share it with others

**Stretch Practices**

- host a community movie night for 140 people
- help create 140 new partnerships with local orgs

**Community Expressions:** post a growing list of new connections, celebrate new partnerships

**Path  
9**

**Story, Learning, & Legacy**

*Remember, celebrate, learn, and imagine our future together.*



**Core Commitment**  
*(choose one)*

- learn 140 facts about St. Luke's and our neighborhood
- learn 140 words in Pashto or Spanish so we can be better neighbors
- write 140 prayers for the future of our church

**Stretch Practices**

- collect 140 poems or songs that reflect our community spirit
- collect 140 memories of St. Luke's

**Community Expressions:** participate in a story-telling event, archive your creations, create a public art installation

***What has Surprised You at St. Luke's?***

*It is so much deeper than surprise.*



# MAKE IT YOURS!



- Start where you are.
- Choose what fits.
- Do it with love.
- Keep going for 140 days.
- Share your stories!

## Levels of Commitment



**LIGHT**  
1 small  
daily act



**STEADY**  
3-4 times  
per week



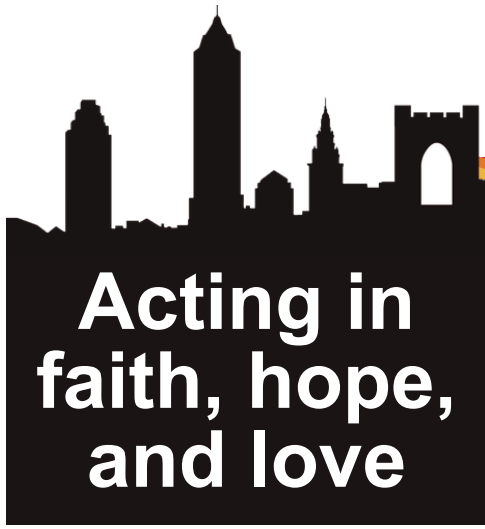
**DEEP**  
Daily anchor +  
stretch practice



**TRANSFORMATIONAL**  
Multiple paths  
integrated

Let's grow together for the good of our neighborhood and the glory of God!





# 140 ways for 140 DAYS

- One minute of prayer/meditation/contemplation dedicated to St. Luke's each day for 140 days
- One step a day dedicated to St. Luke's for 140 days
- 140 steps a day/ a week/a month dedicated to St. Luke's for 140 days
- One mile a day dedicated to St. Luke's for 140 days
- One flight of stairs dedicated to St. Luke's for 140 days
- One penny a day dedicated to St. Luke's
- One "Thank You" a day dedicated to St. Luke's for 140 days
- One intention a day dedicated to St. Luke's for 140 days
- One act of kindness a day dedicated to St. Luke's for 140 days
- One thought of gratitude dedicated to St. Luke's a day for 140 days
- 140 things that one is grateful for each day
- One dollar a day donated to St. Luke's for 140 days
- One donation to Your Neighbor's Cloak of 140 items
- One donation a day to Your Neighbor's Cloak for 140 days
- 140 items recycled with thoughts to St. Luke's
- 140 items/scoops/bags composted with St. Luke's in mind
- 140 pieces of litter picked up and recycled or properly disposed of in honor of St. Luke's
- 140 ideas proposed for the long term sustainability of St. Luke's
- 140 Inspiring messages handed out a day/ a week/ a month for 140 days
- 140 hands shaken with thoughts for St. Luke's
- 140 hugs given with thoughts of St. Luke's
- 140 community organizations connected in supportive partnership
- 140 people invited to Community Meal
- 140 people invited to worship at St. Luke's
- 140 Frequent Flyer Miles donated to the St. Luke's Community
- \$140 a year donated to ST. Luke's
- \$140 a month donated to St. Luke's
- \$140 a day donated to St. Luke's for 140 days
- 140 years of gratitude to the original occupants of the land of St. Luke's (Erie and Kaskaskia peoples)
- 140 acts of atonement with the original tribes that inhabited the land on which St. Luke's sits (Erie and Kaskaskia peoples)
- 140 celebrities/influencers contacted to volunteer, donate, support St. Luke's
- 140 solar panels placed around the St. Luke's neighborhood
- 140 solar panels placed on St. Luke's roof
- 140 jobs found, services rendered, work units volunteered, in kind services rendered in the greater St. Luke's Community
- 140 apologies given for 140 days
- 140 days of abstinence from....(you decide)
- 140 days of medication compliance
- 140 gather together to purchase a new stove for St. Luke's Community Meal
- 140 people fed by volunteering at St. Luke's Community Meal
- 140 new pair of underwear donated to Your Neighbor's Cloak
- 140 winter coats collected for Your Neighbor's Cloak
- 140 new t-shirts collected for Your Neighbor's Cloak



- 140 minutes or hours being of service to the neighborhood by volunteering at St. Luke's
- 140 people gathered to repaint the exterior of the church building
- 140 postcards sent to legislators reminding them to care for the needs of our neighbors in honor of St. Luke's
- 140 phone calls made to legislators advocating for immigrants in honor of St. Luke's
- 140 cookies sold at a bake sale in honor of St. Luke's
- 140 hours of electricity saved by turning off the lights when you leave in honor of St. Luke's
- Share 140 stories of hope in honor of St. Luke's
- Collect 140 poems that exemplify our neighborhood in honor of St. Luke's
- Read 140 pages of the bible in honor of St. Luke's (maybe from the Gospel of Luke or the Acts of the Apostles!)
- Read 140 verses of the bible in honor of St. Luke's (maybe from the Gospel of Luke or the Acts of the Apostles!)
- Sit in St. Luke's front garden for 1 minute a day for 140 days and write down who and what you notice around you
- Make 140 shelf-stable to-go lunches for people who arrive at St. Luke's hungry in the middle of the day
- Donate 140 cans for the St. Luke's Little Free Pantry
- Donate 140 books to the St. Luke's Little Free Library
- Offer \$140 worth of your labor in honor of St. Luke's
- Create a 140 minute long playlist with music honoring the legacy of St. Luke's
- Create a vision board for what the neighborhood and St. Luke's will look like over the next 140 years
- Invite 140 friends to join you at St. Luke's for worship and community events
- Collect \$140 in gift cards for Not Ya Mama's Bingo prizes at St. Luke's
- Gather 140 napkins for Community Meal in honor of St. Luke's
- Gather 140 plastic forks for Community Meal at St. Luke's
- Collect 140 pairs of shoes for Your Neighbor's Cloak
- Donate 140 gallons of paint for the exterior of the church building
- Gather and share 140 pictures taken at St. Luke's over the years
- Ring a bell every day for 140 days to recenter your attention on our neighborhood
- Look people in the eye when you'd rather look away once a day for 140 days
- Spend 140 days contemplating what "respecting the dignity of every human being" means to you and share your thoughts with a friend
- Plant 140 flowers
- Plant 140 trees
- Offer 140 minutes of your expertise to St. Luke's for free for whatever needs to be done at the church
- Read about the lives of 140 saints in honor of St. Luke's
- Collect the stories of 140 neighbors and share them with the community
- Collect 140 packages of diapers for Your Neighbor's Cloak
- Collect 140 pairs of socks for Your Neighbor's Cloak
- Collect 140 pairs of jeans for Your Neighbor's Cloak
- Collect 140 reusable shopping bags for Mobile Pantry
- Ask 14 of your friends to contribute \$10 each toward funding a Community Meal at St. Luke's
- Ask 2 of your friends to come help prepare a Community Meal for 70 people at St. Luke's
- Identify lonely people in your life and invite them into community 140 times (maybe not the same person 140 times)
- Learn 140 facts about our neighborhood and share them with the community
- Gather 14 friends to paint 10 small community murals at St. Luke's
- Send 140 lbs of pet food to City Dogs in honor of St. Luke's
- Donate 140 books to Cleveland Public Library in honor of St. Luke's
- Host a community movie night at St. Luke's for 70 people twice
- Write down and share 140 stories about the past of St. Luke's
- Write down and share 140 hopes for our future together
- Offer 140 minutes of free tutoring at a local school in honor of St. Luke's love for our neighborhood children
- Learn 140 words in Pashto in honor of St. Luke's to help us be better neighbors
- Learn 140 words of Spanish in honor of St. Luke's to help us be better neighbors
- Learn 140 words of Arabic in honor of St. Luke's to help us be better neighbors
- Tuckpoint 140 bricks in the gym wall in honor of St. Luke's
- Host a job fair at St. Luke's and invite 140 people
- Donate \$140 to Diocese of Ohio's Bishop's Annual Appeal in honor of St. Luke's
- Light a candle a day for 140 days in honor of St. Luke's (please remember to also blow it out)
- Save 140 gallons of water by turning off the tap while you brush your teeth in honor of St. Luke's
- Collect \$140,000 toward making St. Luke's ADA complaint
- Donate 140 feet of pipe to replace St. Luke's plumbing

- Ask 140 people to pray for the wellbeing of our neighbors and our neighborhood
- Replace 140 tiles in St. Luke's dining room
- Donate 140 glass blocks for windows in Your Neighbor's Cloak
- Eat a healthy meal in honor of St. Luke's every day for 140 days
- Add in one new routine that you know will help your mental health for 140 days
- Add in one new routine that you know will help your spiritual health for 140 days
- Add in one new routine that you know will help your physical health for 140 days
- Add in one new routine that you know will help your emotional health for 140 days
- Pay for 140 school lunches at a neighborhood school
- One nickel a day dedicated to St. Luke's for 140 days
- One dime a day dedicated to St. Luke's for 140 days
- One quarter a day dedicated to St. Luke's for 140 days
- One dollar a day dedicated to St. Luke's for 140 days
- Sing one song every day that makes you feel closer to God for 140 days
- Pull 140 weeds from the St. Luke's community garden over the next 140 days
- Listen attentively to someone you would normally brush off for 10 minutes 14 times over the next 140 days
- Pray for someone who frustrates you every day for 140 days
- Pray for an enemy every day for 140 days
- Pray for peace between nations every day for 140 days
- Contact legislators every day for 140 days in support of peace
- Contact legislators every day for 140 days in support of schools
- Contact legislators every day for 140 days in support of fully funding SNAP and food banks
- Give 140 stamps to someone who is writing their legislators 140 times
- Create a paper chain of 140 ways to show love for your neighbors and try to accomplish one of the links every day for 140 days
- Provide 140 minutes of respite care for someone who is raising a child or taking care of an elderly loved one.
- Do one yoga pose every day for 140 days in honor of St. Luke's
- Consider someone else's perspective once a day for 140 days in honor of St. Luke's
- Stand up for yourself once a day for 140 days in honor of St. Luke's
- Stand up for your neighbors once a day for 140 days in honor of St. Luke's
- Dedicate ten minutes a day for 14 days to a hobby that you know is good for your mental health
- Put away your phone/tablet for 140 minutes a day for 140 days
- Try to have a pleasant, authentic conversation with a new person every day for 140 days
- Set aside your own agenda to do what someone else wants for 10 minutes a day for 14 days
- Say yes to a new experience when it comes along for the next 140 days
- Practice not interrupting others every day for 140 days
- Think of one new way to demonstrate care for others for 140 days (and do them if possible)
- Clean 140 park benches in public spaces in honor of St. Luke's
- Give grace to others when you're feeling annoyed with them once a day for 140 days
- Write 140 lines of poetry in honor of St. Luke's
- Walk a mile instead of driving when you can for 140 days
- Spend 140 minutes talking to someone on the phone instead of just texting them over the next 140 days

## ***What do you hope for our future together at St. Luke's?***

*Oh, more of what we already are. More compassion, more understanding, wider doors to welcome more people. One thing I love about St. Luke's is its belief in hopeful abundance. Let's share more!*

Join us Saturday, September 12 at 11 AM  
for our...

# Sister ACT

Sing-Along Anniversary Brunch!

- Choir under the direction of Mr. Bob Navis, Jr
- A variety of breakfast foods prepared by Chef Vidorian Massingale
- Mimosas
- Gluten Free & Vegan options available
- A NEW specialized coffee roast in honor of St. Luke's by Ready Set! Roasters

**Early Bird  
Tickets!**

\$50 until May 31;  
\$75 starting June 1



Scan to purchase:



150+ years serving and celebrating God. 140 years on this corner in Cleveland.