



THE RIVERSIDE CHURCH
IN THE CITY OF NEW YORK



THE RIVERSIDE CHURCH
2026 LENTEN DAILY PRACTICES

It is easy to speak of love as an idea or a belief. Lent invites us to live it—openly, courageously, and in ways that can be seen and felt in the world. Love made public begins with daily choices to show up, tell the truth, make space, and act for the good of others.

The Lenten season reminds us that we walk with God as partners—listening for where love is calling us beyond comfort, beyond habit, beyond the walls we have built around our lives. The practices of prayer, fasting, and almsgiving offered here are invitations into that shared work. They are meant to stretch us gently outward—toward God and toward our neighbors.

As you engage these practices with intention and care, may you discover that love grows more visible through your public witness. We are grateful to walk this Lenten journey together.

Rev. Thorne and the Riverside Church clergy team

Recurring Practices

Sunday — Worship

11:00 am | Special music at 10:30 am

Monday — Multifaith Mondays: Witness to Democracy

5:30–6 pm at Columbus Circle

We gather in interfaith community to encourage one another and stand up for democracy as people of faith.

Monday–Friday — Morning Prayer

8:00 am

<https://www.trcnyc.org/morningprayer/>

Wednesday — Fasting Reflection

12:00–12:30 pm

Reflection, prayer, and discussion on the biblical practice of fasting.

Consider joining The Daniel Fast (<https://thedanielfast.com/beginners-guide>)

or another Lenten fasting practice this season

<https://us02web.zoom.us/j/84309337407>

Wednesday — Midweek Bible Study

12:30 pm

<https://www.trcnyc.org/mbs/>

Saturday — Lenten Book Study (Stephen Durham)

8:30 am

Learning to Walk in the Dark by Barbara Brown Taylor

<https://www.trcnyc.org/lent-book/>

Weekly Breath Prayer

Breathe in: Love, make us public.

Breathe out: Love, make us brave.

RESIST AND UNSUBSCRIBE

Americans are feeling powerless to thwart the Trump administration's assault on our nation's values. Americans, however, have a powerful weapon that has been hiding in plain sight. The president responds to one thing: the market. The most potent weapon to resist the administration is a targeted, national economic strike — a coordinated campaign that attacks tech companies and firms enabling ICE. Go to resistandunsubscribe.com to join the strike targeted at the companies driving the markets and enabling the president.

Lenten Practice Calendar 2026

Love Made Public

DATE	PRACTICE
Wed, February 18	Observe Ash Wednesday with Riverside at 7 pm online and in the Nave. Reflect on the meaning of the day.
Thu, February 19	Love leaves the house – Step outside and bless your block—silently or aloud, from a window or a sidewalk.
Fri, February 20	Fast from speed – Move more slowly today—walk, eat, speak, and decide at a gentler pace. Notice who is usually rushed past.
Sat, February 21	Practice Love in Community - Join our Hands Off NYC Community Weekend of Action event at The Riverside Church or search for one near you: Sign up here: https://www.mobilize.us/handsoffnyc/event/897755/?referring_vol=4170867&share_context=dashboard-event-details&sharer_role=2 Learn more here: https://www.handsoffnyc.com/community
Sun, February 22	Join Riverside at 11 am for Sunday Worship. Special music at 10:30 am.
Mon, February 23	Love takes up space – Read a local news story and pray for everyone in it, named and unnamed. Let Love take up space in Albany and join New York State Council of Churches Ecumenical and Interfaith Advocacy Day: RSVP below. https://www.nyscoc.org/event/ecumenical-and-interfaith-advocacy-days-2026?emci=652be95e-ece1-f011-8195-000d3a1d58aa&emdi=1d4ec129-f3e1-f011-8195-000d3a1d58aa&ceid=3208756
Tue, February 24	Love notices people – Ask someone how they’re really doing—and listen without fixing. Learn how people are affected by policies that impact immigration, housing, environmental justice, healthcare, economic justice and criminal justice reform. Join Day 2 of New York State Council of Churches Ecumenical and Interfaith Advocacy Day for advocacy training and policy briefing. RSVP below. https://www.nyscoc.org/event/ecumenical-and-interfaith-advocacy-days-2026?emci=652be95e-ece1-f011-8195-000d3a1d58aa&emdi=1d4ec129-f3e1-f011-8195-000d3a1d58aa&ceid=3208756

Thu, February 26	<p>Love leaves the house – Sit near a window or outdoors and pray for people you see but do not know.</p> <p>If you're able, join New Sanctuary Coalition's Jericho Walk at 11am and pray for our neighbors facing deportation and detention. More information and sign up below. https://www.newsanctuarynsc.org/jericho_walk_03062025_20251002</p>
Fri, February 27	<p>Love risks tenderness – Offer an apology or forgiveness—internally or directly, if appropriate.</p>
Sat, February 28	<p>Join Riverside for an Intergenerational Communion Workshop where we will bake bread, do some food related justice work, and reflect on the scriptural and spiritual meanings of Communion. RSVP below. https://www.trcnyc.org/event/communionworkshop/</p>
Sun, March 1	<p>Join Riverside at 11 am for Sunday Worship. Special music at 10:30 am.</p>
Mon, March 2	<p>Love advocates for love - join our Lobby training with Action Corps to learn about congressional advocacy for peace, diplomacy and global justice.</p>
Tue, March 3	<p>Fast from buying – Do not purchase anything today beyond absolute necessities. Notice the workers, systems, and stories behind what you usually buy without thought.</p>
Wed, March 4	<p>Love notices people – Thank a worker today whose labor often goes unseen.</p>
Thu, March 5	<p>Love notices people – Read Acts 6:1-7 and pray for our current lay leaders as well as all those considering serving the Riverside Church.</p>
Fri, March 6	<p>Love leaves the house – Write a short prayer for your neighborhood and carry it with you.</p>
Sat, March 7	<p>Love crosses boundaries – Practice curiosity instead of judgment in one interaction today.</p>
Sun, March 8	<p>Join Riverside at 11 am for Sunday Worship. Special music at 10:30 am</p>
Mon, March 9	<p>Love crosses boundaries – Listen to a worship song in another language; pray for immigrant neighbors and for the soul of the United States of America.</p>

Wed, March 11	Love shows up – Practice service today without needing to be recognized.
Thu, March 12	Love takes up space – Choose one small way to interrupt harm or exclusion when you see it today.
Fri, March 13	Love notices people – Reach out to someone you’ve lost touch with (text, note, voicemail).
Sat, March 14	Read Matthew 18:1-5; pray for the children of our church, the Weekday School, and the world. Pray for childlike faith.
Sun, March 15	Love shows up – Join Riverside at 11 am online or in the Nave for Sunday Worship. Special music at 10:30 am.
Mon, March 16	Love notices what happens in the silence – Limit music, podcasts, news, or background sound for part of the day. Listen more carefully—to God, to others, to what the world is asking of you. Use Howard Thurman’s meditation “How Good to Center Down” to get you started: https://cac.org/daily-meditations/a-prayerful-exchange/
Tue, March 17	Love notices people – Learn something about someone whose life experience differs from yours.
Wed, March 18	Love crosses boundaries – Learn more about Asian American artist He Qi and practice Visio Divina by meditating on his painting Mary and Martha: https://c4so.org/visio-divina-perfect-love/
Thu, March 19	Love takes up space – Write a letter or email advocating for dignity, safety, or care for a neighbor.
Fri, March 20	Love risks tenderness – Sit with grief in the world today without rushing to Easter. Read 1 Peter 4:7-11; pray to discern at least one way you can serve the church. Find ideas at https://www.trcnyc.org/digitalministry/
Sat, March 21	Love notices people – Pray for someone who irritates you—without trying to change how you feel.
Sun, March 22	Join Riverside at 11 am online or in the Nave for Sunday Worship. Special music at 10:30 am.

Mon, March 23	Love shows up – Read about the practice of <i>Mutual Aid in Dean Spade’s Mutual Aid Building Solidarity During this Crisis</i> (and the next) and commit to the practice of Mutual Aid. Find summary below. https://theanarchistlibrary.org/library/dean-spade-mutual-aid
Tue, March 24	Love is not always certain – Refrain from correcting, debating, or defending your position today. Practice curiosity toward someone whose experience or views differ from yours.
Wed, March 25	Love notices people – Ask someone who might be hungry for community, to join you for coffee/tea or a meal.
Thu, March 26	Love crosses boundaries – Ask yourself: Who benefits from the way things are? Who is burdened?
Fri, March 27	Love risks tenderness – Do one thing that restores your capacity to love others.
Sat, March 28	Love shows up in solidarity- As you are able and as it feels safe, join Riversiders at today’s No Kings March.
Sun, March 29	Join Riverside at 11 am online or in the Nave for Palm Sunday Worship. Special music at 10:30 am. Stay for a special Palm Sunday musical event in the nave at 3 pm – Crown and Cross: A Passion Sunday Concert.
Mon, March 30	Love shows up – Show up physically or emotionally—where you’d rather avoid. Check out our volunteer page for ways you can serve our faith community: https://www.trcnyc.org/volunteer/
Tue, March 31	Love pays attention – Fast from convenience. Choose the less convenient option if it does no harm—walk instead of drive, wait instead of rush, reuse instead of replace. Remember those for whom inconvenience is not a choice.
Wed, April 1	Love listens to silenced voices – Read scripture through the tradition of Native storytellers by reading <i>The First Nations Version: An Indigenous Translation of the New Testament</i>
Thu, April 2	Love gathers in community – Join Riverside at 7 pm online or in the Nave for Tenebrae Worship. If you are onsite, there will be a ritual of communion, supper and foot washing at 5:30 pm.

<p>Fri, April 3</p>	<p>Join Riverside from 12-3 pm online or in the Nave for the Good Friday 7 Last Words Worship.</p> <p>Fast from turning away – Do not look away from suffering today—read, witness, pray, or show up. Hold the world’s pain before God without fixing or fleeing.</p>
<p>Sat, April 4</p>	<p>Love takes a chance – join us in the nave this afternoon for a multivocal reading of Beyond Vietnam – A Time to Break Silence. Krista Tippett, Michelle Alexander, and other special guests will remind us that new life always happens in community.</p> <p>As we prepare to celebrate the resurrection tomorrow, pray for new life and new beginnings at Riverside Church.</p>
<p>Sun, April 5</p>	<p>Join Riverside at 11 am online or in the Nave for Easter Sunday Worship.</p>
<p>Sun, April 12</p>	<p>Join Riverside at 11 am online or in the Nave for Holy Humor Sunday and Jesus’ last laugh over death!</p>

LOVE
MADE PUBLIC