

LENT 2018

Prayer:



Love for God

Fasting:



Love for yourself

Giving:



Love for others

Here are some ideas for growing in love this Lent.

- **Join with other Christians for worship and study** – the Churches Together Lent leaflet gives details of services and Lent course.
- **If you struggle to be still and listen to God, colouring might help you concentrate** - Sets of ten Lent designs (by Mary Fleeson at Lindisfarne Scriptorium) are available in church. They take us from Ash Wednesday to Easter Day. Just take a set home with you. NB please do not photocopy them. We can print more if need be. Donations to church funds welcome but not obligatory.
- Also available: **Lenten Journey Charts** for children (and adults) to record their daily progress in the Lenten traditions of Prayer, Self-sacrifice and Generosity.

Donate to the Foodbank – After the bounty of Harvest and Christmas Foodbank stocks start to decline around Easter time. Consider an “Adlent” Calendar project and collect an item for every day of Lent. Lists of suggested items to buy are available in church. **Please deliver the food to St Andrew’s church any day, or the Salvation Army Hall on Thursdays between 09.30 and 11 am.**

Some online resources – many others are available!

- **Daily Bible reading and prayer** on pray-as-you-go.org. This site has many other prayer resources such as praying with art – worth exploring.
- **Count Your Blessings** with Christian Aid as you journey with your neighbours who have been forced to flee their homes. Download your Count Your Blessings Lent calendar at www.christianaid.org.uk/lent-easter/lent-calendar.
- **40 Acts**, at 40acts.org.uk, is another daily challenge site, offering ‘40 days, 40 reflections, 40 challenges to make a difference’.
- For a bit of fun try **Lent Madness** <http://www.lentmadness.org> 32 saints compete for the Golden Halo. (See the print out of the draw at the back of church.) Each day in Lent read about two saints and vote for one of them. Plenty of light-hearted discussion and banter online but the essence of Lent Madness is getting to know some amazing people who have come before us in the faith.

More Ideas

Say Grace at every meal * go to bed earlier * have a social media fast * say sorry to someone * forgive someone * forgive yourself * read the Archbishop’s Lent Book ‘Say it to God’ * fast from complaining * each morning thank God for the new day * each evening say Thank You for three things * support a charity * offer to help a community or church activity * call on a neighbour for a chat * Reduce your waste or carbon footprint * Speak up for someone or something * smile at a stranger * smile at yourself * instead of giving up a treat invite someone to join you for it * pick up someone else’s rubbish * be still sometime every day * etc * etc *