



**WE'VE HAD TO SACRIFICE
SO MUCH THIS YEAR,
INSTEAD OF GIVING
SOMETHING UP THIS LENT,
WHY NOT TAKE UP
DIFFERENT WAYS TO
LOVE YOUR
NEIGHBOUR**

Pray for people in government

Share a book you love with someone

Donate flowers to a nursing home

Let someone go in front of you in a queue

Save energy, turn off lights, devices when not in use

Pray for the Ministry Team

Go for a socially distanced walk with someone

Pray for people in the news today

Tell someone you love them

Leave flowers on someone's doorstep

Pray for the homeless

Pray for the Parish Office Team

Use a hobby to bless someone

Send someone a card or letter

Go on a Prayer Walk around your neighbourhood

Bake something to share with someone

Donate something to charity

Say hello to someone you don't know

Pray for the people who live near you

Smile at someone even if from behind a mask

Buy a treat for someone you know

Pray for someone who is unwell

Donate something to the Foodbank

Phone someone just for a chat

Litter pick around your neighbourhood

Thank your postal worker / delivery person

Give someone some chocolate

Put a positive message in your window

Leave someone an encouraging note

Pray for the Church Wardens

Recycle what you've litter picked

Write a thank you letter to someone

Run an errand for someone

Pray for the people who walk past your home

Pay someone a compliment

Give away an item of clothing

Send a care package

Ask the shop assistant how they are

Share your favourite Bible passage with someone

Contact someone you've not heard from in a while