

# Lent Challenge 2020

Lent - a time of giving something up? Or a time to think about what you can take up? As you reflect on how you want to live your Lent this year, you might like to choose from some suggestions for action below; and if you have children anywhere in your family – get them involved too?



## Shopping more thoughtfully:

- Ensure your fish is sustainably sourced e.g Cod and Tuna is Line-caught.
- Buy only Locally-sourced food.
- Maintain a ban on buying goods with non-recyclable packaging.
- Choosing Fair Trade

## Researching and Campaigning:

- Choose two issues from the news that you feel strongly about and write to a politician about them.
- Research the environmental behaviour/records of three companies you buy things from.
- Join the Live Simply Group [livesimply@olchurch.org.uk](mailto:livesimply@olchurch.org.uk)

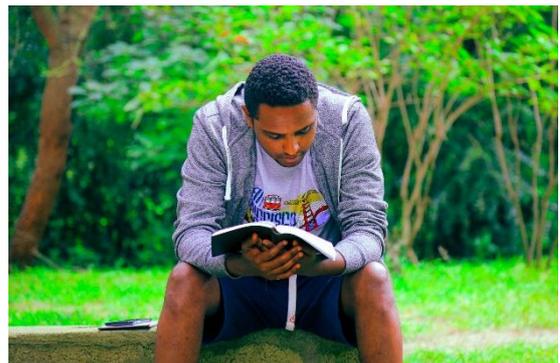


## Being Mindful of the Poor and the Refugee: -

- Save your spare change (and a bit extra!) to send off at Easter to an area currently suffering from famine.
- Research the story of a refugee fleeing violence and war, and pray daily for them, and all others like them. - Put aside a gift for the Food Bank every time you shop.

## Cultivate Your Own Special Time with God: - Take two minutes at each end of the day to review your day with God.

- Read, reflect and discuss e.g. A Gospel or *Embracing Justice* by Isabelle Hamley.



## Treading on the Earth more Lightly: - Use the car one day less a week - and use public transport or walk instead.

- Switch off your Smart phone for a period every week or every day.

**May God bless and use us, each one, as we seek to walk faithfully with him and live out the way of the Cross this Lenten time, Amen.**