

Ash Wednesday is 26th February. Lent is coming!

Christians have traditionally used these 40 days (Sundays off) as a time for self-discipline and preparation for the joy of Easter. Do you give up something for Lent or take up something new?

Celebrating Lent is not compulsory! But this year why not consider one of the following eco-suggestions?

- **#Live Lent.** This year's Church of England Lent booklet offers 40 reflections and challenges that help us to live in harmony with creation. There are adults' and children's versions. These should be in Church next week. Please take up to one of each per family.
- Or you could read the Archbishop of Canterbury's Lent book, "**Saying Yes to Life**" by **Ruth Valerio** on which the #Live Lent booklet is based.
- **Christian Aid** and **Tear Fund** both have Lent resource material.
- Or just find your own challenge!

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- Thinking beyond our own parish...the **World Day of Prayer Service on 6th March at 10.30 am at St John's Beeston** – this year the service will include an individual challenge to bless our communities. (Start your Lent challenge a bit later!)
 - And finally... join people all round the world for **Earth Hour: 28th March, 8.30 – 9.30 pm**. People all round the world switch off lights and non-essential electricity for just one hour. See what God says to you and your family in the dark.