

Lent 2020

Monday 23rd – Saturday 28th March

There is more than enough...

- 23rd Offer someone a lift somewhere
- 24th Donate 40p per day of Lent to Ealing Foodbank
- 25th Try a new recipe that uses baked beans (most over-stocked item at foodbank)
- 26th Try fasting from something for one day (food, drink or something that distracts you)
- 27th Try doing with less of something – TV, YouTube, social media
- 28th As the days get longer (and warmer?), could you adjust your heating thermostat down a notch?

They all ate and were satisfied, and the disciples picked up twelve basketsful of broken pieces of bread and fish.

Mark 6:42-44

Image by Daniel von Appen on Unsplash

