

Lent 2020

Monday 30th March – Saturday 4th April

Being social: could you.....?

- 30th Walk part of the way to work
- 31st Describe your neighbourhood positively
- 1st Sit somewhere new for lunch
- 2nd Meet a friend for coffee
- 3rd Appreciate something in nature
(blossom/sunshine/rain etc)
- 4th Try a day of 'silent' travel – no headphones!

“Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared”

Neh 8:10

Image by Ryoji Iwata on Unsplash

