

Lent 2020

Monday 6th – Saturday 11th April

Benefit others: could you....

- 6th follow a news story through the week?
- 7th share a task with someone?
- 8th research a Trussell Trust campaign?
- 9th (*Maundy Thursday*) – sign up to receive a newsletter from a charity of your choice?
- 10th (*Good Friday*)
Go vegetarian or vegan for the day, or eat fish instead of meat?
- 11th (*Easter Saturday*)
Visit a local park and take a photo of something that makes you feel hopeful?

Is not this the kind of fasting I have chosen:
to loose the chains of injustice
Isaiah 58:6-7

Image: trusselltrust.org/get-involved/campaigns

Current campaigns



#5WEEKS
TOO LONG

#5WEEKSTOOLONG

People are being forced to food banks because five weeks is too long to wait for Universal Credit. This isn't right – the government needs to end the five week wait. [Join the campaign and help make that happen.](#)



[All Kids Count](#) is a coalition calling on government to lift the two-child limit on Child Tax Credit or Universal Credit as it denies families the support they need from our social security system when they experience tough times – trapping kids in poverty.