

LENT 2022

We are now approaching the season of Lent. This year, the team at *Caritas Plymouth* is planning to take small actions each week that will make a positive difference in the lives of those around us. We challenge YOU to join us.

Take action to reach out to those in need in our local communities.

We have created two suggestions for each week of lent.

How many of these actions can you complete?

Week 1

Pray for people who may be alone or isolated.

Leave a nice note for one of your friends or your boss.



Week 2

Give up a small luxury during Lent and use the money you save to help others.

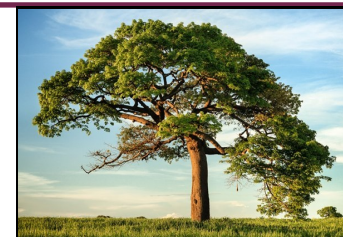
Pray for refugees around the world trying to make a fresh



Week 3

Think of ways to care for creation (e.g. recycle more).

Write down a list of all the things you are thankful for in your life.



Week 4

Donate an item of food to a local food bank to help families in your community.

Write a card to someone special to tell them what they mean to you.



Week 5

Donate things to a charity shop if you no longer need them.

Notice someone doing a good deed and thank them.



Week 6

Say something nice to each person in your office or family.

Share a lent prayer with friends or family

