

Lent Challenges 2020

Put a bean in the jars on the St Laurence altar for every time you do one.

You can do them in any order and repeat them as often as you want to.

1. Read something by a new-to-you author.
2. Attend an extra service – we have 30 min services Mon-Fri at 8am & 5pm plus 8pm on Weds
3. Clear a local area of litter
4. Bring your own mug for after-church coffee.
5. Read through one of last Sunday's readings at home and ponder it.
6. Use up something in your larder or freezer
7. Buy a Fair Trade product.
8. Resurrect something - Mend or re-make it!
9. Read a poem or a prayer.
10. Use public transport/cycle/walk instead of using the car.
11. Come to something you've not been to before at church – Beetle Drive, SPOTS, Gridiron, sub-committee meeting etc
12. Sit down to watch/listen to a programme about something a bit different.
13. Go for a 'noticing walk' around your area and note 3 things to give thanks for.
14. Talk to someone new when you are 'out and about.'
15. Give someone a mini-treat!
16. Go vegetarian (or even vegan) for three days in succession.
17. What don't you need to do? Stop or reduce doing it
18. Find somewhere quiet and focus on your breathing –in breath love, out peace.
19. Bring something for the food bank and leave in church or the Pastoral C.
20. Read a few pages of your 'Lent Book.'
21. Share an eco-tip: write it down and put it in the jar.
22. Plant something
23. Visit somewhere a bit different.
24. Replace a cleaning product with something more environmentally friendly.
25. Attend a Lent Group
26. Offer to help with a church activity... car boot, craft fayre etc
27. Attend the church APCM
28. Do something to support a charity.
29. Use the Praying Together booklet.
30. Pay someone a compliment.
31. Use a 'white elephant' – something you have bought or been given and never or hardly ever used
32. Clean something extra at home or come to Holy Dusters
33. Listen (again) to a sermon on our web-site or Birmingham Cathedral's web-site or to a TED talk
34. Talk to someone you don't know at church.
35. Calculate your carbon-footprint www.carbonfootprint.com
36. Spent a few minutes looking at an everyday object from different angles.
37. Read through one of last Sunday's readings and draw whatever comes to mind.
38. Try a new recipe.
39. Do some recycling
40. Feed the birds