A check list to distribute

Groups such as Ship of Fools and Stewardship Services (UKET) have put 40 ideas for Lent online.

The list below includes some of their suggestions and adds others. It may be scanned or photo-copied and copies be given out on the Sunday before Lent and/or Ash Wednesday. Or copies may be printed from the Community of Aidan and Hilda Web site www.aidanandhilda.org

SEASON OF LENT: A CHECK LIST

1. Something I will give up	(eg, wasteful activities, foods, internet habits)
2. Something I will pray	(eg, dedicated periods, a prayer method)
3. Something I will study	(eg, a Bible book or topic, a spiritual book or topic)
4. Something I will give away	(eg, money, possessions)
5. Something I will take on	(eg, a wholesome or sacrificial deed or calling).

Fill in after prayerful thought and tell God and/or a friend.

40 LENT ACTIONS: A DAILY TICK LIST

Tick off one of the following each day

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1. Create a daily charity money container	21. Send a message of support to someone who takes a stand for good
2. Send a thank you note	22. Show respect by arriving in good time
3. Stop and listen	23. Say hello to someone for the first time
4. Give something away	23. Say held to someone for the first time 24. Talk to a stranger
5. Visit someone	
	25. Hug someone or smile
6. Pick up a piece of litter	26. Invest money or time in a good cause
7. Buy Big Issue.	27. Encourage someone
8. Dedicate a screen free day	28. Forgive someone
9. Share your skill	29. Buy local
10. Buy fair trade	30. Reduce your carbon print
11. Dispose of something that clutters your	31. Eat no junk food
life	
12. Cross a social divide	32. Plant something edible
13. Take an interest in someone from a	33. Find out about a violent group's grievance
different age group	
14. Take an interest in someone from a	34. Make 'What would Jesus do?' your mantra
different ethnic background	today
15. Sign a justice petition	35. Bless ten people, five houses and two shops.
16. Text or tweet 'sorry' to people oppressed	36. Observe something in nature
by your society	
17. Cook or buy something for a neighbour	37. Clean up a messy place
18. Offer to shop for a needy neighbour.	38. Improve a depressing place
19. Give to a homeless person	39. Carry someone's heavy load
20. Dedicate a car free day	40. Listen to someone who makes you angry.
20. 20 minute a car 1100 day	10. Zisten to someone who makes you dilgry.