

















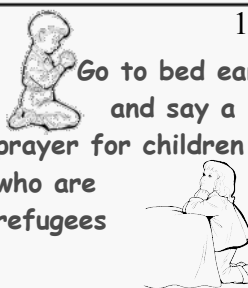




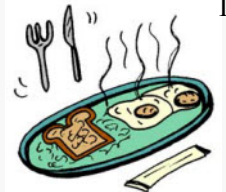





# Your Lent Challenge - Give up Some of Your Time for Lent

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Ready</p> 	<p>Steady 24</p>  <p>Shrove Tuesday</p>	<p>Find out what the ashes are and where they come from 25</p>  <p>Ash Wednesday</p>	<p>26</p>  <p>Choose a charity to help this Lent</p>	<p>27</p>  <p>Make up a prayer for children across the World.</p>	<p>28</p>  <p>Make a list of what you can recycle</p>	<p>1st March</p>  <p>Who, or what is St. David the patron saint of?</p> <p>St. David's Day</p>
<p>2</p>  <p>Say you're sorry to somebody you've hurt</p>	<p>3</p> <p>Make a note of all the water you use today.</p>  <p>Find out how we can save water</p>	<p>4</p>  <p>Pray for The homeless and the poor</p>	<p>5</p>  <p>Make a card for somebody who is not well</p>	<p>6</p>  <p>Think about the pupils at St. Anne's in Kumasi, Ghana.</p>	<p>7</p>  <p>Smile at everyone today</p>	<p>8</p>  <p>Say Grace at Dinner</p>
<p>9</p>  <p>Find out how the disciples learnt to pray. - Luke 11: 1 - 4</p>	<p>10</p>  <p>Go without any sweets today</p>	<p>11</p>  <p>Say thank you to all your teachers today</p>	<p>12</p>  <p>Find out about your Parish Church</p>	<p>13</p>  <p>Go to bed early and say a prayer for children who are refugees</p>	<p>14</p>  <p>Give a toy to the charity shop</p>	<p>15</p> <p>Help comes from above!</p>  <p>Say a prayer for all of your family</p>
<p>16</p>  <p>Make your bed</p>	<p>17</p> <p>Find out what St. Patrick drove out of Ireland</p>  <p>St. Patrick's Day</p>	<p>18</p>  <p>Help get breakfast</p>	<p>19</p>  <p>Find out all you can about St. Joseph</p>	<p>20</p>  <p>Put some money aside for your chosen charity</p>	<p>21</p>  <p>Make a card for someone special</p>	<p>22</p> <p>Find out all you can about Mothering Sunday - at Church perhaps!</p> <p>Mothering Sunday</p>

Name \_\_\_\_\_

Class \_\_\_\_\_