

I like to call these 'care envelopes', as truly much care goes into each! In these times, your 'care envelope' is even hand delivered! It is a bit like a hug, from our hands to yours!

DO NOT GIVE ANYTHING UP FOR LENT! Did that get your attention? I hope so! The truth is, this past year has been a perpetual Lent. We have been tried, tested and tempted. Take this time of preparation for our Easter Feast to draw yourself closer to God by doing something **new**. Lent is not just about 'giving up', but of 'taking on'. Whatever we do for Lent should make us think more deeply about our faith and our commitment to God. A task 'taken on' as a discipline for Lent will form us more strongly into the body of Christ.

This 'care envelope' contains:

- **Ash** made from palm crosses blessed and used at St Andrew's. Please use this carefully on Ash Wednesday, 17 February 2021. You may wish to mix the ash with a little water or olive oil to form a paste, or simply use it dry.
- **#LIVE LENT: God's Story, Our Story** invites each of us to reflect on our own story of God and how we might share it through our everyday lives as part of our Christian witness. It provides scripture, reflection and prayer for each day of Lent.
- **Love Yourself through Lent** provides 40 self-care suggestions.
 - **Examen** is a spiritual discipline to be used at the end of the day.
- **Together @ Lent** offers ideas for activities that households, or individuals, might enjoy together throughout Lent.
 - **SCHOOLSWORK.CO.UK** outlines four topics for reflection and discussion.
- **Pew Sheets** for each week of Lent
 - Background information for key days
 - Dealing with loneliness and isolation – five top tips
 - John of the Cross
 - Spring cleaning ideas for getting the home ready for Easter
- **Stations of the Cross** for you to colour and pray. If you wish, these could be cut out and hung around a room or your home.
- **Recipes** for Easter delights

I was unable to photocopy all of the sheets for everyone. The copier has run out of toner and while this was ordered (EXPRESS), COVID-19 hampered shipment and Brexit delayed delivery. We are still waiting. What I was unable to copy will be uploaded to the St Andrew's church, Romford channel on FaceBook and should also be available on the St Andrew's website (technology permitting).

With heart felt blessings for a blessed Lent!