

Lent:



Almsgiving



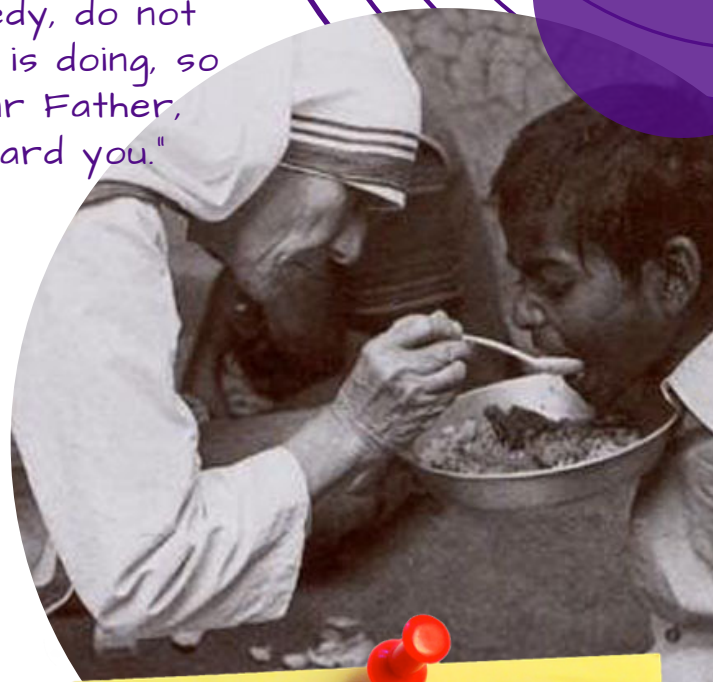
Word of the Week

Matthew 6: 1-4

"Be careful not to do your 'acts of righteousness' before others, to be seen by them. If you do, you will have no reward from your Father in heaven.

So when you give to the needy, do not announce it with trumpets, as the hypocrites do, to be honoured by others. I tell you the truth, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you."

GIVE
FAST
PRAY
LIVE
LENT



siLENT!

Prayer for the week



I INVITE YOU TO HAVE 1 MINUTE OF SILENCE. IN THIS SILENCE, BE STILL. THINK WHAT YOU CAN DO TO GIVE ALMS THIS LENT. MAYBE IT'S NOT MONEY, MAYBE IT'S GIVING SOMETHING OF YOURSELF TO ANOTHER PERSON.

What's on?

On Friday 5 pupils will be staying silent for the full day to raise money for Million Minutes and to stand in solidarity with young people who feel they have no voice in society. Million Minutes raises money to support charities and initiative which give young people an opportunity to have their say, make a difference to the world around them and change the lives of other young people.

Make sure you sponsor:
Tibor (Y9), Archie (Y9), Bede (Y9), Aaron (Y11) and Shane (Y11).

Something to think about...

There are 3 pillars of Lent:



PRAYER



FASTING



ALMSGIVING

Some see almsgiving as the most important, as almsgiving encompasses them all. Almsgiving is a form of prayer, it is an act of love for God and our neighbour and is about putting our faith into action. Almsgiving is also about fasting, going without something so that someone else can benefit or share in what we have.

During Lent we are called to try and think less of ourselves and more about the needs of others. By giving what we can we can change the lives of others.

Can you think of a time when you have given alms? Maybe you have donated to a charity, or a foodbank or maybe you have volunteered, giving something of yourself to others?



"We should strive to keep our hearts open to the sufferings of other people, and pray continually that God may grant us that spirit of compassion which is truly the spirit of God."



Something to talk about...

Read the St Vincent de Paul quote and discuss the following questions with the person next to you.

- Do you always keep your eyes, mind and heart open to the sufferings of others?
- Do you sometimes only think about what you have or are going to get and how you can have more?
- Do you meet those that are suffering with compassion or judgement as to why they may be suffering?

Something to do...

What can you do this Lent to give to those in need?

On a sticker write down your Lenten Almsgiving Promise and stick it to a page in your diary or on your pencil case as a reminder of what you are going to do to give this Lent.

There are lots of ways we can give, Christian Aid have a great booklet that helps us reflect on climate change but also raise money for communities they support. If you would like one of these see Kate in the Chaplaincy office.

This Lent we are also making Eco Bricks, this can take time and commitment, so this is definitely a form of almsgiving; giving some of your time to make a real difference to the environment and communities who will use them to build houses and schools etc.

