

Date MAR	Why not.....	Tick Box	Date MAR	Why not.....	Tick Box	Date APR	Why not.....	Tick Box
Wed 1st	Follow a Lenten Study Guide or join a Lenten group		Fri 17th	Be positive about recycling and put items in the correct bins		Sun 2nd	Speak to someone you hardly ever talk to at church	
Thur 2nd	Speak to someone from a different generation		Sat 18th	Contemplate how and why you became a Christian		Mon 3rd	Send Easter cards to friends and neighbours	
Fri 3rd	Contact someone you have not spoken to in over a year		Sun 19th	Contemplate on the content of today's (or a past) Sunday Sermon - pray for those who prepare talks/sermons		Tue 4th	Give words of encouragement to someone who receives little recognition for the difficult work they do	
Sat 4th	Treat passers-by with a smile		Mon 20th	Sow sunflower seeds for summer joy!		Wed 5th	Get up early and listen to the birds	
Sun 5th	Pick out items from the news that require prayer		Tues 21st	Buy some re-usable shopping bags. Refuse plastic bags from shops		Thur 6th	Have a TV-free day and do something you have meant to do for ages	
Mon 6th	Read a Christian book during Lent i.e.: Gospel of Luke		Wed 22nd	Clean up litter around your home, road, church or local park		Fri 7th	Tell someone why you are a Christian	
Tues 7th	Arrange to meet someone for tea, coffee or suitable refreshment		Thur 23rd	Don't leave the TV or any other equipment on stand-by. Switch off all unnecessary lights		Sat 8th	Only fill your kettle with sufficient water for your immediate needs	
Wed 8th	Spend time in silent contemplation		Fri 24th	For a short local journey walk, if you are able, instead of using the car		Sun 9th	Read Matthew Ch. 21.1-11. Display a Palm Cross in the window of your home	
Thur 9th	Make a charitable donation		Sat 25th	Turn off the heating and go to bed earlier		Mon 10th	Pray for five members of your church	
Fri 10th	Attend a church event you would not normally go to		Sun 26th	Arrive at church early and speak to everyone as they arrive		Tue 11th	Review your personal prayer list or if you do not have one, create one	
Sat 11th	Turn down the central heating by one degree		Mon 27th	Take all used domestic batteries to a shop collection point		Wed 12th	Send or give someone some spring flowers	
Sun 12th	Think about a tradition/ritual in your church that you cherish		Tue 28th	When visiting your local shop, place all small change in a charity box		Thur 13th	Read Matthew Ch. 26	
Mon 13th	Borrow a book/DVD from the library instead of buying one		Wed 29th	Watch the national news only once today and instead spend time reading		Fri 14th	Read Matthew Ch. 27 and if possible attend the Ecumenical ' <b>Good Friday</b> ' Service	
Tue 14th	Go for a walk with a friend		Thur 30th	Invite a friend (s) for a meal or arrange to meet		Sat 15th	Pray for your church's continuing witness	
Wed 15th	Clear out any old clothes you have not worn for years and take them to a charity shop - De-Clutter!		Fri 31st	Go out of your way to say thank you to someone who provides a service to your home e.g. postman, milkman, window cleaner		Sun 16th	<b>Easter Sunday</b> If possible, rise before dawn and watch the sunrise and read Matthew Chapter 28. Go to church and proclaim Alleluia!	
Thur 16th	Give a friend a CD or book		Sat <b>APR</b> 1st	Pay a surprise visit to a friend		Mon 17th	Share an Easter Egg with a friend	