

LOVE LIFE LIVE LENT?

*Be Good Neighbours
Adult & Youth Version*



Introduction

Before I arrived in the Diocese of Birmingham I had heard about the wonderful initiative to help us celebrate Lent in a new way.



I am delighted that this year's booklet will help us to become good neighbours. There is nothing more important or profound than befriending the stranger. Taking this chance to build new relationships with people in our streets and suburbs, with those who we take for granted and with those who we ignore, despise or fear will undoubtedly make us more like Jesus and can transform our neighbourhoods and the world we live in.

We all want a world where friendships flourish, where trade is fair and where the destitute are housed. This Lent our challenge is to be the change we want to see in the world.

So let's enjoy living Lent together.

+David Birmingham

Bishop David Urquhart

Get connected with your community this Lent and build better relationships with those around you.

The 50 actions in this booklet are all designed to help you be a better neighbour. They range from praying for someone to visiting Birmingham's Balti Belt – something you might like to do with a group of people you know from church, college, work or home. Thousands of people across the Diocese of Birmingham will be joining in the actions again this year so even though the actions might seem simple, the impact will be significant.

There are a number of special actions which may need some planning and preparation. Please put a note in your diary to visit the **Forgiveness Project exhibition** at St Martin in the Bullring church from March 4th to March 11th. Well worth seeing, it is a challenging, inspiring and moving collection of written and photographic portraits.

Also in Birmingham city centre is the **vigil in support of asylum seekers and refugees**. It is on March 19th outside Birmingham Cathedral and it would be great to support that event in solidarity with the hundreds of asylum seekers and refugees struggling to rebuild their lives in and around Birmingham.

Churches across the country will be celebrating **Freedom Day, the Bicentenary of the Abolition of the Slave Trade**, on March 25th. Please mark the special day as we remember our past and reflect on the present – particularly focussing on those still enslaved by human trafficking.

So have a great pancake party, give a few booklets to friends and neighbours and most of all have fun as you Love Life and Live Lent.

Week 1

Beginning 19th February 2007

Action 1
Read the story of
the Good Samaritan
Luke 10 v29-37

Action 2
Have a
pancake
party

Action 3
Donate food to the
Red Cross for destitute
asylum seekers
(See inside back page for more info!)



Action 4
Give a
lollipop to
a lollipop
person

Action 5
Find out the names of
your 8 closest neighbours

Action 6
Tell someone how
good a friend
they are

Action 7
Find out
about life
in Malawi



Week 2

Beginning 26th February

Action 8

Become an organ or blood donor

(See inside back page for more info!)

Action 9

Chat to the person next to you in a queue

Action 10

Find out about RESTORE

(See inside back page for more info!)

Action 11

Celebrate Purim – send a greetings card to a synagogue

(See inside back page for more info!)

Action 12

Use a newspaper to reflect and pray about world issues



Action 13

Make someone who is busier than you a drink

Action 14

Do a local prayer walk



Week 3 Beginning 5th March

Action 15
**Use small
local shops
this week**

Action 16
**Visit the
Forgiveness
Project
exhibition**
(See inside back page
for more info!)

Action 17
**Make and
share
some
cakes**



Action 18
**Find out about human
trafficking**
(See inside back
page for more info!)

Action 19
**Buy a
Fairtrade
product**

Action 20
**Learn and use
a Hindu, Sikh or
Muslim greeting**
(See inside back page for more info!)

Action 21
**Say sorry
where you
need to!**



Week 4

Beginning 12th March

Action 22

Find out about the Bicentenary of the Abolition of Slavery

Action 23

Make up with someone you have fallen out with

Action 24

Visit Birmingham's Balti Belt



Action 25

Pass on a smile

Action 26

Sign up to visit a synagogue, mosque or gurdwara

(See inside back page for more info!)

Action 27

Write to the local council about something you noticed on your prayer walk

Action 28

Learn Matthew 22: 37-40



Week 5 Beginning 19th March



Action 29
Monday 19th March
**Join the vigil
(5-6pm) outside
Birmingham
Cathedral in
support of
asylum seekers
and refugees**

*(See inside back page
for more info!)*

Action 30
**Talk to someone
rather than
emailing or
texting**

Action 31
**Talk to someone of a
different generation**



Action 32
**Share your lunch
with someone
you don't
know well**



Action 33
**Consider
volunteering in a
prison** *(See inside back page
for more info!)*

Action 34
Buy a 'Big Issue'

Action 35
Sunday 25th March
**Celebrate
Freedom Day**

Week 6

Beginning
26th March



Action 36
Thank your
postie on the
outside of an
envelope when
you post it

Action 37
Chat to your local
shopkeepers

Action 38
Pray for an
individual
refugee or
asylum
seeker

(See inside back page
for more info!)



Action 39
Half the
world lives
on less than
£1.40 a day
– can you?

Action 40
Pray for countries in
conflict with each other

Action 41
Send a Get Well Soon
card to a wounded
serviceperson
(See inside back page for more info!)

Action 42
Praise a priest
loudly!



Week 7

Beginning 2nd April

Action 43

Learn some
British Sign
Language

Action 44

Talk to someone
of a different
culture

Action 45

Say hello to a
police officer

Action 46

Write to your MP to
express concern about
the destitution of
asylum seekers

Action 47

Good Friday 6th April

Spend five minutes in
silence at 12 noon

Action 48

Chat to a call
centre worker

Action 49

Easter Day 8th April

Celebrate Easter
Share a story
about what
happened
during lent

Action 50

Be a Good
Samaritan



Directory

Action 3 – Donating Food

Take food to British Red Cross, Bradbury House,
7 Lowe Street, Camp Hill, B12 0ER • Tel: 0121 766 5444

Action 8 – Become an Organ or Blood Donor

For more information contact either:-

www.blood.co.uk 0845 7711 711

www.uktransplant.org.uk 0845 60 60 400

Actions 10, 29 & 38 – Contacting RESTORE

Website: www.restore-uk.org • Tel: 0121 766 8764

E-mail: restore@birminghamchurches.org.uk.

Action 11 & 41 – Greetings and Get Well Cards

Send cards to Greetings Cards, Diocesan Office,
175 Harborne Park Road, Birmingham B17 0BH

Action 16 – Forgiveness Project

Exhibition is at St Martins in the Bullring from the 4th-
10th March (9am – 5pm) Free entry

Action 18 – Stop The Traffic

Information from www.stophethetraffic.org • Stop The
Traffik, 1a Kennington Road, London, SE1 7QP

Action 20 – Greetings

Muslim: 'Assalaamu aleikum' (Peace be upon you)

Sikh: 'Sat sri akal' (Truth is eternal)

Hindu: 'Namaste' (I salute the light of God in you)

Action 26 – Visit a Place of Worship

Sign up with Andrea at the Diocesan Office on 0121 426
0429 Visits will take place after Easter.

Action 33 – Volunteering in a Prison

Contact Prison Chaplaincy on 0121 345 2598

Do not forget to entertain
strangers, for by so doing
some people have entertained
angels without knowing it.

Hebrews 13.2 (NIV)

And There's More....

This booklet comes with a bible study course which covers the period
of Lent. You can download the bible studies at the Diocese of
Birmingham website: www.birmingham.anglican.org.

If you would like to join a local group which is studying the course
together, you can contact Jessica Foster at the Birmingham Diocesan
Office by telephone on (0121) 426 0438 or e-mail
Jessica@birmingham.anglican.org

For More Information

Contact Jessica Foster at the Birmingham Diocesan Office by telephone
on (0121) 426 0438 or e-mail Jessica@birmingham.anglican.org

Acknowledgement

Designed by Penguin Boy Design • Website: www.penguinboy.net



www.birmingham.anglican.org

WARNING!

These actions could
seriously affect you and
the world you live in.



THE CHURCH
OF ENGLAND

www.birmingham.anglican.org