

LOVE LIFE

LIVE LENT2

Be Good Neighbours



This book belongs to...

For Children

Introduction

Before I arrived in the Diocese of Birmingham I had heard about the wonderful way Lent was celebrated last year.



I am delighted that this year there's a new booklet which will help us to become good neighbours. There is nothing more important than making new friends, especially with people who are left out. Let's take this chance to build new friendships with other children at school and to find out more about people who are often hidden from us – like children who are refugees or children living in other countries. This will make us more like Jesus and change our neighbourhoods and the world we live in for the better.

We all want a world where no-one is hungry, homeless, poor, lonely or left out. This Lent our challenge is to play our part in changing our world.

So let's enjoy living Lent together.

+ David Birmingham

Bishop David Urquhart.

How to use this booklet

This booklet contains a set of 50 things to do during Lent. Some of the actions need to be done on special days. The others can be done on any day of the week. Choose which one you want to do each day, do it, then tick the box.

Some of the actions are really challenging so don't worry if you can't do all of them – just do as many as you can. Do the actions with your friends – it's more fun!

Make sure you check with whoever looks after you before doing the actions. Ask an adult you know to help you if you find something difficult or don't know how to do it.

Have fun and enjoy Living Lent and Being Good Neighbours with your friends this year!

NOTES FOR YOUR PARENT/ CARER
GO TO THE BACK OF THE BOOKLET.

WHAT DO YOU THINK ABOUT GOD & RELIGION?
Visit www.b-cent.com/promote to play the 'GOD game' and let us know!

Week 1

Home & Family

Beginning Sunday
18th February 2007

Action 1
Get your Lent booklet and
write your name on it.

Action 2
Teach your parent
or carer to do
something they
can't do

Action 3
Shrove Tuesday
20th February
Share
pancakes
with your
family



Action 4
Ash Wednesday 21st February
Forgive someone
you've fallen
out with

Action 5
Pray for those
who have no food

Action 6
Help prepare
a meal for
your family

Action 7
Help
clean a
room in
your
house



Week 2

Neighbourhood



Action 11
Put some change
in a charity box

Action 8
Beginning Sunday
25th February
Pray for those who
care for the sick

Action 12
Hold doors open
for others

Action 9
Find out about the
Jewish festival Purim
(See inside back page for more info!)

Action 13
Pick up the litter
along your road
with an adult's help

Action 10
Make a get
well card for a
wounded
soldier
(See inside back page
for more info!)



Action 14
Learn some
British Sign
Language

(See inside back page
for more info!)



Week 3

School

Beginning Sunday 4th March

Action 15
Light a candle with
an adult to remember
everyone at your school



Action 18
Cheer up someone
in the playground
who looks sad

Action 19
Pray for someone
of another faith

Action 16
Read a story
to a younger
child



Action 17
Give a lollipop to
your lollipop
person or teacher

Action 20
Share your snack
or lunch with
a friend

Action 21
Plant
some seeds
and give them
to someone
at school



Week 4

City/Town/Village
Beginning Sunday 11th March



Action 22
Pray for all those who are
homeless in your area

Action 23
Make a friendship
bracelet for a
child asylum
seeker (See inside back
page for more
info!)



Action 24
Visit the
library
and borrow
some books

Action 25
Say 'hello' to a
police officer

Action 26
'Sleep out' in
a sleeping bag
on your bedroom floor

Action 27
Visit
somewhere
new in
your area

Action 28
Pass on
a smile



Week 5

Nation Beginning Sunday
18th March

Action 29

Pray for peace between
different cultures
and religions



Action 32
Eat a fairtrade
product

Action 33

Talk to someone
you know from a
different culture



Action 30
Watch
Newsround
on TV

Action 31
Sign up to 'Visit a Mosque,
Synagogue or Gurdwara' with
your carer (See inside back page for more info!)

Action 34

Find out who
your Member of
Parliament
is and what
they do

Action 35

Trace or draw
a map of the
UK and mark
where
you live



Week 6

Global Beginning Sunday 25th March

Action 36

Draw a key on your palm to remember children in slavery



Action 37
Find an atlas, pick a country and pray for its people

Action 38
Find out if your place of worship uses Fair Trade goods and if not encourage them to do so

Action 39 Try eating with chopsticks



Action 40

Find out about Olaudah Equiano and the abolition of slavery

Action 41

Learn how to say hello & goodbye in a different language

Action 42

Make a 'Malawian Football' out of plastic bags and play with it

(See inside back page for info!)



Week 7

God Beginning Sunday 1st April

Action 43

Make your own 'palm' cross from paper

(See inside back page for info!)

Action 44
Light a candle with an adult and spend 5 minutes with God

Action 45
Give those who care for you a big hug and tell them how much you love them

Action 46
Make an Easter Card for a neighbour



Action 47

**Maundy Thursday
5th April**

Polish your family's shoes



Action 48

Good Friday 6th April

Find a picture of Jesus on the Cross and think about his death

Action 49

Saturday 7th April

Forgive someone who's been unkind to you

Action 50

Easter Sunday 8th April

Celebrate by going to Church!



To Parents & Carers...

Have a look through the booklet before your child starts to do all the actions so that you know what is involved.

The actions are aimed primarily at school age children and some may be unsuitable for under 5's. However, with help most under 5's will be able to do at least one action per week – try actions 3, 11, 20, 24, 32, 39 and 45.

Help your child to do any actions that they are finding difficult or don't understand. You may also need to adapt some actions to suit your child's ability.

Identify any actions which you need to be involved in with your child and make sure your child knows that they must ask you before they do them.

Remind your child that they must not do anything outside of school or home or talk to anyone they do not know unless you are with them – it is important that they are safe whilst doing the actions.

They don't have to do all the actions – just as many as they can.

There are a few actions that we suggest are done on special days such as a Sunday or Good Friday and these are clearly indicated. All the other actions can be done on any day.

Enjoy Living Lent and Being Good Neighbours with your child this year!

Directory

ACTION 9 – Find Out About Purim

Visit www.torahtots.com/holidays/purim/purim.htm.

ACTIONS 10 and 23 – Card & Bracelet

Send your get well card and friendship bracelet to Claire at Diocese of Birmingham, 175 Harborne Park Road, Harborne, BIRMINGHAM B17 0BD.

ACTION 14 – Learn Some Sign Language

Visit www.britishsignlanguage.com

ACTION 31 – Visit a Place of Worship

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

ACTIONS 42 and 43 – Footballs and Palm Crosses

Visit www.birmingham.anglican.org for details.

**Love your neighbour as you love yourself.
Luke 10.27 (NIV)**

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

WARNING!

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



THE CHURCH
OF ENGLAND

www.birmingham.anglican.org