

THE GREAT ST MARY'S LEN + CHALLENGE!

Each week there's a different project to make us think about different aspects of our lives...! The challenge will be started and ended at the Thursday Virtual Coffee morning - you may want to share a photo, or a comment, or a thought, or a picture: either at the Coffee Morning, or on the Facebook page, or on the website... so send stuff to Fr Andrew and let's see how we get on!

Week One (starting 18 Feb): cook something that is **free-from**... sugar, meat, dairy, gluten - something you wouldn't (or haven't) normally cook or eat - tell us how you got on/share a recipe.



Week Two (starting 25 Feb): read **one chapter** of any book the bible - and tell us about it in one sentence.



Week Three (starting 4 Mar): be **off-grid for an hour**: no phone, TV, computer, mobile, radio - turn stuff off (perhaps go for a walk?) and chill!



Week Four (starting 11 Mar): make contact with someone by **phone or letter/card** - somebody you've not been in touch with for a long time



Week Five (starting 18 Mar): be **silent** for part of a day (morning or afternoon, or evening). Business as usual, just don't speak...!



Week Six (starting 25 Mar): **learn a prayer** off by heart - eg prayer of St Richard of Chichester

