

Knebworth Parish News

March 2019

Price 70p

christian
aid

GIVE IT UP
FOR
LENT

Give something up.
Do something good.

Give it up for Lent

Whatever you give up for Lent, get your family and friends to sponsor you, and help people living in poverty around the world!

Read "The Rector Writes"

Decide what you will give up

Got a sweet tooth? Ditch those deserts

Addicted to morning mocha? Cut out the coffee.

Beer lover or wine connoisseur? Switch to fruit juice or water.

Fast food freak? Make your own.

Carnivorous? Choose veggie.

Hit pause on your box sets. Read a book.

Abandon ASOS, Amazon, & ebay. Empty your shopping cart.

Love the weekend lie-ins? Be an early bird.

Go to www.christianaid.org.uk/fundraising/give-up-for-lent & fill in your details

Set up your Justgiving fundraising page

Personalise your page. Say what you are giving up and why.

This year Lent begins on Wednesday 6 March and ends on Thursday 18 April.