

40 Acts of Kindness and Prayers for Lent

Join the Parish family in taking something up this Lent!

These can be done in any order, by anyone of any age.
Please continue to be guided by the latest restrictions, in order to stay safe.

Enjoy, bless one another and be blessed.



St Peter & St Paul · St Philip · St Andrew · St Saviour

Pray for: A friend
Act: Feed the birds

A member of
your family
Tell a joke!

Wisdom
for decision makers
Send an interesting
article to a friend

Appointment of
our new vicar
Gather stems to
decorate the table

Carers,
paid and unpaid
Be kind to yourself
today!

Good health
Call a friend
you haven't spoken
to in a while

Comfort for the
bereaved
If you have a pet,
spend some quality
time with it!

Community engagement
opportunities
Leave a card or tiny gift
when you're expecting
a delivery

Positive impact of
our online services
Start a coin
collection jar

Respite for NHS staff
Say grace before dinner

Care of those
with mental
health challenges
Donate to your
local foodbank

Home schooling
parents
Save energy. What can
you turn off?

Food for those
in great need
Make coffee
for someone

Business owners
and their staff
Arrange to watch a film
at the same time as a
friend, and call
afterwards

Community engagement
opportunities
Decide on a charity for
your coin collection

Our staff team
Smile at 5 people

Young people, especially
those with uncertainly
re exams
Compliment someone!

Swift & effective use
of vaccines
Can you do
someone's weeding?

Safety for key workers
Send a motivating text
to someone

Anyone lonely
Send someone
a cartoon

Churchwardens
Go for a prayer
walk or pray
for 5 people

National and local care
for environment
Do a job
you've been putting off

Protection of children
from fear and anxiety
Make a card for someone
who is unwell

Revd Miriam Barker
as Area Dean
Pick up a treat with
your shopping and
give it to someone

Our audio-visual team
Tell someone your
best memory of them

Care homes
Help to tidy
the house

Realisation that strict
rules remain vital
Drop your heating
for an hour

Surgeries
Send a message of
appreciation to
your surgery

Refugees
Send someone an
inspiring quote

Teachers and all
working in schools
Send someone a
handwritten note

Homeless
Give someone your
time - perhaps
listening?

Our ministers
Be good to
yourself!

Victims and perpetrators
of domestic violence
Tell someone why you
are proud of them

Those with
marital difficulties
Plant a pip or seed

Mothers!
Pick, gather or buy
flowers for someone

Emergency service drivers
Which of these Acts
will you continue to do?

Praise and thanks
Send off your collection
to your charity

Our parish musicians and
potential musicians
Greet people on your
daily walk

Our MP
and local leaders
Try to buy Fairtrade
Easter eggs

Sharing God in our
community
Ring one of your
relatives each weekend,
starting now

