

## Ark and Little lights 5 March

Hello Parents and Grandparents,

How has your week been? I have decided to give up chocolate for Lent and have been told 'isn't it bad enough that we have given up so much as well as having to give up chocolate?'

It is and I very nearly gave up but when I think that god sacrificed his own son for us, then giving up chocolate is really nothing. Most of the time these days, folk actually take something on during Lent.

There is a wonderful charity called <https://40acts.org.uk/> and they advise doing something for another person during the whole 40 days of Lent. Such as writing a card for the bin man to say thank you or picking up rubbish on a walk ( you can hire grabbers from the council but last time I did it I just used a glove,) ringing a person who lives on their own or buying a ticket for an hour for a strangers parking. One story I read was of a man who went to pay for his coffee and the person in front had paid for it. I think that's a much better idea than giving up chocolate, and kindness in itself brings us friends.

Take care and see you soon

with love from Catherine and Little Lights

PS: Please let me know if you wish to unsubscribe



<https://youtu.be/2GINQrqs2NA>

### Good deeds chart for Lent

Could your child draw a picture for someone or give some flowers to a neighbour?

Each time your children does a good deed he could colour or stick coloured paper in part of a mosaic.

