good shepherd appeal 2019

Lent is a time to reflect and think about our personal relationship with God, as well as thinking of ways in which we can help others. This year's Good Shepherd appeal theme is **The Good Samaritan - join the journey, walk in faith**.

- Pledge to do one of the following every day during Lent
- Pray for the people who are sick and people who are lonely
- Forgive someone if they have upset you
- Say sorry to someone you have upset
- Listen to and respect what others have to say
- Donate a tin of food to a food bank to help a local person or family in need
- Be kind to those who might be upset
- Think of Jesus and all the sacrifices he made for us so that we can live on his example through our actions and words
- Have the courage to protect those who might be vulnerable and stand up for what is right
- Tell your friends and family that you love them and show them that you care by asking them if you can do anything to help them

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