

# Lent Lunch



Every year on the First Sunday of Lent, we invite people to gather together for a frugal lunch of soup and bread. There are a number of reasons for this:

1. It is good for Christians to meet together informally, and food and fellowship are close friends!
2. During Lent we remember Jesus' trip into the wilderness where he fasted for 40 days and nights and was tempted (yet without sin!). Going without our usual Sunday roast reminds us that we need to keep our appetites in check and discipline our bodies' cravings (the "lusts of the flesh").
3. By having a light lunch instead of a main meal, we can save a few pennies and give the money to a worthwhile cause instead. This year we have chosen to make donations to support the Fairtrade Campaign through the "Traidcraft Exchange". You can read more about this by clicking [this link](#).

We hope you will be able to join us this year:  
**26<sup>th</sup> February at 12:30pm in Hunsdon School**

If you would like to help, please [contact us](#).