



Can **YOU** manage 24 hours without Electricity?

Instead of, or as well as, giving up coffee, chocolate or sugar this Lent, why not try

The Lenten Power Fast Relay

What do you do?

- Sign up for one (or more) 24 hour period (6pm to 6pm) at the back of church
- Think about what you will need - candles? Borrow a camping gas cooker? Draft-proof the living room? Look out the board games? Plan meals ahead so you don't need to open the freezer? Find your thickest sweaters?
- At 6pm on the appointed day switch off the main supply in the meter cupboard
- Enjoy a candlelit evening playing games and talking to each other
- Notice the quiet without the hum of the fridge and the chatter of the TV
- Switch on again next day and appreciate the gifts of convenience, warmth, light and entertainment that we usually take for granted!