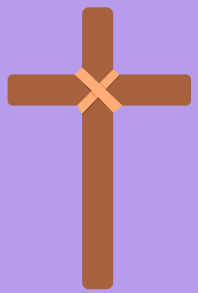


40 Days of Lent



This Lent we are asking you to think of the Rainbow Centre as our charity marks 40 years supporting the vulnerable in our community.

Could you please consider helping us?

Donate food to Shepway Foodbank

Sponsor an event

Volunteer

Tell someone in need about our service

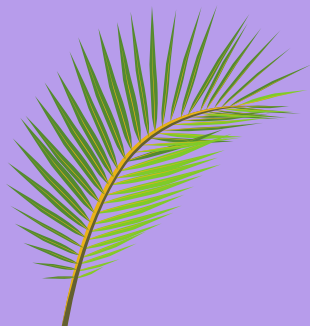
Donate to the shop

Become a regular donor with this QR code:

Pray



If you have already done so, **thank you!**



Charity registration number: 1096570
Company registration number: 04318070



www.rainbow-centre.org

READ		ACT		DONATE		PRAY	
John 13 v 1-17 (serving others)		Invite friends or family for a pancake breakfast.		Recipe books to the Rainbow Shop.		Pray for the Homeless Support Service, that each one will have their needs met.	
Matthew 25 v 31-40 (helping others)		Say, 'Hello', to someone who might be lonely.		DVDs and CDs to the Rainbow Shop.		Pray for each of our clients that they will know that we care for them and have their best interests at heart.	
Luke 10 v 25-37 (kindness to others)		Make a 'gratitude list'.		Jewellery to the Rainbow Shop.		Pray for FoodStop that those who are served will know that they are valued.	
Mark 11 v 1-10 (Jesus enters Jerusalem)		Tell someone about the Rainbow Centre.		Shoes and handbags to the Rainbow Shop.		Pray for the Foodbank and Pantry, that our members will find a way out of food poverty.	
Mark 14 v 32-42 (prayer)		Share a hot cross bun with a friend.		Clothing and coats to HSS or the Rainbow Shop.		Pray for the staff and trustees, for wisdom as they lead the work of the Rainbow Centre.	
Psalms 51 v10 (commit to God)		Bake 40 cakes or biscuits with friends or family.		Trinkets and bric-a-brac to the Rainbow Shop.		Search me O God – can I volunteer for the Rainbow Centre?	
John 3 v16 (God's love for us)		Phone or video call a poorly friend.		Books and games to the Rainbow Shop.		Pray for the Winter Shelter – that our guests will find stable accommodation	
Matthew 16 v 24-28 (take up the cross)		Walk 40,000 steps or swim 40 lengths this week.		Children's toys or books to the Rainbow Shop.		Pray for the Family Contact Centre, that families will have a happy time together.	
Matthew 22 v34-40 (the great commandment)		Hold a coffee morning for friends you haven't seen in a while.		Food and essentials to the Foodbank.		Pray for those in debt, that clients will find a solution to their debt and start life anew.	
Matthew 18 v21-35 (forgiveness)		Send 4 Easter cards.		A prize for a Rainbow fundraiser.		Search me O God – consider a monthly direct debit - £4, £24, £40?	