



Each week, Living Youth at Down & Connor will be posting an activity for young people to engage in, which will have a video outlining the activity, a task/guidance for those aged 11-14 to complete and a task/guidance for those aged 15-18 to complete. The themes for each week are:

- Week 1 - Fasting from Consumerism
- Week 2 - Mental Wellbeing with the 4 Corners Festival
- Week 3 - Social Awareness with Habitat for Humanity
- Week 4 - Digital Fasting for Mother's Day
- Week 5 - Praying with Your Parish
- Week 6 - Almsgiving to a Foodbank
- Week 7 - Praying for Our Church (Mass of Chrism)
- Week 8 - Pilgrimage to Your Parish (Easter Week)

The full programme and resources for the programme can be found at <https://www.livingyouth.co.uk/lent-2021-resources>

The weekly activities for participants will be posted at <https://www.livingyouth.co.uk/lent-2021> and on the Living Youth [Facebook](#) & [Instagram](#).

We ask that if any Parish groups are going to be taking up on the LY Lent 2021 to let us know so we can register our parish with the Living Youth department. Meantime, you can find out more in our weekly bulletin or during Mass services. If you will be hosting any of the following activities in your Parish, please let us know:

- **Week 5: Living Church Lenten Prayer Service**
- **Week 6: Food Bank Donation**
- **Week 8: Pilgrimage to Parish**

Living Youth will update any information you provide onto their website.

If you require any further information or would like to talk to us directly about the Living Youth Lent 2021, please email us at.

livingyouth@downandconnor.org or call us on 028 90 232 432.