

# ♥ End Poverty Pledge reflections

You can support our mission to create a poverty-free community, by reflecting prayerfully on a quote each week in Lent. These quotes are taken from stories shared by people who have experienced financial hardship. You can read the full stories on our website: [goodcompany.org.uk/stories](http://goodcompany.org.uk/stories)

## Week 1

"If you don't know who to ask, you don't know what help is available, you're just waving around in the dark hoping that someone will see you."

## Week 2

"If people were listened to from the beginning, taken seriously, and allowed input into their own treatment without prejudice, then things would begin to improve."

## Week 3

"I don't want anyone to feel like I have been made to feel - stupid, worthless, unworthy, all because those who were supporting me didn't understand what I was going through."

## Week 4

"We need to be getting information and solutions out there early on to help people who are struggling. If support is given early on, it takes less time to fix."

## Week 5

"It's a stressful time financially, so having a supportive community makes it that much easier."

## Week 6

"Don't treat me as a problem. Treat me as a person with feelings. Treat me as someone who has hope for the future, who wants to enjoy life."

"...whatever you did for one of the least of these brothers and sisters of mine, you did for me."  
Matthew 25 v 40 (NIV)

Take the pledge!

# ♥ 40 days of giving ♥

You can help us to support people in financial hardship in our community by donating up to 40 items over Lent

**good company**  
supporting our community

Charity No 1197493

- |                    |                   |                      |                  |                          |
|--------------------|-------------------|----------------------|------------------|--------------------------|
| 1 Tinned fruit     | 2 UHT milk        | 3 Squash             | 4 Sponge pudding | 5 Jam                    |
| 6 Granulated sugar | 7 Biscuits        | 8 Tinned fish        | 9 Honey          | 10 Ketchup               |
| 11 Instant coffee  | 12 Mayo           | 13 Tinned vegetables | 14 Custard       | 15 Long life fruit juice |
| 16 Deodorant       | 17 Instant mash   | 18 Washing up liquid | 19 Lentils       | 20 Peanut Butter         |
| 21 Non-dairy milk  | 22 Toothpaste     | 23 Shower gel        | 24 Marmalade     | 25 Granulated Sugar      |
| 26 Curry sauce     | 27 Biscuits       | 28 Powdered milk     | 29 Tinned meat   | 30 Toothpaste            |
| 31 Tinned fish     | 32 Shaving Gel    | 33 Toilet roll       | 34 Shampoo       | 35 Gluten-free           |
| 36 Tea bags        | 37 Washing Powder | 38 Custard           | 39 Soap          | 40 Take the Pledge!      |



[goodcompany.org.uk/end-poverty-surrey-individual/](http://goodcompany.org.uk/end-poverty-surrey-individual/)

Epsom & Ewell  
**Foodbank**  
Together with Trussell



Epsom & Ewell  
**Refugee Network**  
part of good company

Please deliver food donations to:  
Good Company Hub, Ruxley Lane,  
Epsom, KT19 0JG  
9am and 2pm Monday to Friday