

♥ 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

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 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 5

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

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 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 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



Charity No 1197493

- | | | | | |
|--------------------|-------------------|----------------------|-------------------|--------------------------|
| 1 Tinned fruit | 2 UHT milk | 3 Squash | 4 Sponge pudding | 5 Jam |
| 6 Granulated sugar | 7 Biscuits | 8 Tinned tomatoes | 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 Microwave rice | 20 Peanut Butter |
| 21 Non-dairy milk | 22 Toothpaste | 23 Shower gel | 24 Marmalade | 25 Rice |
| 26 Cooking sauce | 27 Biscuits | 28 Powdered milk | 29 Tinned meat | 30 Toothpaste |
| 31 Tinned fish | 32 Rice Pudding | 33 Toilet roll | 34 Shampoo | 35 Gluten-free |
| 36 Tea bags | 37 Washing Powder | 38 Custard | 39 Cereal | 40 Take the Pledge! |



Epsom & Ewell
Refugee Network
part of good company

goodcompany.org.uk/end-poverty-surrey-individual/

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