

•SiLENt FROM MILLION MINUTES

IN THE DIOCESE OF BRENTWOOD

SHOULDN'T LENT BE MORE THAN JUST GIVING UP CHOCOLATE?

We think Lent is a great time to try something different: **silence**. Take time to give up the things that fill life with noise and restlessness. Not only will you allow time for silence, your sponsorship will make a real difference to young people without a voice, for whom silence isn't a choice.

"The very origin of Lent is Jesus entering the silence of the desert to reflect and pray, to prepare himself for the mission ahead. siLENt not only creates that space but, through sponsorship, raises money to support projects for young people in our Diocese and beyond." Bishop Alan Williams

HELP REACH A MILLION

A 'Million Minutes of Silence' is a really simple idea - each minute is sponsored to raise money for projects supporting young people. Throughout Lent 2018 schools, parishes, communities and individuals will help the Diocese of Brentwood clock up a million minutes! If we aim to raise 10p a minute for our silence, that's £100,000! People can take part in different ways:

Collective silence in school/groups - e.g. a silent assembly, or an hour for the whole school

24 hours straight - Just go for it! Choose a date in Lent (14 Feb-31 Mar), and start getting sponsored.

Phone or Social Media - Give it up for Lent! Instead of spending all those hours online, spend just half an hour a day in silence (and an hour on Good Friday and Holy Saturday). It adds up to 24 hours.

"I am delighted to endorse and encourage the siLENt initiative in Brentwood Diocese. I hope everyone participating in siLENt finds, over time, the enormous difference that silence makes in our lives. I thank all our teachers, priests, chaplains and youth leaders who will help young people enter this excellent opportunity."



Bishop Alan Williams
Bishop of Brentwood

Let's speak up with silence! Join us in creating a deafening silence across the Diocese of Brentwood in Lent 2018!

YOUR SILENCE MAKES A DIFFERENCE

Million Minutes **celebrates young people** and **gives grants** to support them to change their lives and their world.

In 2017 Million Minutes supported '**Field of Dreams**' in Basildon, a holiday programme run by young volunteers from the Catholic Parish. Some of the 100 children who attended never leave Basildon during the holiday period and Field of Dreams provides them with activities and new experiences. One volunteer explained: "We know that for some of these children, coming here really is the safest place for them to be during their holiday."



Million Minutes have also celebrated several of the young people in our diocese, through their national Award's scheme. Helen, a student at St Angela's Ursuline School in East London, was recognised last year for her inspiring example of love and care. Upon arriving in year 7, Helen immediately took to looking after her older sister in year 9, who is on the autistic spectrum. Helen not only ensured her sister was much happier at school, she has taught the adults by giving them an amazing insight of how to work with her sister.

And in 2015, 15 year old Alton Mathew-Moghan from St Bonaventure's School, Forest Gate, received an award for his work promoting the Common Good. He is involved in the school's TELCO group and was a lead in establishing the Stratford City Safe zone. He started 'Care For Care', encouraging students to visit the elderly. His teacher says, "He is a remarkable young man, who always goes above and beyond to think of others."



STAY SILENT. GET SPONSORED. RAISE MONEY.



The money you raise during Lent will help many projects in the Diocese as well as other life changing projects supported by Million Minutes. For example, Million Minutes are supporting Catholic parishes across the country to respond to the needs of young people in their communities. See Andrew and Paul's story opposite - 'On the street'.

GET STARTED with siLENT

- 1. Sign up online** and let us know how or your community you are taking part. millionminutes.org/brentwood
- 2. Get your online fundraising set up.** Just follow the link at sign up: millionminutes.org/brentwood
- 3. You can still do it the old fashioned way.** Download the siLENT sponsor forms from the website.
- 4. Get sponsored by text.** Share details with others: To donate £5, text **LENT24 £5** to 70070
(You can donate £1/ £2/ £3/ £4/ £5/ £10)

There are other useful resources online for **primary schools, secondary schools** and **parishes**. millionminutes.org/brentwood. Certificates are available for all participants.

SPREAD THE WORD

SAMPLE EMAIL

This Lent I will be staying silent to raise vitally needed funds for young people with youth charity Million Minutes. [Your Online Fundraising Page Link here]

For the past 6 years they have given grants to projects that give voice and support to young people. [Your Online Fundraising Page Link here]

Across the country, young people are often overlooked - their silence isn't a choice. Young people like Paul, an isolated young man, who Million Minutes have supported to discover his talents and gifts, and enabled him to grow in his confidence to participate in and contribute to his community. [Your Online Fundraising Page Link here]
Many thanks for your support of my silence!



ON THE STREET

Million Minutes supports parishes to reach out to local young people.
Here's Andrew and Paul's story:

Andrew in North London was just 17 when he volunteered to help run an outreach project in his parish. The change in him has been astounding. He's literally walked the streets and built relationships with young people he'd never spoken to before.

He says: "Nothing worthwhile comes easily, but helping with this project has been worth the effort, even for a short talk with a young person about their CV or a half-hour discussion with someone about their life."

Paul, a very isolated young man on the autistic spectrum, met Andrew through the outreach - and now he's supported by the project. From a quiet, fearful beginning, he's coming out of his shell, and getting involved.

He was even a presenter, introducing acts and telling jokes, at a local fundraising event.

All of this is only possible because of support from people like you.

YOUTH PEACE

Million Minutes also supports **For Jimmy**:



In 2008, Jimmy Mizen was killed in a violent attack. Every year, hundreds of teenagers are killed or injured by broken bottles, guns and knives. It doesn't have to be this way. It's time for an urban revolution. Million Minutes is working with the For Jimmy charity, supporting them to speak to young people about keeping safe, reconciliation and peace. For example, the charity is expanding the "Safe Havens" project, getting businesses and public buildings to become 'havens' for young people in danger, and building community cohesion.

SAMPLE SOCIAL MEDIA POST

Help! I'm staying silent so young people can find their voice and change lives. Sponsor me? [Your Online Fundraising Page Link here]



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