

siLENT 2021

IT'S TIME FOR YOUNG PEOPLE

The world has changed this year – and we know that Generation Z will be some of the worst-affected by the impact of Covid-19. Not only has their education suffered, but so have their employment, housing and economic prospects. Their future hopes are being crushed, and they won't have the same opportunities as older generations. Yet as society makes plans for the future, we see those in power going back to the same old ways of working. As usual, young people's voices are not being heard, and they are unlikely to be in the rooms where choices about the future are made. Rebuilding society gives us a chance to do things differently. And as a Church we can stand together as young and old to look to the future with hope and include all our voices. Our communities can support young people to be prophets of hope and restore our world.

GETTING STARTED

1. Sign up online. Pledge your support to young people today: millionminutes.org/silent
 2. Set up your online fundraising page. Download a sponsor form
 3. SPREAD THE WORD. Remember to use #siLENT and tag us!
- Download resources for schools, parishes and more:
millionminutes.org/silent



You can stay siLENT in different ways

24 hrs of silence. Choose a date in Lent (17 Feb-3 Apr) and get sponsored

Collective silence in school/ groups - e.g. silent assembly or do a 'silent relay' by each staying silent for an hour and passing on the 'baton'!

No phone or social media over Lent! Instead spend half an hour a day in silence (and an hour on Good Friday and Holy Saturday). It adds up to 24 hours.

Why do not try siLENT in solidarity with your parents, guardians, or grandparents? See our resources to find out more.

LET US KNOW, SO THAT WE CAN SHOUT ABOUT YOUR EFFORTS!

THE IMPORTANCE OF SILENCE

Lent 2021 is a great time to come together in action, reflection and to do something different: participate in silence, an important part of our Christian tradition. Silence allows us time and space to pray, reflect and listen. When we listen rather than speak, we allow space for the voices we don't usually hear. They say silence can also be deafening. When communities and nations stop on Remembrance Sunday each year, the two-minute silence rings loud. That sort of silence, that amplifies the voices that aren't usually heard, can be powerful. In the words of Pope Francis: 'only in the silence of prayer we can listen to the voice of God'.

This Lent, to mark ten years of Million Minutes, we are creating a million minutes of collective silence:

- a deafening 'noise' as an act of solidarity with young people, and raise awareness of the ways in which they are silenced
- reflecting on and praying for young people
- raising money to help young people be the change they want to see in our world

By staying silent, you are standing in solidarity with – and helping to raise money for – young people who don't have a voice, for whom silence isn't a choice.

Your silence will support young people like Shanea

At just 18, Shanea has committed her life to supporting young people in her local community of Newham, where unemployment, poverty, and unfair treatment are plaguing the young, especially young people of colour. Despite facing setbacks in reaching out to young people who need support during the pandemic, siLENT is supporting Shanea to adapt and meet young people where they are. She is building an online community to continue her peer-to-peer accompaniment, and empowering young people to use their voice and raise awareness of the issues impacting their community.

Million Minutes is proud to support young people like Shanea every day, through our grants scheme, through our awards of recognition, through our networks, and more.



INFO@MILLIONMINUTES.ORG

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