

GU2GA

Give Up to Give Away

"Then he said to them all: 'Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.'" Luke 9:23.

Many of us give up something up for Lent: chocolate, alcohol, or your daily cappuccino. Make your self-restraint even more meaningful this year by using the money you save to purchase food items from the list to help refugees in desperate need in Calais.

On Ash Wednesday, 14th February, start buying a bottle of olive oil instead of a bottle of wine, or jar of instant coffee instead of a cappuccino. Then bring these items into our collection box in St Paul's.

Many of the young and unaccompanied refugees have heard that UK is the best place to get to – in fact some may have family here and could be entitled to asylum. There are many refugees still camping around Calais, constantly being moved on, with even the underage sleeping in the open. Those who lived in the Jungle while it was still open were able to prepare their own meals so were supplied with food parcels, and a certain amount of advice and support was available. That lifeline has now been withdrawn.

The Refugee Kitchen in Calais, working from the same warehouse as Help Refugees, continues to feed around 300 to 500 refugees daily. They concentrate on this bulk catering now and meals are handed out to those living rough locally. As an alternative to a food donation, a monetary donation would be really welcome, see www.helprefugees.org or www.refugeecommunitykitchen.com



'Feeding people without judgement'



The following items are on the current "most wanted" list. Please keep to donations from the following:

- Sea salt or table salt
- Olive Oil
- Balsamic Vinegar,
- Apple Cider Vinegar
- Long Life Milk
- Tea
- Sugar
- Vegetable stock/Bouillon - large tubs
- Canned Fish, Sardines, Mackerel, Tuna (with ring pull)
- Dried Beans, Lentils (Preferably 25kg sacks)
- Instant and Filter coffee
- Dried Fruit and Nuts
- Dried Apricots
- Golden Syrup
- Ketchup
- Large tins of canned tomato
- Honey



And do not forget to do good and to share with others, for with such sacrifices God is pleased. Hebrews 13:16

For more information, or to offer to deliver to Calais on 15th April, contact worldchurch@stpaulsdorking.org.uk