

# Helping the poorest during this time of Lent

Lent is a solemn religious observance in the liturgical calendar of many Christian denominations that begins on Ash Wednesday and covers a period of approximately six weeks before Easter Sunday.

The traditional purpose of Lent is the preparation of the believer through prayer, penance, repentance of sins, almsgiving, atonement and self-denial. At Trinity, the observance of Lent has taken place over the full six weeks. However, the phrase almsgiving has taken on a very practical meaning.

Throughout this six weeks students have engaged in a range of fundraising activities. The focus of the fundraising has been three fold. At a local level, the Sixth Form have been helping to support a local food bank. Aware of poverty and need in our own communities, the students collected a huge amount of tins and non-perishable goods.

This collection will be filtered through the

Loughton foodbank who will discern the needs of the community. In Years 10 and 11 the students have focused on the national problem of homelessness. Caritas [Anchor House](#) has been in their thoughts and prayers.

Similarly, funds raised through a wide range of events, including raffles and cake sales, will go to help the day-to-day work of [Anchor House](#) in reaching out to the homeless.

At the younger end of the school, the students have taken an International dimension and are supporting the work of CAFOD, a charity who work among the poor of the developing world.

So, six weeks of Lent has taken on a local, national and international approach.

True universality and a reaching out to others.

**Lauren Moore, Year 12**

