



Baroness Sheila Hollins Spiritual 5 a day.

G is for giving and in the context of today's talk- giving to those with mental health problems in our community

R is for holy reading to deepen our faith

A is for abstinence by which I mean silence

C is for God's creation and our daily awareness of it

E is for engaging with God in prayer

And there you have it –G-R-A-C-E. Let's keep Grace in mind

Taken from a Lent talk by Baroness Sheila Hollins