



# Lent Lunch

supported by Framlingham Churches Together

**Friday 6th March 12.30-2pm**

**Castle Community Rooms Framlingham  
IP13 9BQ (between St Michael's Church and Castle Pub)**



book your bowl now!



pay what you can!



follows the World Day of Prayer at  
St Michael's Church 11am prepared  
by women in Nigeria – all welcome!

**A simple lunch of soup + bread + cheese + tea/coffee**

+ a chance to hear about some current projects funded by your gifts

All proceeds from **donations\*** will be shared between CAFOD's Lent  
appeal and Christian Aid.

\*there is no charge for lunch – please make a donation according to your means, in cash or using our  
contactless payment machine

Please let us know by 27<sup>th</sup> February if you would like to come, so we can be sure  
to make enough soup and bread! email: [crobinson@cafod.org.uk](mailto:crobinson@cafod.org.uk)