WEDNESDAY 1 JULY
Theme: SHIELDERS

MORNING WORSHIP WIND UP:
Live on Diocesan Facebook page from 10:30am.

AFTERNOON GET MOVING:
Every home, parish and community across the Diocese.
Option 1: Write a letter to a neighbour or family member who is on their own, include prayers and bible verses.
Option 2: Design a poster for a local nursing home with prayers and bible verses.
Option 3: Pray for someone you know who is on their own and let them know you are thinking of them.

EVENING WIND DOWN: MOVIE NIGHT
Get the popcorn, hot chocolate and treats ready. Watch a favourite movie with your family.

Please send in your videos and pictures each day to our Facebook page: Diocese of Derry and Raphoe using the Messenger 'send message' button.