Programme Notes for Bristol City - 21st February 2018 ‘Lent’

Maintaining a strict lifestyle of eating the right foods, training and rest is all too familiar for professional sports people who seek to perform to the best of their ability. They are used to denying themselves treats that others would think nothing of consuming. Family events and bank holidays have to give way to training and matches.

At this time of year many people, both those who follow the Christian faith and those who don’t, give up certain foods or habits in order to improve general health or show self-control. Rather than giving something up some people prefer to take part in the Lent Challenge which involves performing acts of kindness or generosity which makes life better for the people around them. Some of you will benefit from this tonight as you make your purchase from the snack bar in the corner of the ground.

Will you be marking Lent in some way this year by either giving up or giving out? How could others benefit from your abstinence? One thing we mustn’t give up is support for our team so let’s encourage them as they aim for three points tonight. C’mon Urzzz!