

the PIONEER Challenge

**Why not abstain
or reduce your
intake of alcohol
this Lent?**



Are you thinking of abstaining from or reducing your intake of alcohol for Lent?

If so, below are some practical suggestions.*

- Refrain from alcohol for the weeks of Lent.
- Consider drinking non-alcoholic drinks when out with friends at the weekend.
- Reduce the intake of alcohol from what is your normal use.
- Encourage your friends to reduce alcohol intake.
- Donate some of the money saved from alcohol to a charity of your choice.
- Encourage discussion with your friends about the dangers of excessive drinking.
- Initiate a discussion in the home about the family's attitude to and use of alcohol.
- Nationally, we might encourage people to reduce their alcohol use, say by one-third or a half, during the weeks of Lent.

* Taken from *Alcohol: The Challenge of Moderation*, a Pastoral Letter from the Irish Catholic Bishops' Conference for Temperance Day 2007.

If you would like to take a short-term pledge or become a member of the Pioneers, please contact:
Róisín at 01 8749464
or email pioneerroisin@jesuit.ie