

SiLENT FROM MILLION MINUTES

RESOURCE PACK

This pack is for anyone who wants to make Million Minutes of Lent happen in their high school, college, parish, youth group or university!



**HELP TRANSFORM
YOUNG LIVES** Stay siLENT or go without Facebook, Twitter, Instagram, Snapchat or your phone this Lent

 /millionminutes



Million Minutes is all about silence and transforming lives, so what better time to get involved in Million Minutes than Lent?!

WHAT IS **si**LENT FROM **MILLION MINUTES?**

Million Minutes is a really simple idea! If 695 people stay silent for the equivalent of 24 hours we'll have a million minutes of silence. If each person gets sponsored a pound a minute, we'd have a million pounds to help disadvantaged young people who have no voice: who are shut out, stereotyped or scapegoated by society today.

We think Lent is a great time for communities to come together and join the silence, so we've created these special resources to help you do just that.

But rather than give up chocolate or sweets through Lent, we're asking participants to give up something which fills their lives with noise: Facebook, Twitter, or maybe even your phone.

Will you join us and get your community involved so that young people can have a voice? You can spread your 24 hours of silence over the whole of Lent. Just half an hour a day during Lent (and an hour on Good Friday and Holy Saturday) adds up to a whole day.



"We need to notice the effect that time online has on your performance and relationships."

Stuart Crabb, Head of learning and development at Facebook

“The sole reason for man’s unhappiness is that he doesn’t know how to sit quietly in his room”

Blaise Pascal
Scientist, Mathematician
and Christian
Apologetic



Download the poster set and much more from the millionminutes.org/siLENT

STOP PRESS:
The Celebrating
Young People
Awards, honouring the
achievement of young
people who make our
communities and world a
better place. Nominate
someone now -
millionminutes.org/awards

#CYP Awards

SECONDARY SCHOOL & COLLEGE

Whether it’s a large or small group taking on the challenge, try to get the whole community involved. Having a member of staff taking part alongside some students, and giving the community regular updates on the difficulties or benefits will help everyone to be included. You could go even further, and build silence into the whole half term that covers most of Lent by having sponsored lunches, silent meditations and technology-free lessons. Don’t forget to put up plenty of posters so everyone knows what you’re doing!

Other ideas that you could take up are replacing all, or part, of regular prayer times with silence. Once students are guided through this a few times it can be very fruitful, in fact a diocese in Australia now suggests meditative prayer for all year groups in its schools! Why not go a bit further and have silence as the running theme through your Ash Wednesday and Easter services?

PARISH AND YOUTH GROUP

Spreading silence, and supporting Million Minutes in your parish or youth group, is a great way to deepen your relationship with God through Lent! Making Million Minutes happen in your youth and parish groups can be a great way for you to stand in solidarity with all those who get looked down on.

Try to get as many people in the group involved as possible involved, even the leaders! The more people you get, the easier it will be.

Why not get your community involved in your awareness raising? As well as your fundraising throughout Lent, many of them will want to support you as much as they can. You could do a talk in your parish, or at a local community event, perhaps think of an exciting stunt to get the attention of the wider public.

UNIVERSITY

Whether it be your CathSoc, an individual, part of the Chaplaincy community or group of friends coming together, university is a great place to raise awareness and raise cash to help young people who are being treated unfairly.

If there’s a student Mass at your university, speak to the priest about talking before Lent starts to get others involved. If you’re part of a Chaplaincy or the CathSoc, try to get any staff, religious or clergy involved! They could join in the silence, as well as being a support for you.

University is also a great place to engage the wider community. Can you think of anything you can do on campus to help raise awareness of what you’re doing? A silent walk? A silent disco? There are so many opportunities, so let your imaginations go wild!

WHAT TO GIVE UP?

Technology and social media are great, but they can also get the better of us. If we're not careful we can end up persistently checking to see if anyone has got in touch, or maybe just start using our phone when we're supposed to be listening to people around us. We don't often let ourselves be still and quiet, don't give ourselves the normal time to reflect. Did you know one in five people even use their smart-phone while in the bathroom?! Time for reflection is important to our lives, our relationship with others, and our relationship with God.

Everyone is different, so the best thing for you and those in your community to give up depends on how much time is spent on different things. Maybe you spend all whatsapp, or walk down the street playing games on your phone; maybe you agonise for hours trying to fit your emotions into 140 characters on Twitter! Giving up any of these for Lent will allow time for silence. Or maybe simply spending time away from the noise of the world around us, TVs, phones, computers and billboards, is how you will find silence.

YOUNG PEOPLE CHANGING THE WORLD ONE STEP AT A TIME

Million Minutes supports organisations, groups and individuals that enable young people to do things that change our world, inspired by the principles in Catholic social teaching. Maybe you know about an existing project or a new idea that could use our support? Check out details of the projects we're already supporting in this guide and on the website. We're supporting 4 key projects that show our belief in the power of young people and which help young people to transform their own lives and the world around them.

GETTING THE MOST FROM YOUR FUNDRAISING



Silence is only half the story. If we're really going to change young people's lives we've got to raise serious amounts of cash.

So we've made it super easy for you and your participants. Frankly it's as easy as 1-2-3!

1 **Help everyone realise the importance of fundraising.** We want to give grants to local groups, help young people out of homelessness, train young people in leadership, and much, much more. But it all costs money, so setting a target (a pound a minute, please!) will be really useful - both individually and as a group!

2 **Get them online!** First sign up for online fundraising. **Virgin Money Giving** handles all the Million Minutes online fundraising. Follow the sign up link at millionminutes.org/silent.

Then total up the minutes you are pledging and input them at millionminutes.org/stay-silent. We'll add them to our online counter.

Or you can get sponsored by text. To donate £5, text **LENT24 £5** to **70070**
(You can donate £1/ £2/ £3/ £4/ £5/ £10)

JustTextGiving™

3 **Shout it out!** Once they've registered, they can start asking everyone they know to help them raise money. One great way to start raising money is to speak at Assembly (see millionminutes.org/resources for an Assembly/Mass Talk text). And on Facebook, on Twitter, on email it's never been simpler to share your fundraising page link (before you give them up!)

This sample text might help:

Facebook: *Reckon I can spend time in silence, and give up Facebook for the whole of Lent? I'm off Facebook for six weeks and spending a total of 24 hours in silence! Make sure I do by sponsoring me £1/min. Why not sponsor me for 20 minutes of silence? Priceless! It's all for young people - Check out **my fundraising page!***

Twitter: *Sponsor me to keep me silent so young people can speak out please! Check out **my fundraising page!***

Email: *I'm giving up Facebook and staying silent for youth charity Million Minutes. How much would you give me to spend more time in silence over Lent? I'm aiming to raise £1/minute - think you can sponsor me? Why not sponsor me for 20 minutes? - that'll cost you just £20 to shut me up for the day! Check out **my fundraising page!***

And before you forget: Like us at facebook.com/millionminutes and Follow @Million_Minutes. Good luck!

GET CREATIVE!

To get the most out of your Lenten silence, and to get the most people involved, get as creative as you can! This can make a huge difference to the impact of your fundraising and depth of your silence.

Sometimes there can be so much going on that more conventional stunts and fundraising ideas can often just get lost in the busy-ness of life. So don't be afraid to do something new, something exciting!

The amazing team at St Vincent's Youth Retreat Centre in Whitstable have been getting creative, looking at how to get young people going to their centre involved in Million Minutes. Not only have they been baking Million Minutes biscuits but they have put up a fantastic display on one of their notice boards to track their progress!



“That people today, often overwhelmed by noise, may rediscover the value of silence and listen to the voice of God and their brothers and sisters”

Pope Francis

GIVING UP

Sometimes giving things up can be easy, and even liberating, but at other times it can be a real struggle. Let's face it, if it wasn't going to be difficult nobody would sponsor you to do it, would they? We don't want it to get to the stage where you're thinking of packing it in though, so we've put some ideas and tips on how to help you make it through the whole of Lent only giving up, not giving in!

Spread the word before you start. If everyone knows what you're giving up and why, they're less likely to be confused when you don't reply to their tweet, Facebook or BBM message (or whatever it is) and they may even be more likely to sponsor you!

Don't go it alone. If you're not trying to do it as part of a big group, see if you can get a friend or relative to do it with you, then if you're struggling you have someone to talk to and support you who understands!

Find other ways of being in touch. Meet up for a coffee, use the old landline to ring friends you might not usually call and maybe even send a letter or postcard through snail mail!

FINDING SILENCE

Million Minutes is about standing up for young people and raising money for young people. And we are choosing silence as a way to achieve this. Fr Christopher Jamison OSB, Million Minutes Champion and presenter of BBC's The Big Silence, explains why.



"Staying silent may seem a strange way of giving voice to an opinion but we are drawing attention to the fact that there are many young people who are effectively voiceless. Million Minutes wants to help them in two ways. First of all we will draw attention to them by being a powerful expression of their voicelessness. By remaining silent together we find that we are giving voice to young people's silence. Secondly, we will raise money for initiatives and projects that help young people to find a voice.

"Silence is a natural part of life. There are two kinds. There's the embarrassed silence you get in a lift with strangers when we're just longing for the lift journey to end and somebody to say something. And then there's the beautiful silence that you get at the top of the mountain when the last thing you want is somebody to start chatting about things. You just want to sit there and absorb the beauty and the silence of the mountaintop. The challenge for all of us is how to find silence like this in day-to-day life. There are some ways of finding that silence and the best place to start is inside yourself."

How to find the 'deeper silence'

At some point during Lent, maybe even each day, we encourage you to go a bit deeper into your silence and into a time of reflection. This should be any time between 5 minutes and 30 minutes. It's up to you to choose a time, relatively short, but quite intense. The monastic tradition offers us several ways to help us in the silent times. One of these is the slow reading of sacred texts, called *Lectio Divina*. Fr Christopher offers some guidance at millionminutes.org/silent.

Also, check out Fr Christopher's advice on reflection in meditation, opposite, or on video at millionminutes.org

Fr Christopher's book, *Finding Sanctuary*, is available from findingsanctuary.org



DELIA SMITH

Britain's best selling cookery writer and Million Minutes Champion

"What my seventy years on this planet can offer you is my utter conviction of the importance of allowing some time for stillness and silence in daily life. There are three main reasons for this. One is that it gradually enables us to understand ourselves more deeply. Two: this then expands our capacity to understand and relate to others and to the world. Three: as the deeper reflective part of our human nature develops it will draw us inexorably towards God.

"Why not begin with Million Minutes? Don't settle for life on the surface of things. The world needs young people like you to take up the challenge. In the words of St Paul 'God's power, working in us, can do infinitely more than we can ask or imagine' (Ephesians 3. 20)."

See millionminutes.org/silent for Delia's advice on staying silent.

HELPFUL TIPS FOR YOUR SILENCE

MATTHEW VAN DUYVENBODE

"I grew up in a lively Catholic family, with 3 older siblings and lots of activity going on around me. There was lots of laughter in my house, as well as the occasional argument. The TV was often on and our home resounded with competing musical tastes and piano practice. As my teenage years progressed, I found the prospect of being on my own a little bit intimidating, and deliberately surrounded myself with people and noise. I think I was a little scared of what I might end up discovering about myself if I spent time on my own, and preferred not to risk it! You may well be similarly anxious about the prospect of spending 24 hours in silence for Million Minutes."



Find out some of Matthew's top tips for integrating silence into daily life. They're bound to help you in your sponsored silence. millionminutes.org/silent

SR GABRIEL DAVISON

"Enjoy your sponsored silence... I hope it will bring you peace and to a greater awareness of yourself. I hope it will encourage you to look for moments in your day when you can be silent, become more present to yourself and therefore more present to God. It will lead you along a mysterious path.... to a place of greater intimacy with yourself and others..... it will lead you to a place where you know you are loved and where you can love freely."



Sr Gabriel Davison, from BBC 2's *The Convent*, offers some words of practical advice on staying silent for a long time. millionminutes.org/silent

"Even amid the 'busy-ness' and the stress of our daily lives, we need to make space for silence, because it is in silence that we find God, and in silence that we discover our true self. And in discovering our true self, we discover the particular vocation which God has given us."

Pope Benedict XVI to the young people of the UK during his visit to London in September 2010

CLASS/GROUP ACTIVITIES

Here are some simple ideas for a chaplain or teacher to use to help introduce the themes of Million Minutes. More resources, including PowerPoint presentations and videos for youth groups, assemblies and lessons are available at millionminutes.org/resources.

Exploring not having a voice

Aim The aim of this session is to get your students thinking about what it means if they're not listened to by society

Intro You could play a game of charades, or Pictionary, where people aren't allowed to talk but have to get a message or word across. Some ideas of words to describe: voice, silence, justice, campaign, million, minutes, charity, fundraising...

Activity Give everyone copies of newspapers (both local and national) and magazines.

Invite people to go through them and pull out anything they find which talks about young people (You can choose what age to include in this. At Million Minutes we're focusing on young people up to 25 years old).

Once people have found everything in the papers about young people, get them to sort them into two columns: those which are positive and those which are negative.

What do people notice? Are there more on one side than the other? What sorts of things have people found? Are people surprised by what they have found?

Is this your experience? Think about your own local community, your school and area. What are the positive things which young people do?

You may want to think about young carers, young people visiting elderly people (perhaps with the SVP), going to Lourdes (with the diocese or HCPT, etc.), fundraising, campaigning on the environment, etc.

You may also want to encourage the group to think of some of the negative aspects young people bring to their local community.

Moving on Ask people whether they feel they have a voice. Do they feel they are listened to? Ask them to make two lists: those who listen to them and those who don't listen to them. What's the difference? Why do they think some people listen and others don't?

How do we encourage people to listen to young people? How can the voice of young people be heard? What are some of the modern ways to have a voice? What could people do? Ideas about the internet, Facebook, Twitter, emails, blogs, newspapers, radio, TV, posters, press releases – ways of letting people know about issues and concerns which affect young people, and the challenges they face.

Exploring silence

Scripture passages on silence

Mark 1.35 "In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed."

Luke 4.42 "At daybreak he departed and went into a deserted place."

Habakkuk 2.20 "But the Lord is in his holy temple; let all the earth keep silence before him!"

Psalms 46.10 "Be still, and know that I am God!"

Psalms 62.1-2 "For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation, my fortress; I shall never be shaken."

REFLECTION

Meditation: Being silent can be hard. Trying to stop and empty your thoughts is difficult. But the more you try and give yourself space, the easier it becomes. Fr Christopher Jamison explains on a short video one technique to find silence within yourself. See millionminutes.org for the video. Here are the key points to follow if you feel confident to lead a group of students in a short time of silence. It could even be used in an extended staff meeting.

1. Sit upright on a chair, uncross your arms and legs, with your hands on your lap.
2. Keep your back straight (if it's crooked you'll tend to fall asleep).
3. Imagine someone has got a very important message to give to you. Sit relaxed and comfortable, but attentive.
4. Face forward, close your eyes and relax. Breathe deeply a few times, at the natural speed, just deeply. Breathe in through your nose and out through your mouth. The deep breaths will help your whole body to relax.
5. Then breathe normally, but concentrate on your breathing. This will help relax your mind. Let all the other thoughts go by listening to your breathing.
6. You'll still get distracted by sounds and thoughts, so just take a simple phrase to say to yourself.
7. For example, 'Be still, and know that I am God'. Say to yourself, 'Be still' as you breathe in through your nose, and 'know that I am God' as you breathe out through your mouth.
8. And as you are doing this you are aware of your breathing and you have the simple phrase to keep your mind focused, you'll actually be concentrating on your own life. That breath is also the breath of God, the life-giving Spirit within you. 'Be still' – to know that you are alive. 'Know that I am God' to know that God's Spirit is the breath within you.
9. You can enter into this wherever you are, even with noise around you, because you can find that still point within your own body and soul, and at that point you may have something to say to God.
10. Keep this up for as long as you like, (5 minutes, 15 minutes, 30 minutes) and don't feel afraid when the time is right to speak your own words to God and let God speak his own words to you.

There is a guided meditation by Fr Christopher available on video on the website.



"We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass - grows in silence; see the stars, the moon and the sun, how they move in silence ... we need silence to be able to touch souls."

Mother Teresa

OUR INSPIRATION

At Million Minutes we're inspired and challenged by Catholic social teaching. It lies at the heart of what we're trying to do. Six key principles of social teaching guide us and the projects we will support through the money raised.

The dignity and equality of each human person: Every human being is lovingly and beautifully made in God's image and likeness. The other principles flow from this.

The call to participation and community: Human beings exist in relation to one another. All of us are called to participate, to join in, to work for the common good of all.

A preferential option for the poor: Caring for those living in poverty is a fundamental duty of us all. The voice of people living in poverty needs to be heard. We must enable those living in poverty to play a full, active role in society.

The dignity and rights of workers: The right to work, to have a job, to earn money and so support your family are all connected to the dignity of each individual. They deserve a fair wage and proper working conditions.

Solidarity among peoples and the promotion of peace: We seek the good of one another, aware of our dependence on one another. Peace flows from this. We are called to live honestly with one another, working together in love for the good of all. This is what will lead to true peace.

Care for the earth: God created the earth. Often, the way we treat creation leads to the harm both of it, and of those living on it. We need to treat the earth with respect.

This is just a taster about Catholic social teaching. More ideas and resources available at millionminutes.org and at catholicsocialteaching.org.uk

Group Discussion

Talk through the six principles of Catholic social teaching.

What actions can the group think of as ways to ensure that each principle is lived out in the world, both locally and globally? Challenge the students to identify actions that are real and practical, which they could commit to get involved with.

YOUTH PEACE ON THE STREETS

The streets of the UK can be a dangerous place. In 2008, Jimmy Mizen was killed in a violent attack. Every year, hundreds of teenagers are killed or injured by broken bottles, guns and knives. It doesn't have to be this way. It's time for an urban revolution. Million Minutes is working with the For Jimmy charity, supporting them to speak to young people about keeping safe, reconciliation and peace. Through Million Minutes' support, the foundation will expand the "City Safe Havens" project, getting businesses and public buildings to become 'havens' for young people in danger, and building community cohesion. It will also help develop the Jimmy Mizen Apprenticeship scheme, enabling young people to develop the skills they need to make a positive difference in the world.



Million Minutes Projects

YOUTH HOMELESSNESS

Tens of thousands of young people experience homelessness in the UK every year, with thousands of young people finding out the hard way that the city streets aren't paved with gold. With nowhere to call home, life on the streets or in bad accommodation is frightening. It can seem like there's no way out. When Basil Hume founded the Cardinal Hume Centre it was because he could not stand by and see homeless young people living rough. Million Minutes will work with the Centre to support homeless young people, helping them to gain the skills they need to break out of poverty and live life to the full.



"I've never seen the house so full. People from church, people from down the road, people from school. Lots of cards. Lots of flowers. No room for them all! Out of vases. The kettle never stopped boiling, kept having to get more milk. Mum escaped to her room. There was lots of crying. It was a Saturday. I'll never forget it. May, bright, sunny. Spring definitely in the air. He'd only gone down the High Street with his brother to buy his first lottery ticket. "See you later, Jimmy!" Mum will have shouted as the door slammed behind him. But that wasn't just any Saturday, and we wouldn't see him later. None of us would. He got killed. In the baker's. Unprovoked, a completely random murder by some other teenager. It could have been anyone, but it wasn't. It was our Jimmy. After the court case finished and the press stopped calling, we took some time to think. And we realised that revenge wasn't going to bring Jimmy back. We realised that he would have wanted us to help make sure no-one else was killed, that our streets needed to be safer, and that other young people needed to know violence was never an answer. That's when we started the Jimmy Mizen Foundation. Things can change. There is hope. We can all do something to make our world better."

Tommy Mizen, Jimmy's brother.

Explain Million Minutes to everyone you meet

We want to give grants to local groups, help young people out of homelessness, train young people in leadership, and much, much more. But it all costs money, so setting a target (a pound a minute, please!) will be really useful - both individually and as a group! It's a good idea to tell people how much you are hoping to raise. Don't be scared to dream big. Ask people to sponsor you:

"Million Minutes is all about young people changing lives, their own lives and the lives of others. We're creating a million minutes of deafening silence to stand side-by-side with young people. And to raise money. We'll raise a million pounds! It is as simple as that. 1,000,000 minutes is 695 days. That means me and 694 others! And all I need is people to sponsor me £1 a minute for part of my 24 hours. Please help! One of the projects Million Minutes is supporting is a homeless centre for young people, where young people can learn to change their lives. And there will be hundreds of projects like that. Please please please help by sponsoring me for ten minutes!"



Facebook: Reckon I can give up Facebook for 6 weeks and stay silent for 24 [or however long] hours? Make sure I do by sponsoring me £1/min. Why not sponsor me for 20 minutes of silence - priceless! It's all for young people - check out my [fundraising page](#)

Twitter: Sponsor me to keep me silent so young people can speak out please!

Email: I'm giving up Facebook and staying silent for youth charity Million Minutes this Lent. How much would you give to shut me up for a whole day [or however long]? I'm aiming to raise £1/minute - think you can sponsor me? Why not sponsor me for 20 minutes? - that'll cost you just £20 to shut me up for the day! Check out my [fundraising page!](#)

And before you forget: Like us at facebook.com/millionminutes and Follow @Million_Minutes

There's more ideas of what to do during your silence, help on staying silent, activities and videos to watch at millionminutes.org.

Assembly Talk. Shout it loud... before keeping schtum

Here's some guidelines for a talk you could use in an assembly, a talk at church or at another community gathering which will help you explain Million Minutes to others. There is also a video online and a PowerPoint presentation with the full talk at millionminutes.org/resources to help you tell others what you are doing:

Talking points

- Young people (we!) are not listened to - they're silenced by society
- Young people have ambition and idealism - all they need is a bit of a push
- Million Minutes supports projects that transform young people's lives locally in our area, and all around the UK
- We're being asked to stay silent for 24 hours this Lent
- We're asked to give up something that makes our life busy this Lent - like Facebook or our Smartphones.
- Why?
- We are called to stand in solidarity with young people
- Silence gives us a great opportunity to take a step back during Lent
- People will pay to see people stay silent - especially me!
- But why 'Million Minutes'?
- If 695 people (me, you and 693 other people) stay silent for 24 hours, that's a million minutes of silence
- And if we can raise £1 a minute that's a lot of money for young people.
- Will you sponsor me?



There is also an 8 page Participant Pack for you to download at millionminutes.org/resources



STAYING SILENT? CHECK THIS

This sheet (with the sponsorship form) is for everyone who is staying silent.

WHAT IS MILLION MINUTES OF SILENT?

Million Minutes is a charity that gives a voice to young people through a sponsored silence.

This Lent we're asking that you give up some of the things which fill your life with noise, stress and busy-ness. Things like Facebook, Twitter or maybe even your smart-phone! It's a challenge we know (because these things can be so useful!) but by doing it you'll be helping young people like yourself who have no voice. You'll be helping young people who are shut out of decision making and are ignored. In the process you'll make time and space in your life for times of quiet and reflection. These are important things that are so often forgotten.

Million Minutes is based on a really simple idea. If you stay completely silent for 24 hours and get sponsored £1 per minute, and 694 other people do the same thing, together we'll raise over a million pounds. That's a lot of money that we'll spend on helping young people. We think Lent is a great time for communities to come together and join the silence. But rather than give up chocolate or sweets through Lent, we're asking you to give up something which fills your life with noise. You can spread your 24 hours over the whole of Lent. Just half an hour a day during Lent (and an hour on Good Friday and Holy Saturday) adds up to a whole day.

Million Minutes is all about people like you. It's about young people taking action in their local community and the world. It's about going against the common idea that young people are always causing trouble and don't care about anyone other than themselves. It's about supporting young people to have their voice heard as they help transform the world. Think you're up for it? Then join us...

Raising money

By staying silent and getting sponsored you'll be raising money to help people transform their lives. You will help disadvantaged young people have the chance to live life to the full. You will support young people who are homeless to receive support and training, and you'll be helping young people find safe spaces in their local areas... plus much, much more.

Because that's just the tip of the iceberg. Most of the money raised will be given to projects you and people like you tell us about. We'll find those things which really make a difference, making sure that all of your effort is worthwhile, giving young people up and down the country, and overseas, the chance to change their lives and the lives of others.

Getting the most from your fundraising

1 Sign up for online sponsorship

Virgin Money Giving handles all the Million Minutes online fundraising. There are other giving websites but they're much more expensive. Set up an online giving page by following the link from millionminutes.org/silent. You can get sponsored by text, text **LENT24 £5** (You can donate **£2/ £3/ £4/ £5/ £10**)

2 Pledge your minutes

Be sure to pledge your minutes by joining the Facebook event (facebook.com/millionminutes) or signing up at millionminutes.org/stay-silent.

3 Shout it out!

Once you've registered, you can start asking everyone you know to help you raise money. On Facebook, on Twitter, on email it's never been simpler to share your fundraising link.

Photocopy this double sided sheet

SPEAK UP!

Also, if you are part of a parish, ask the priest if you can speak -

See the [Mass Talk](https://mass-talk.org) online: millionminutes.org/resources
Have sponsor forms ready, and put details of your bmycharity link in the Newsletter. People will be in a rush to sponsor you.

