

Lent Groups for 2019

I plan to base our Lent groups this year on a book called *Lentwise – Spiritual Essentials for Real Life* (there will be no need to have a copy of the book unless you would like to buy one for yourself.)

We'll be exploring what could be thought of as essentials on our journey of faith; I quote the author, Paula Gooder:

'Sometimes the sun is shining in our world, the weather is balmy and we have no real worries about our life journey; at other times storm clouds gather, the temperature drops and our destination is foggy.

At these times, the spiritual equivalent of essentials for an expedition become vital for our survival. This course will explore five 'spiritual essentials' for real life that will help us to raise various questions that affect all our lives:

- *A Compass*
 - *Bread*
 - *Light*
 - *Shelter*
 - *Water.'*

The groups will be held on Thursdays with two opportunities to participate, either at 10.30am at the Rectory or 7.30pm at Peper Harow Church. If you've never been to a Lent group before please be assured that it is a relaxed and kindly environment in which to go a little deeper with God.

The dates will be 14th, 21st, 28th, March and 4th, 11th April.

Would you be good enough to sign up for one or other group on the list in church.

Rev'd Caroline