

Lent 2012



Lent Course

We will be using the Diocesan Lent Course.
http://www.livethechallenge.co.uk/download/lent_course_2012/

Information on groups, dates and times will be available at the back of church shortly.

Transforming Life is a six week course for groups written by the Bishops of the diocese. It helps explore the second strand of the Living God's Love journey - *Transforming Communities*.

The course is based on the Old Testament lectionary principal Sunday readings for Lent 1 through to Palm Sunday.

Themes and Readings

Transforming Promise - Genesis 9.8-17
Noah and the Rainbow

Transforming Call - Genesis 17.1-7, 15-16
Abraham and the new Name

Transforming Rule - Exodus 20.1-17
Moses and the Commandments

Transforming Gift - Numbers 21.4-9
the People and the Snake

Transforming Hope - Jeremiah 31.31-34
Me and my Heart

Transforming Faith - Isaiah 50.4-9a
God and my Life

The Lent Course forms part of a wider Lent initiative under the heading Transforming Life. This includes an opportunity for

individuals to receive daily suggestions for reflection, prayer and action.

Weekly options

First, in addition to the daily email, texts and tweets, there will be a range of **weekly resources** which can be downloaded and used in a variety of ways. A short liturgy, a recipe for a meal to share with others, a reflection and a challenge. Part of the idea is to offer the opportunity to explore something of the **monastic way of life** and its elements of rhythm and prayer, community and hospitality, study and action.

A link with Belize

Second, we are taking this forward in partnership with the **Diocese of Belize**, one of our link dioceses in the Caribbean. This is an exciting development and one which we hope to build on with our other link dioceses.

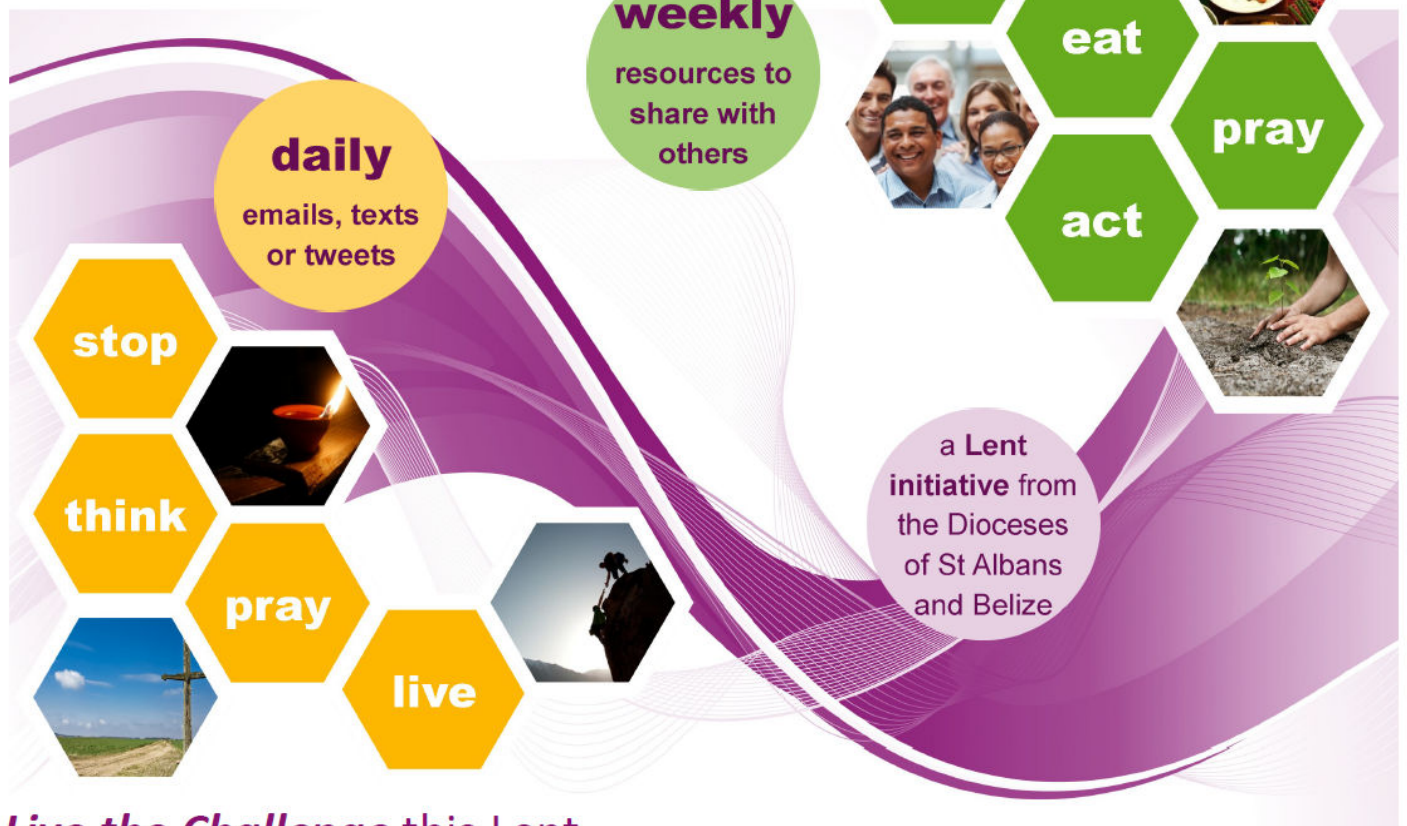
Spread the word

Can I also ask you to help publicise the Challenge? Simply invite people something like this: **Live the Challenge this Lent**. A six week opportunity to explore something of the monastic way of life in your own context and among your friends and contacts. Find out more at www.livethechallenge.co.uk

With many thanks, my prayers and best wishes

John Kiddle
Director of Mission, Diocese of St Albans

Transforming Life



Live the Challenge this Lent.

A six week opportunity to explore something of the monastic way of life in your own context and among your friends and contacts.

rhythm and prayer, community and hospitality, study and action

Choose what works for you from these options and make a difference, in, and through, your life ...

daily Take time each day to stop, think, pray and to live God's love. Sign up* to receive a daily email or text or follow on twitter; a verse, a brief reflection, an image and a challenge. Or download** a weekly sheet with the verses and reflections.

weekly Take time with others each week to meet, eat, pray and take action. Download** for each week:

- ◆ a short liturgy to pray together
- ◆ a recipe for a meal to eat together
- ◆ a reflection to think together

and

- ◆ a challenge to act together



The Lent Challenge is a joint initiative between the Dioceses of St Albans and Belize. Enjoy pictures, reflections and recipes from Belize.

All the resources work alongside the St Albans Diocesan Lent Course, *Transforming Life* **. Use them together or separately.



* Sign up and find more information at www.livethechallenge.co.uk. (If you have registered for the Challenge in the past you do not need to sign up again; you will receive the emails, unless you have chosen to unsubscribe.)

** Download weekly material at www.livethechallenge.co.uk/download/

www.livethechallenge.co.uk

