

All Saints Alive

VICAR'S VIEWPOINT



This time it's different!

Dear Friends,

Don't pack anything, don't prepare, come as you are, don't even travel light, travel on empty and just be open!

The Lenten journey can take us from the heaviness of busyness, demands upon us, guilt and unrealistic expectations to arrive at the fresh Good News of Easter and New Life, totally invigorated.

Jesus went into the desert to fast and pray, particularly as there would be no distraction, so that he could concentrate on what it he had been called to do. Lent is our opportunity for this 'desert time' when we can open ourselves to God and journey deeper into his love.

Along the journey we may choose to take up some of these steps:

Fasting: On Shrove Tuesday, March 4th at 8.00pm, in the Meeting Room at the back of Church, Ginni will give a talk followed by a discussion on Fasting. She will explore how fasting has been used in the past for self-discipline, and clarity of vision and how we might choose to fast today.

Lent lunches, held at the Friends Meeting House (Quakers) on Wednesday lunchtimes will give us an opportunity to meet up with Christian friends from all denominations, and make some new ones, over a frugal lunch and then we can follow that up with quiet contemplation with some wonderful music at Soundbites or perhaps in silence in the Meeting House.

Lent talks, held on Monday Evenings (10th, 17th, 24th, 31st March) at the Methodist

Church at 7.30 for 8.00pm, will challenge us and enable us to think through Serving the Community and some of the current issues that face us with theological insights from well qualified speakers.

By participating in **The Easter Journey**, running from Monday 31st March to Thursday 3rd April, we will enable 120 children to hear the account of the main characters in the events of Holy Week and Easter and be encouraged to ask questions about the significance of those experiences for each character, as well as consider how those experiences might influence their own lives and the lives of believers today.

Then there is the **St Alban's Lent course** <http://www.livethechallenge.co.uk/home/> or @live_challenge which can be followed even on your journey to work.

But what if you have no time for any of these? Then why not look up http://www.youtube.com/watch?v=_3X1cj3Ez30 for a 2 minute meditation, or <http://www.youtube.com/watch?v=b56UN-OqxMU> both great ways of reflecting on the Lenten Journey at our desks and only taking two minutes!

Whatever you choose to do may you all have a blessed and fulfilling Lent.

Love, Jo