

Lent Course 2021

Thursday 18, 25 Feb, 4, 11, 18, 25 March ~ ZOOM



Morning Session 9.30-10.15pm



Evening Session 5.00-5.45pm

DATE	THURSDAY	THEME
1 18 Feb	Morning 9.30am	'40 DAYS & 40 NIGHTS ' <i>Wilderness & Solitude</i> Led by Revd Monica Taylor
	Evening 5.00pm	'SPIRITUAL RESILIENCE' <i>Introduction & A Resilience measure exercise for each to complete on their own after the session.</i> Led by Revd Silke Tetzlaff
2 25 Feb	Morning 9.30am	'THE HISTORY OF LENT' <i>Looking at Lent through the ages.</i> Led by Mr Hans Pelz
	Evening 5.00pm	'SPIRITUAL RESILIENCE' <i>Resilience Basics for Body , Mind and Spirit</i> Led by Revd Silke Tetzlaff
3 4 March	Morning 9.30am	'ANGELS' <i>Bible & Host, a journey through lent touching on what it means for our lives and how we can respond.</i> Led by Mrs Doreen Braganza
	Evening 5.00pm	'SPIRITUAL RESILIENCE' <i>Spiralling upwards: growing happiness and positivity.</i> Led by Revd Silke Tetzlaff
4 11 March	Morning 9.30am	'FRUIT &VEGETABLES IN THE BIBLE' <i>Fast or Feast?</i> Led by Mrs Linda Munn
	Evening 5.00pm	'SPIRITUAL RESILIENCE' <i>Realistic optimism</i> Led by Revd Silke Tetzlaff
5 18 March	Morning 9.30am	'A PERSONAL JOURNEY OF FAITH' <i>Sharing faith experiences.</i> Mrs.Lynne Jones
	Evening 5.00pm	'OILS IN THE BIBLE' <i>In Biblical times, essential oils were used for everything from holy ceremonies to everyday needs. Today, we can harness the all-natural power of essential oils to calm, purify, and heal our bodies and homes.</i> Led by Revd Silke Tetzlaff
6 25 March	Morning 9.30am	'COLOURFUL CROSS' <i>A look at some paintings of the crucifixion.</i> Led by Mrs Mary Henley
	Evening 5.00pm	'SPIRITUAL RESILIENCE' <i>Meaning & Purpose</i> Led by Revd Silke Tetzlaff