

Ash Wednesday

Wednesday, 6th March at 10 a.m.

PARISH HOLY COMMUNION

at St Nicholas' Church.

**This will be a full service, with hymns,
and imposition of ashes.**

All are welcome.

Lent Course 2019

LentWise: five weekly sessions covering the essentials for real life

As we journey through life, we face challenges – both big and small. What spiritual essentials will help us survive life's storms? This five-session course explores five different spiritual essentials for our journey of faith, using passages from John's Gospel. The five sessions focus on:

Compass: finding direction

Nourishment: keeping going

Light: gaining wisdom

Shelter: finding security

Water: enjoying refreshment

**Dates: 10th, 17th and 24th March
and then 7th and 14th April**

4pm – 5.30pm

Family Room, All Saints'

Parish Quiet Day for Lent

At

St Michael's Church and Millennium Room

Thursday 21st March 2019

11am to 3pm

Please bring your own lunch

Our morning services of Morning Prayer at 9.10am and Holy Communion at 10am will be followed by refreshments as usual.

The Church and Mill Room will then be places for quiet reflection, reading, and bible journaling, etc.

If the weather is good, then please do feel welcome to have a walk outside, being careful of any uneven surfaces. If you wish to sit in the church, you may want to bring warm clothing.

This is an opportunity to set some time aside during Lent, so please do bring your own Lent reading.

Bible journalers are welcome to bring their own journals. There will be a few new journal books available at £1 each for those who wish to begin one. (speak to Rev Rosie) There will be paper, pens, glue, scissors, magazines, etc. available for those who wish to be creative.