

LENT AT ST. THOMAS THE APOSTLE, 2019

~ **Lent** starts on **Ash Wednesday, 6th March** ~

Thus says the Lord:

Cursed are those who trust in mere mortals and make mere flesh their strength, whose hearts turn away from the Lord.

Blessed are those who trust in the Lord, whose trust is the Lord.

They shall be like a tree planted by water, sending out its roots by the stream. It shall not fear when heat comes, and its leaves shall stay green; in the year of drought it is not anxious, and it does not cease to bear fruit.

- Jeremiah 17.5, 17.7-8

Lent is a time for ‘turning to God’. We may want to ask ourselves ‘do I trust in God, or do I really mostly rely on what I feel I can do and control?’ We deepen our trust in God by making a bit of space to pray and think about God’s vision for the world and deepening our relationships with each other and the wider world. Below are some suggestions to help with this. May we be like ‘trees planted by water’, our roots nourished by our faith in God.

SHARING OUR FAITH STORIES

We are grateful to Pam Everett, Zoe Lowe, Stephen Marginson and Nigel Messenger, who have agreed to **share their faith journeys with us** on Sundays 10 & 17 March in place of the sermon. Please keep them in your prayers.

LENT GROUPS

- **Wednesday morning from 11am to 12.15pm** in the Community Room, looking at **The Beatitudes**
- **Sunday evening from 5 until 6.20pm** in St. Thomas Vicarage, looking at **the Eucharist (Holy Communion)**.

Everyone is welcome to join these groups. Please email Jutta Brueck if you would like to come.

COMPLINE

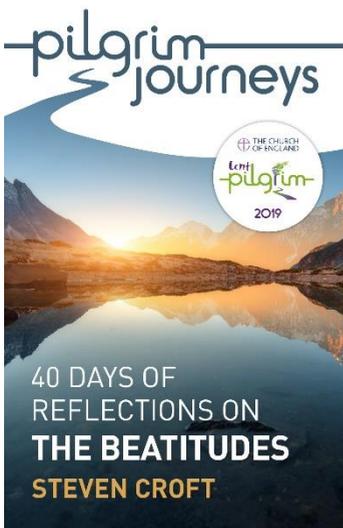
Compline will be held every **Sunday evening at 6.30pm throughout Lent**. This is a beautiful form of (sung) night prayer – come along and give it a try!



LENT APPEAL AND CHALLENGE

The Bishops have asked us to support Kagera, our link diocese in Tanzania, again. There is lots of information on the welcome table, including a 'Kagera Challenge Booklet' which will be fun to do while making a difference to others.

On 3rd March, the All Age service will have 'Kagera' as its focus.



LENT READING – Pilgrim Journeys: 40 Days of Reflection on THE BEATITUDES

This is a really good booklet that will help us pray and deepen our relationship with God. Copies on the welcome table – donations towards cost are welcome.

Pilgrim Journeys: The Beatitudes invites you to explore the unexpected and often challenging vision Jesus sets out in this crucial part of his teachings.

Each day provides you with a short reflection on a Bible reading, an invitation to pray and a suggestion of how you might respond to the Beatitudes' challenge to live as God intends, both as an individual and in community.

RESOURCES

<http://www.churchofengland.org/lent>

<http://www.cofesuffolk.org/bishops/kagera-lentappeal>