

Putting it into Words

Songs, hymns, poems, stories ...
What can the written word tell us about God, faith and life? An opportunity to look at creative writing on spiritual themes and try some practical exercises if you wish



Venue The McDonald Room (rear entrance) at St Mary's

Leader Phil Williams

Tuesdays 19.15-21.00 February 28; March 6 & 13

Contact Rob Blaney 883842 rob.blaney@sky.com

Journeying with Jesus

A group study with reflection, discussion, Bible readings. When we reflect upon stories from Jesus' life, death and resurrection and then reflect upon some aspects of our own story, we're called to change and grow. This work is not done in our heads but in our hearts. This process will help us to make connections between the roots of our Christian faith and the routes of our own lives. The course includes a soup and sandwich lunch.



Venue St Gabriel's

Leader Fr. Tony Grace

Tuesdays 12 noon February 28; March 6, 13, 20 & 27

Contact Fr. Tony 877736 a.grace3007@btinternet.com



Lenten Labyrinth

Walking towards Golgotha: labyrinth walks

As we engage with this indoor labyrinth walk we will be able to reflect prayerfully on Christ's own journey to Golgotha and what it means for our own journey of faith and discipleship. Come when you are ready - stay as long as you wish - the walk itself often takes around 20 minutes to complete.

Each 'walk' will offer an opportunity to explore a different aspect of the journey to Golgotha, culminating in the Tuesday of Holy Week. No need to book for this course.

Venue St Mary's

Leader Bernard Moss (a trained labyrinth facilitator)

Tuesdays 19.00-21.00 February 28; March 6, 13 & 27; April 3

Contact Bernard Moss 882238 b.r.moss@staffs.ac.uk

Going Away and Coming Home

Music and Meditation around biblical themes of departure and return. Live music, readings, gentle exercise based on Tai Chi movements, and relaxation



Venue St Mary's

Leaders Gill Smith & Robin Isherwood

Mondays 19.30 March 5, 12, 19 & 26

Contact Robin 875748 robinjisherwood@googlemail.com

Running the race standing still

Evenings of discussion and meditation for the times when we need to pause and think as we journey through life

Venue St Gabriel's

Leader Val Atkinson

Tuesdays 19.30 February 28; March 6, 13, 20 & 27

Contact Patrick 876924 patrick@redstonecentre.co.uk

Bible Study

Venue Wesley Place

Leader Marian Jones

Wednesdays 19.30 February 29; March 7, 14, 21 & 28



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Lent Courses 2012

You are warmly invited to join one of our courses, which are listed overleaf. If you like the look of one, please get in touch with the contact person to announce your interest. Some of the courses can take only small numbers, so it's particularly helpful if we can have some idea of who is coming