



Seek the Lord

Lent Programme for 2025 – ‘Seek the Lord..’ (Isaiah 55;6)

Isaiah 55;6 proclaims, ‘**Seek the Lord while he may be found.**’¹

Isaiah continues by saying

‘Call upon him while he is near’

Our Lent programme for 2025 is guided by the challenge of Isaiah. With a renewed and growing confidence, we hope to grow in our faith as we share a Lenten journey.

The Four strands of Lent 2025

Lent begins with Ash Wednesday (6th March). In addition there will be a Benefice united Eucharist on the first Sunday of Lent at St John’s.

For Lent we are offering four broad strands. We are all encouraged to commit ourselves to some part of this. This Lent programme has something for everyone - including those who are housebound, or who cannot come out in dark evenings.

1. Practical expressions of living the Christian journey

The two elements will be;

- a. **Lent Lunches** – as in previous years, a simple meal weekly. Location, day and time to be finalised. These meals provide simple fellowship and solidarity and link to the selected charity.
- b. **Photographic project** – We are organising a practical, photographic project on the theme of “**seeking**”. Through photographs, the theme will be explored as people wish to interpret it. A selection of the best will be mounted for Easter Week probably in the Chapel of St Lawrence..

2. Sacramental / Devotional

Here four elements are being organised

- a. **Quiet Day** – for those wishing to have a time of contemplative prayer, guided reflection and stillness. This will be structured around the general theme of “Seek the Lord”. To take place at St John’s Church and garden.
- b. **Stations of the cross**
There will be weekly Stations of the Cross with a different leader for each week. To be held in the Minster – Wednesdays at 6 p.m.
- c. **Lent Booklet - weekly themed reflections.**
“Reflections as we seek” – written for the Lent booklet there is something for each week of Lent. These call upon us to reflect on the journey through Lent as we seek to come closer to the Lord. Each reflection is rooted in the Gospel set for the relevant Sunday of Lent.
- d. **Messy Minster for children and their parents /adult carers**
Saturday 29th March 10:30am until 12 noon Minster Church - West End
Children with an adult are invited to join us for Easter craft, music, story and lunch. Lots of exciting things to make including cards, crafts, modelling and cooking.

Free but donations welcome.
Leader: the Revd Carole Owen
- e. **Sundays in Lent**
Our regular pattern of services continue throughout Lent The Benefice Eucharist (first Sunday of Lent) is intended to provide a strong and clear introduction to the season and our chosen theme.

3. Study and Discussion.

Our Lent programme gives the opportunity to engage in structured study and also less formal discussion and reflection,

- a. **‘Learning for Discipleship’** programme. We are offering the unit on the Old Testament entitled *‘Neglected Treasure? Christian perspectives on the Jewish Scriptures’*

This programme starts in January and continues to the 24th March. Mondays 7 – 8.30 p.m. in the Minster, West End. Leader: Rev Martin Weymont.

- b. **Daytime Fellowship Discussion group:** *The great ‘I am..’ sayings in John’s Gospel.* Afternoon meetings are being held – open to all who would like to explore more about our understanding of Christ as revealed in the seven great sayings in St John’s Gospel.

There will be a chance to explore and discuss our discoveries about Christ as we 'seek the Lord'. Three Tuesdays during Lent (see booklet and website / posters for dates). 2 – 3.30 p.m. Leader; Elaine McNicholas.

- c. **The Language of Art, Literature and Music**: So much of our faith has been encapsulated and expressed in creative, imaginative, artistic ways.

During Lent we are offering weekly sessions. A presenter will talk about an individual work of art (or music or written form) and how it has played a part in their spiritual seeking. The remainder of the session will encourage sharing and open discussion among the group.

Thursday lunch times each week, at noon and ending by 1 p.m. Location –St John's Church Hall. Various leaders.

The Lent Booklet 2025

A key feature to support us all for our Lent programme will be the **Lent booklet** "**Seek the Lord**". Its contents will include all of the above and more. Look out for this as it contains more about each element of our lent programme and resources for individual reflection and use.