



LENT 2024: LET US PRAY

During Lent why not join us to discuss, explore and experience different forms of prayer.

Online Discussions at 19:30 on Tuesday Evenings

- **20th February:** Daily Prayer in the Church of England - an introduction to Morning, Evening, and Night Prayer
- **27th February:** Introduction to Lectio Divina (meditative prayer on Scripture)
- **12th March:** Personal Prayer - some people will share something about their own patterns of prayer and the resources they use. Hopefully we can learn from one another.
- **19th March:** Retreats, Spiritual Direction, Silent Prayer.

During the course, we were asked to send any recommended books and other resources on prayer which we have found useful. Helen will compile a list for us.

Praying Together (online)

- **Morning Prayer** at 08:00 Monday - Thursday (beginning 21 February)
In Holy Week, we will also hold Morning Prayer on Friday and Saturday
- **Night Prayer (Compline)** concluding our Tuesday discussions

Green Lent

Why not try to live more simply during Lent? Find ways to positively engage more with creation and help to protect the environment. Look at ideas from A Rocha (one of the charities we support at St Ursula's): <https://arocha.org.uk/go-green-for-lent/>

The **Flyer** with the Lent and Easter calendar can be found [here](#).