

## Lenten Reading

**“This year I’d like to invite you to read with me the Christian classic “Celebration of Discipline” by Richard Foster.”**

**Rev Matt Barnes  
Rector**

If we are expecting one or two services or a study group a week to change us, it will never happen. The whole object of the exercise is to walk with God through our days and through our nights. Richard Foster’s masterful book helps us engage with the classical spiritual disciplines – meditation, prayer, fasting, study, simplicity, solitude, submission, service, confession, worship, guidance and celebration – as a way to promote a deep inner life and infuse it with overwhelming joy.

**Order your copy TODAY**

Available for £9.00

Please complete an order slip available at the back of church and return to the office or Rector with payment please.

LENT

## What is Lent?

The highlight of the year for Christians is Easter, the day when Jesus rose from the dead. Lent is a forty-day season of preparation for Easter. Lent always begins on a Wednesday, called Ash Wednesday.

Why 40 days? Because, Jesus fasted and was tempted in the wilderness for 40 days. Lent, then, is our time of fasting, prayer, temptation and repentance. Lent is not required anywhere in scriptures, but it has been a custom, which Christians have practiced for most of the last two thousand years.

In many languages, the word "Lent" actually means "fast." This is where the custom of giving up something for Lent originated.

However, just to confuse things, Lent is actually 46 days rather than 40 days. Why? Because the 40 days of Lent are supposed to be days of fasting, which means days of discipline and self-restraint. But Sunday, the Lord's Day, should never be a day of fasting, but a day of celebration! So each Sunday we suspend our Lenten disciplines and celebrate. Lent is 40 "fasting" days spread out over a total of 46 days beginning on Ash Wednesday.

The focus of Lent was always threefold:

1. It was a time to prepare new Christians for baptism through intensive classes and instruction.
2. It was a time for long-standing Christians to review their lives and renew their commitment to Jesus Christ.
3. It was a time for those away from God to be restored to the faith.

# St Thomas'

Brampton



# Lent 2009

## LENTEN SERVICES

### Ash Wednesday (25<sup>th</sup> February)

7.30pm Holy Communion with Ashing  
(*St. Thomas'*)

### SERVICES IN HOLY WEEK

#### Palm Sunday (5<sup>th</sup> April) @ St. Thomas'

St T's services at 9.00am, 11.00am, 6.00pm

#### Monday in Holy Week (6<sup>th</sup> April)

7.30pm – A service of prayer & reflection  
(*St. Peter's Holymoorside*)

#### Tuesday in Holy Week (7<sup>th</sup> April)

7.30pm – A service of prayer & reflection  
(*St. Thomas', Brampton*)

#### Wednesday in Holy Week (8<sup>th</sup> April)

7.30pm – A service of prayer & reflection  
(*United Reform Church, Holymoorside*)

#### Maundy Thursday (9<sup>th</sup> April)

7.30pm – Agape service with feet-washing  
*Light meal (soup & rolls) will be service*  
(*St. Thomas', Brampton*)

#### Good Friday (10<sup>th</sup> April) @ St. Thomas'

11.00am – Hot Cross Bun service  
(*all-age worship following activity zone*)  
2.00pm - Hour at the Cross

#### Easter Sunday (12<sup>th</sup> April) @ St. Thomas'

Service at 10.30am and  
Easter Songs of Praise at 6.00pm

## LEARNING TOGETHER IN LENT

### SUNDAYS

9.00am services will be following the  
lectionary readings

11.00am services will be unpacking  
'Who is Jesus?'

6.00pm services will be introducing the  
Lenten study material based around "A  
Celebration of Discipline"

### LENT STUDY GROUP

Wednesday's, weekly between

4<sup>th</sup> March – 1<sup>st</sup> April

Coffee @ 7.45pm

Study between 8.00 – 9.30pm

Study series:

A Celebration of Discipline,  
*the path to spiritual growth* (Richard Foster)

### ALL WELCOME

**OPEN HOUSE GROUP  
LEADERS UPDATE SESSIONS**  
(*Learning together to lead better groups*)

Mondays – 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> March

8.00pm @ the Rectory  
*See Matt if you'd like to attend these  
sessions.*

## FOR ALL-AGES

### Mothering Sunday

Sunday, 22<sup>nd</sup> March

11.00am

A great family service with lots  
to learn and do.



### Good Friday Activity zone

Friday, 10<sup>th</sup> April - 10.00am

Easter fun & games for all the family

*Followed by short all-age*

*'Hot Cross Bun' service at 11.00am*