



LENT COURSES 2023

Wheathampstead Churches Together is pleased to offer a choice of 2 Lent courses this year - the **Prayer Course** and the **Christian Aid Course**. Scan the QR codes for course details.



The Prayer Course is a journey using the Lord's Prayer as the centre of our meditations as we approach Holy Week and Easter. Each session includes a video, small group discussion and practical ideas for prayer. The resource "How to Pray" by Pete Greig can be downloaded free from prayercourse.org



The Christian Aid Course explores Lenten themes (repentance, sacrifice, redemption, reparation and restoration) with bible readings, stories and prayers to stir up ideas of how we can act together for climate justice. <http://bitly.ws/zxzA>

Both courses will begin after Ash Wednesday (22nd February) and will end before Easter (9th April). If you are interested in attending, please fill in the form and return to St Helen's church office or contact your church representative.

Mel (St Helen's Church)
Marie Rose (St Thomas More)
Jane (URC)





2023 Lent Course Form

Please indicate 1st and 2nd choices.

*Please mark 1 or 2
for 1st and 2nd choice*

The Prayer Course			
Thursday <i>starting 23rd Feb</i>	2pm	Led by Marie Rose and Harry Parish Room, St Thomas More	

The Christian Aid Course			
Monday <i>starting 27th Feb</i>	8pm	Led by Carol Orchard Cottage, Mackerye End Harpenden, AL5 5DS	
Tuesday <i>starting 28th Feb</i>	2pm	Led by John Chancel, St Helen's Church	
Wednesday <i>starting 1st March</i>	3.30pm	Led by Jane and Jackie Worship Room, United Reformed Church	

Name

Telephone number

e mail address