



Lent Course 2026

'Living in the Light' is a 5 part study that looks at the long journey of a people coming to terms with their relationship with God, and the struggle of holding onto faith in difficult circumstances. Alongside that, we look at Jesus and his own struggles against temptation, but also the developing picture of who Jesus is and what that means for us all.

There're plenty of questions to discuss as well as notes and space for thought and prayer. Please join us!

The course will begin after Ash Wednesday (18th Feb) and will end before Easter (5th 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)

2026 Lent Course Form

Please indicate 1st and 2nd choices.

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

Monday <i>starting 23rd Feb</i>	2pm	Led by Marie-Rose Low and Harry Downie at St Thomas More Parish Room	
Monday <i>starting 23rd Feb</i>	7.45pm	Led by Simon Best in the Worship Room at Chapel Halls	
Tuesday <i>starting 24th Feb</i>	2pm	Led by Jane Deller and Jackie Seller in the Worship Room at Chapel Halls	
Wednesday <i>starting 25th Feb</i>	7pm	Led by Jenny Hanks at 16 Maltings Drive	

Name

Telephone number

e mail address