

A LENTEN JOURNEY WITH JESUS

Churches Together in Kendal and District

'Churches Together' offers this practical course to help us develop our spiritual and prayer journeys with Jesus.

Led by Cameron Butland and Jeff Thomas, supported by a team from the Cumbria Ecumenical Spirituality Group.

ALL SESSIONS WILL BE HELD AT STRICKLANDGATE METHODIST CHURCH, KENDAL – at the junction of Burneside Road and Windermere Road: LA9 4QT

We meet at 7.00pm for coffee, to begin promptly at 7.30pm until 9.00pm

Cameron Butland is the Diocesan Spirituality Adviser and an experienced Spiritual Director. He has a special interest in contemplative prayer and the desert fathers and mothers, as well as Celtic spirituality. He is the author of 'Growing Spirituality', which tells the story of prayerful communities in Cumbria.

Jeff Thomas is a retired Methodist Minister. After several years of teaching prayer courses and offering retreats and Spiritual Direction, he helped set up the Cumbria Ecumenical Spirituality Group. He is presently responsible for encouraging spiritual development and healing ministry in the Cumbria Methodist District.

Week One: Monday 19 February WILDERNESS

Spirituality of the Desert and the Temptation of Jesus; '*Lectio Divina*' and Praying the Scriptures

Week Two: Monday 26 February TRANSFIGURATION

Ignatius and Imaginative Prayer

Week Three: Wednesday 7 March GETHSEMANE

Silence and Struggle. Christian Meditation and Centering Prayer

Week Four: Thursday 15 March THE MARKET PLACE

Rhythm and rule of life. Praying as a community.

Week Five: Friday 23 March THE LAST SUPPER

Nourishing the Soul. Prayer with the senses.

PALM SUNDAY, 25 March at 6.30pm
A concluding Service of Celebration

Enquiries and bookings: Andrew Knowles 01539 723478
email: awaknowles1946@gmail.com