

Dear all

A couple of days ago I took part in a Zoom training session entitled *Leading a Church in a Post-Covid Frontline Landscape*. It was very interesting and challenging, and asks some very big questions of us all. I will be discussing and sharing some of the insights in due course.

One thing that the presenters shared was a series of 100 pictures reflecting on our experience of 2020, curated by the national Portrait Gallery. You can find them at the following link. They contain the whole range of human emotions. It has been suggested that you might wish to pray over each image, and what it brings to mind for you.

[Hold Still - Hold Still Gallery \(npg.org.uk\)](https://www.npg.org.uk)

Lent starts next Wednesday, Ash Wednesday. We are all encouraged to use the time to examine our lives, and look to ways we can become closer to God. Sadly, we will not be able to gather together in church, and receive the Imposition of Ashes. However, the service will go ahead live (hopefully, internet willing!) on Facebook. Instead of the cross of ash on the forehead, I have a collection of pebbles on which I will put some ash in the shape of a cross (with a little PVA glue). This will be a very tactile object to use for meditation and prayer. Please let me know if you would like one (made under COVID-safe conditions), and I will deliver one to your doorstep. They will be blessed as a part of the Ash Wednesday service.

Someone I know takes Lent very seriously has stated this year that she does not intend to give up anything for Lent, on the basis that we have lost so much already in this past year. A children's talk I often give reminds people that we should be both GUS and TOM – Give Up Something, and Take On More. You too may feel that too much has been given up, so you might wish to be creative about what you take up. It can be for personal good, as well as for others.

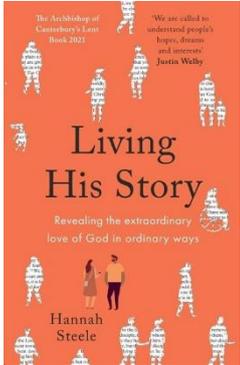
One really good idea is to write a letter/card every day of Lent to someone – or phone, or email etc.

I have attached to this email a lovely idea of [Lent meditations](#) for those unable to get out, based on what you might see through your window. It is a pdf – but I can send it as a Word doc, or as part of an email text if you cannot otherwise access it. It was made available through an internet group, and written by Rev Hilary Bond Pioneer priest in Wareham. One thing she missed is related bible passages. Here are some suggestions:

1. Trees. Psalm 1
2. Flowers. Isaiah 35: 1-2
3. Birds. Luke 12: 22-31

4. Sky. Psalm 19
5. Water. Revelation 22: 1-5
6. Animals. Job 12: 7-13

Lent Course:



Next Thursday is the day after Ash Wednesday, and so we will put our study of Mark's gospel on hold, and instead follow our Lent Course. The details are the same as always:

We will meet on Zoom, Thursdays 2.30-3.30ish pm. The Zoom details are: <https://us04web.zoom.us/j/8109399155?pwd=STVVU44RzJxTFFHbTY1MnI0bjJ2Zz09>

Meeting ID: 810 939 9155

Passcode: 1w2C9a

A reminder that, for those interested, you can see an interview with the author: **Living His Story with Justin Welby - Hannah Steele in conversation with Justin Welby** about her book written for Lent 2021 Date: Tuesday 16th February at 11.30am.

Register at:

https://zoom.us/webinar/register/9316113316059/WN_rad8gGmzQySHgipeeVajEA

Finally, as (almost) always, some music.

I believe I might have given this link before, but it's still a wonderful piece:

From Haydn's *Creation*, the opening verses of Psalm 19. [F.J. Haydn - "The heavens are telling" <The Creation> Oratorio / Christopher Hogwood - YouTube](#) (Quite fast, and apologies for the adverts).

Or Beethoven's version: [The Heavens Are Telling \(Beethoven\) - YouTube](#)

And for something completely different, a version of Psalm 1: [Psalm 1 - Sons of Korah - YouTube](#)



Stay safe.

Blessings and love

Mark