

Lent Courses 2017

Live the Challenge

'The Challenge' takes place each year in Advent and in Lent. When signed up, you will receive an email each day, including:

- A short Bible passage
- A Reflection on those verses
- And a suggested Response

Our 'Challenge' for Lent 2017 is:

**Knowing Christ
and making him
Known +**

Signup at
<https://www.stalbans.anglican.org/faith/live-the-challenge/>

St Albans Diocesan Lent Course for 2017

As we pray the Living God's Love prayer, we ask that the Holy Spirit would inspire us – both as individuals and as God's Church in Hertfordshire and Bedfordshire – with generosity, joy, imagination and courage. But what does that look like? How might our lives demonstrate these qualities? And how do these qualities reflect Christian Scripture and tradition?

This accessible course considers these questions. It can be used either by individuals or small groups, during Lent or at any time of year. I warmly commend it to you, and pray that God will use it to help us become more fruitful in our Living God's Love journey.

More information at

<https://www.stalbans.anglican.org/faith/len-t-course-2017/>



Food for thought

Lent is a chance to interrogate our relationship with food - perhaps the most basic relationship we have with the world around us. In many ways "food is the new rock and roll", but despite shows like "The Great British Bake-Off", these days we do less and less actual cooking ourselves, and more and more consuming of what others, or machines, have created for us.

Today food is politics, food is class, food is religion, food is society - but that was equally true in Jesus' day. In "Bake off" land, Mary Berry is a voice of authority from a confident middle England and Paul Hollywood embodies a "working man done good" persona we like to affirm. At the same time, in Nadiya Hussain, one Asian mum has become an icon of hope to the wider British society, holding out the possibility that we can negotiate our current cultural minefields, and find a friendly face within the seemingly alien world of Islam.

These reflections are intended to be equally helpful for individuals working alone, or groups working together; small groups or whole congregations. Each week takes the Common Lectionary Sunday Readings as a jumping off point, and then moves to other scriptures.

This resource is FREE from Church Urban Fund at <https://www.cuf.org.uk/lent-course>