

The Blue and Gold Lent Journey (The St Laurence Colours)

We begin Lent 2021 almost a year on from the first lockdown. Last year we had an eco-challenge and had started to put 'beans in jars' in church to mark each 'rising to the challenge.'

This year we are offering something rather different to help us all to continue to journey along this long road of uncertainty and isolation in its many forms.

This is a time when the good old British 'stiff upper lip' does not serve us well. We have experienced many forms of bereavement this year from being deprived of being able to go out whenever we feel like it to the trauma of losing a loved one and being denied the funeral we would have wanted. Those who write about grief often speak of the 'grief work' which needs to be done to enable healing. So the 'blue' part of this invites us to name in words, pictures, doodles or whatever something of the grief we are feeling each day. It could be something which is happening to us, something we've heard on the radio, a person – and it could be the same thing repeatedly.

But even in the worst situations there are still kindnesses being shared and things which bring hope. Sometimes they take a good bit of looking for, but then so does gold – and this is the 'gold' part of the journey. Taking time each day to jot down or draw something which has gladdened your heart.

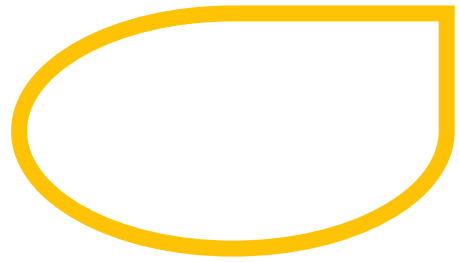
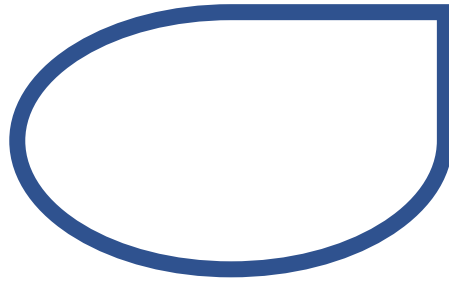
This is a personal undertaking but it could be shared with others in the household or on the phone or it could remain between you and God. However, if it isn't for you put it to one-side without guilt!

May God bless us all on our Lenten Journey and bring us safely to say "Alleluia" on Easter Sunday.
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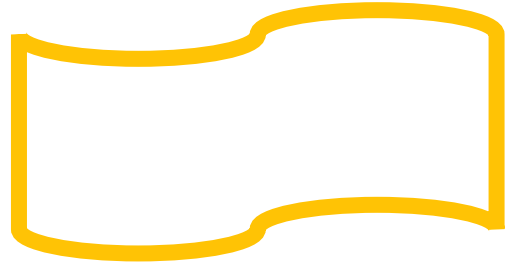
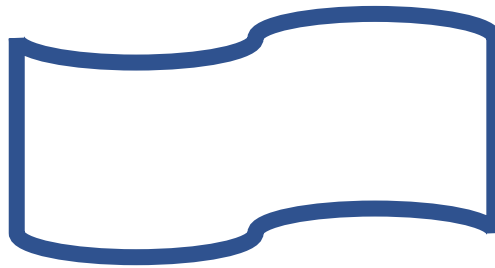
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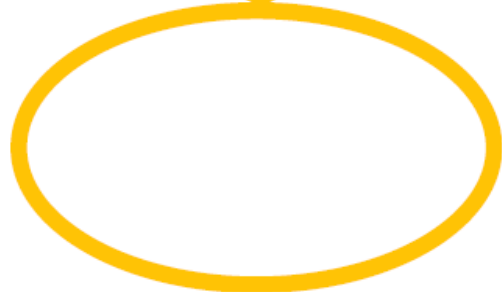


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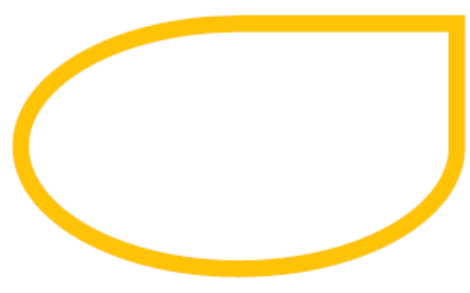
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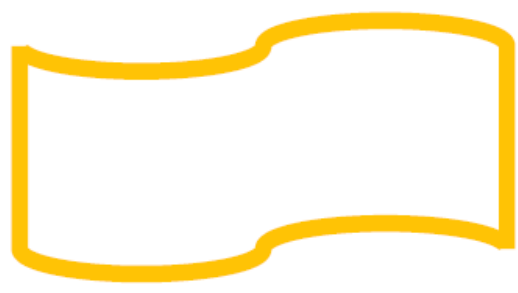
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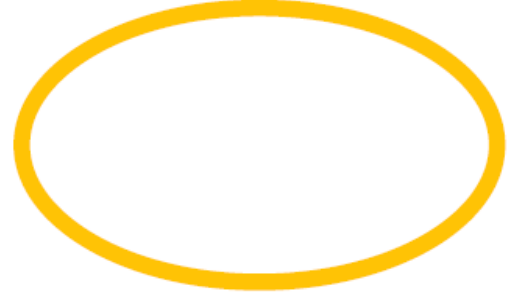
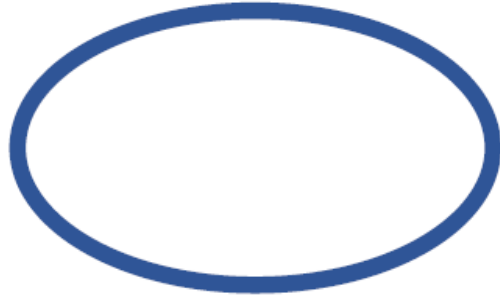
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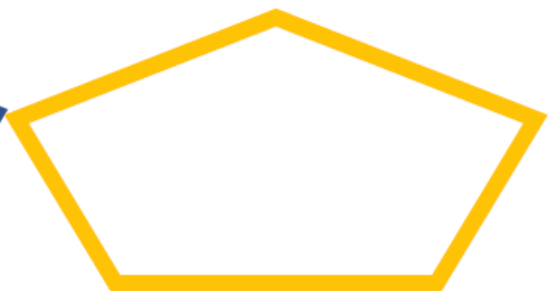
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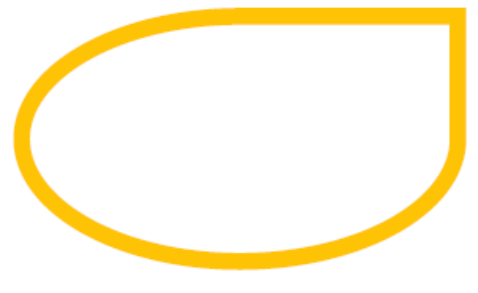
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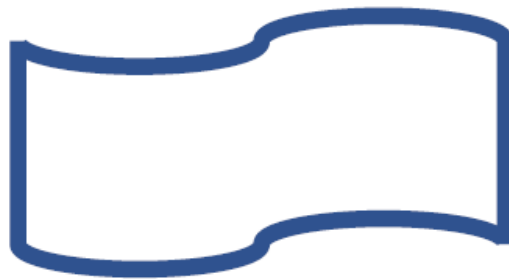
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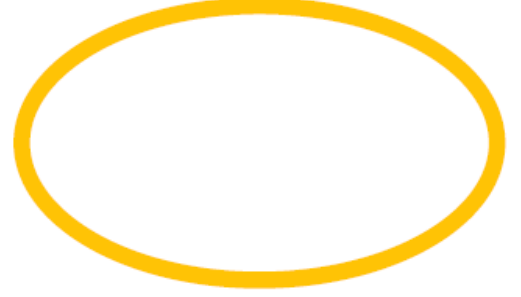
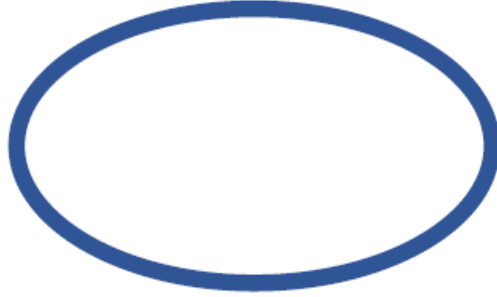
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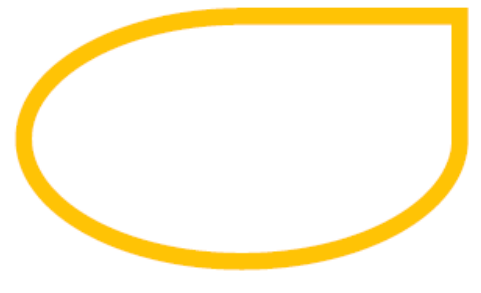
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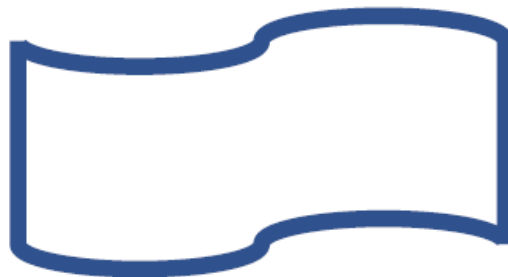
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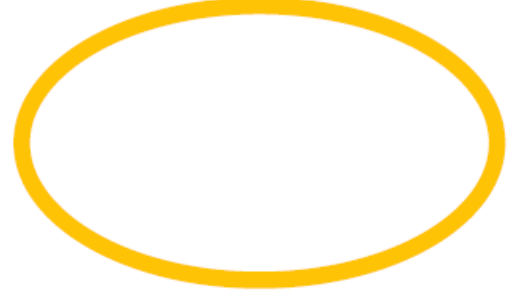
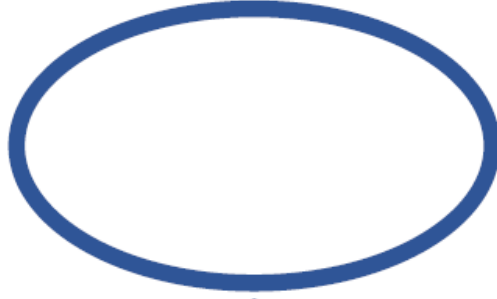
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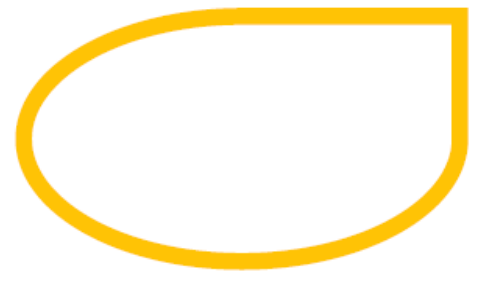
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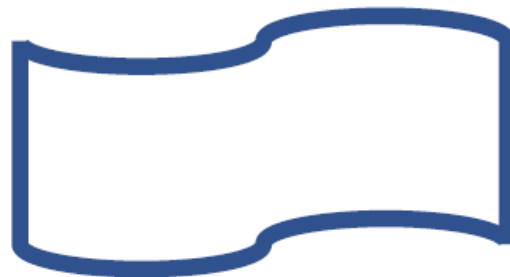
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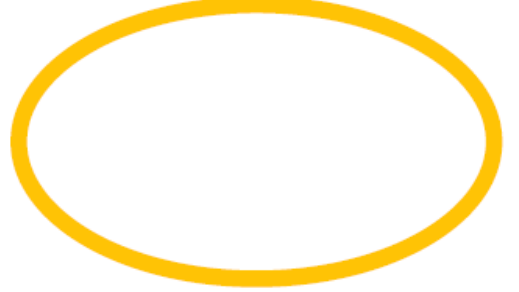
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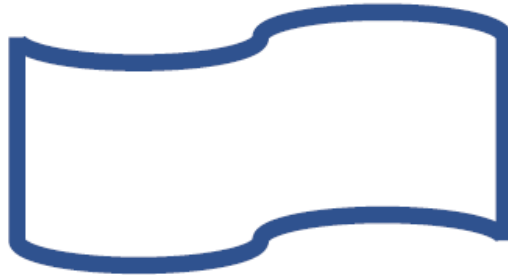
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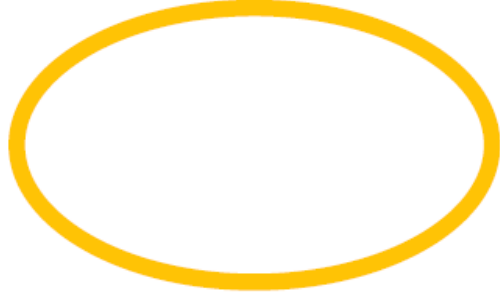
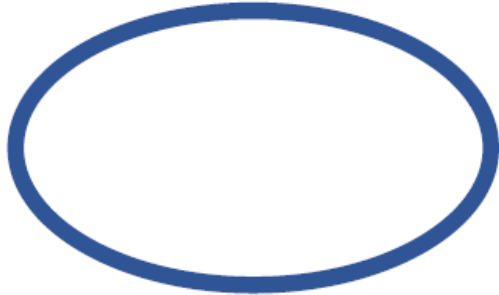
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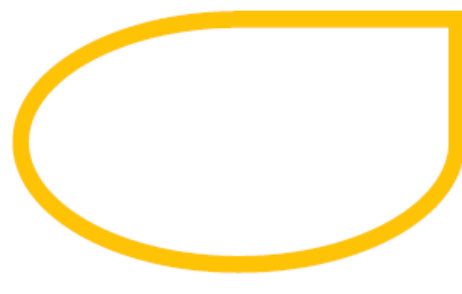
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Good



Saturday



Easter Sunday

Spend some time reviewing your journey, noticing recurring themes, and capturing some final thoughts.



Alleluia!

Christ IS risen

