



Lent 2021 in QVB

Lent is upon us, and it is a time we often use to do something a bit different for six weeks as we approach Holy Week and Easter. Perhaps the important thing is that we do something, and use the time given to think about God, his call to us, his love for us and his companionship especially in these challenging times of today. Revd Peter reflects in our online service for today of doing a spiritual 'spring clean' of ourselves in time for Easter!

Here are just a few ideas for Lent:

'Something Special for Lent' is an anthology



for Lent made up of contributions from folk in the Benefice; poetry, pictures, passages from the Bible, and favourite phrases. One for each day of Lent – and there are recipes too.

The booklets are free and available by email. Paper copies are available primarily for those without access or limited access to the Internet.

Please do ask if you would like a copy.

'Man cannot live by bread alone', Jesus said.



'How then are we spiritually fed?'

Five short reflections on how we might be spiritually fed through scripture, through prayer, through art, through music and through nature. Each week a reflection will be available on our YouTube channel (search 'Quantock Villages Benefice') with thoughts from two QVB parishioners on how they are fed by God through one of these subjects.

How are you spiritually fed? Could one of these ways help you on your spiritual journey?

Lent Soup Lunches



In Goathurst and Nether Stowey, soup Lent Lunches take-aways/deliveries are available. Please phone Sue (734588) or Freda (732768) for Nether Stowey's soup lunches and Brenda (662491) for Goathurst's soup lunches.

I suggest you ask soon! Eleanor

Lent Groups

Lent Groups are perhaps the tradition of the season.

This year we are going to look at the Diocese of Exeter's Lent course: *'These are our stories – Lent in a Pandemic year.'* as it seems to help us with the questions that are being asked.

There are handouts which you may want to look at before a session and a video to watch. Each Lent Group will not be able to cover the whole session, but just a few of the issues. Here is the link to the course: [Lent Course 2021 | Diocese of Exeter \(anglican.org\)](https://www.anglican.org.uk/2020/02/20/2021-lent-course/)

Week 1: Tuesday (23rd February) at 3pm hosted and led by Revd Kate. Here is the Zoom link: <https://us02web.zoom.us/j/85181422710?pwd=QnZxYVFqTEh5ajl2T3V1T1MwcnFXdz09>

Meeting ID: 851 8142 2710 Passcode: 733501

Week 1: Thursday (25th February) at 7pm hosted and led by Sarah and Revd Eleanor King, and here is the Zoom link:

<https://us02web.zoom.us/j/89453397977?pwd=VGFSFk2OE5Ld0gxVTQvb0tWTytkdz09>

Meeting ID: 894 5339 7977 Passcode: 117391

Weeks 2,3,4, and 5 will follow similar lines, but there may be some flexibility in times and days. If you cannot make Week 1 and are interested in attending, please let us know.

If you haven't access to the internet and would like to look at the material in your own time, please make contact.

Other thoughts for Lent:

- Set aside time to read a book of the Bible or another Christian book. Maybe the Gospel for this year; Mark.
- Plan to walk and pray two or three times a week.
- Just be still and watch the wildlife or the changing seasons around you.
- On the Internet is the Church of England Lent course: [#LiveLent 2021 church resources: God's Story, Our Story | The Church of England](https://www.churchofengland.org.uk/2021/02/20/live-lent-2021-church-resources/)

For further information and resources, please contact Rebecca, email: qv.benefice@gmail.com or Revd Eleanor (734777) or Revd Kate (671168).