



Welcoming, Praying,

Transforming

# The Way, the Truth, the Life



## A Programme of Activities for Lent

2024

# Introduction

*Come, my Way, my Truth, my Life;  
Such a Way as gives us breath,  
Such a Truth as ends all strife,  
Such a Life as killeth death.  
Come, my Light, my Feast, my Strength;  
Such a Light as shows a Feast,  
Such a Feast as mends in length,  
Such a Strength as makes his guest.  
Come, my Joy, my Love, my Heart;  
Such a Joy as none can move,  
Such a Love as none can part,  
Such a Heart as joys in love.*

*The Call - George Herbert*

Lent is the season of penitence, self-examination, study, self-denial, and preparation for Easter, to which almsgiving is traditionally added. The Exploring Discipleship Team at St Thomas's has brought together a range of opportunities to support Lenten observance over the forty days and forty nights that lie ahead. After that meditational and rhythmic poem of George Herbert, here is a prayer for the keeping of a holy Lent which seems to me to contain a message that all of us could take to heart.

*Lord, bless me this Lent.*

*Lord, let me fast most truly and profitably, by feeding in prayer on your Spirit:  
reveal me to myself in the light of your holiness.*

*Allow me never to think that I have knowledge enough to need no teaching,  
wisdom enough to need no correction, talents enough to need no grace,  
goodness enough to need no progress, humility enough to need no repentance,  
devotion enough to need no quickening, strength sufficient without your Spirit;  
lest, standing still, I fall back for evermore.*

*Show me the desires that should be disciplined, and sloths to be slain.  
Show me the omissions to be made up and the habits to be mended.  
And behind these, weaken, humble and annihilate in me self-will, self-  
righteousness, self-satisfaction, self-sufficiency, self-assertion, vainglory.*

*May my whole effort be to return to you;  
O make it serious and sincere, persevering and fruitful in result,  
by the help of your Holy Spirit and to your glory, my Lord and my God.*

*Lent by Eric Milner-White from My God, My Glory SPCK 1954 reprinted in Stephen Cottrell  
I Thirst Zondervan 2003, slightly adapted.*

I wish you a holy and peaceful Lent.  
Kelvin

# Lent Lunch Talks

## Thursdays at 1pm

Members of the St Thomas's congregation speak about how their faith informs aspects of their life and work.

22<sup>nd</sup> February *A journey so far* Terry Stansfield

7<sup>th</sup> March *Knit together – a midwife's story* Jenny Wilson

14<sup>th</sup> March *My belief in schools* Martin Marriott

21<sup>st</sup> March *God by my side* Bobbie Chettleburgh

Each talk will begin at 1.00pm and last for about 20 minutes, and will be followed by a simple lunch of soup, bread and a piece of fruit.

***Please note the lunch will be simpler than previous years so that we eat in solidarity with those who have so much less than us.***

You are invited to make a donation to Christian Aid for the cost of the lunch.



## Exploring Discipleship Team

This programme for Lent is put together by this St Thomas's Team, which is also responsible for Quiet Days, Discussion Cafes, and other ad hoc events. If there are other courses and events you would like to see please speak to the Rector or other members of the group: John & Jane Broadley, Jill Britton, Chris Rider, Selina Deacon, Wendy Pugh

# Weekly Lent group

## The Pilgrim Course: Church and Kingdom

*(but not just another course!)*

The Pilgrim Course is a teaching and discipleship resource produced by the Church of England that explores what it means to travel through life with Jesus Christ. It aims to help every local church to create a place where people can explore the Christian faith together and see how it can be lived out each day. It comes in eight stages, each of six sessions.

We are going to look at **Church and Kingdom** which asks the question: What does it mean to live as a child of the kingdom of God and follow in the way of Christ each day as a member of his church?

Each week includes:

- prayer
- reflection together on a passage of scripture
- reflections from well-known contemporary Christian writers
- some questions to discuss together
- quotations from the great tradition of Christian writing to aid further reflection.

The course will be led by Selina and Wendy who have each run Pilgrim courses elsewhere and have found them to be enriching for people wherever they are on their faith journey.

**Dates:** Six Mondays from 19<sup>th</sup> February to 25<sup>th</sup> March inclusive

**Time:** Refreshments from 1.45pm: prompt start at 2pm; finish by 3.30pm

**Venue:** St Thomas Church: gather in the People's Vestry (front left of the church by the refreshment pod)

**Please sign up as soon as possible:** Every participant will need a copy of the course book (no payment required) so please sign the sheet in church as soon as possible so we can order these.

**More information:** please speak to or contact Selina Deacon ([selinadeacon@gmail.com](mailto:selinadeacon@gmail.com)) or Wendy Pugh ([wkpugh@aol.com](mailto:wkpugh@aol.com)).

# Tuesday Evenings in Church

7.30-9.00pm

## Brother Tom Clammer OC

leads us for three sessions on the theme of  
“Honing our Christian journey: immersion in scripture”

20 <sup>th</sup> Feb	Immersion in Scripture
5 <sup>th</sup> Mar	Praying with the church
19 <sup>th</sup> Mar	Seeing heaven in the ordinary: befriending St. Joseph

## Wendy Pugh

27 <sup>th</sup> Feb	“The Bible is the word of God”: what does that mean? Wendy will lead an evening exploring the different ways Christians understand the Bible
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## Silent Eucharist

Tuesday 12<sup>th</sup> March 7.30pm

*God is present in each of us  
Christ Jesus is made known  
in the breaking of bread*



This service in church will take the form of a Silent Eucharist – an occasion to celebrate the Lord’s Supper without words but through gesture and silent reflection.

## Beyond Lent...

Daily  
Prayer

### Morning Prayer day-by-day

Are you a morning person? If yes then would you like to join the group that meets for Morning Prayer? Using the Daily Prayer app we meet church at 8 on Monday, Tuesday, Thursday and Friday. On Wednesday there is a service of Holy Communion.

After each service there is an opportunity to adjourn for coffee if you would like to.

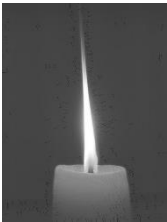
### Palmer Groups



**Palmer Groups at St Thomas** engage with the journey of faith through discussion of what the Bible says, what it means and how it might apply to our lives today. These groups meet weekly on Tuesdays during term-time, one in the afternoon and another in the evening. Although we use a structure for the groups, we are more a Bible and practical faith discussion group

than a formal Bible study group.

We are keen for others to come and join our discussions. If you are interested and for further information talk to Gillian Wadge or John Broadley.



### Contemplative Community

This group meets every Wednesday evening in St Thomas's House. We share our journey of faith, spend time in silent prayer, and explore aspects of the spiritual life together.

If you are interested in joining us please speak to Jill Britton to find out more.



Don't forget that we have a wonderful educational resource in Sarum College. Their programme of study days and short courses in theology, spirituality, the arts etc are open to all and can be found online; or you can pick up a paper copy from the college.

## Lent Giving Appeal 2024

This year's appeal will support the work of Christian Aid



Christian Aid exists to create a world where everyone can live a full life, free from poverty. They work with partners on the ground, who know the local needs, including faith groups. As well as providing humanitarian relief, such as in the Middle East, their longer-term work in Africa, for example, includes strengthening peace-building in South Sudan, promoting resilient farming in Kenya and challenging inequality in Sierra Leone.

To donate by cash or cheque, please place your gift in the donations box in church, in an envelope marked 'Lent Appeal 2024', using a yellow Gift Aid envelope if you wish to enable us to claim Gift Aid. You can also donate by direct bank transfer, using the reference 'Lent Appeal'. You can also donate using the QR code or online, via the 'Donate' button under 'Lenten Appeal 2024' on our homepage here:

[St Thomas's Salisbury-Welcoming-Praying-Transforming](https://stthomassalisbury.org.uk)  
[stthomassalisbury.org.uk](https://stthomassalisbury.org.uk)

# Lent and Easter Principal Services

## in Church unless otherwise stated

<b>Ash Wednesday</b> <b>14<sup>nd</sup> February</b>	8am	Holy Communion with imposition of ashes
	7.30pm	Ecumenical Service for Ash Wednesday (at the United Reformed Church)
<b>Sundays in Lent</b>	8am	Holy Communion
	10.15am	Parish Communion
	6pm	Evensong
<b>Fifth Sunday of Lent</b> <b>17<sup>th</sup> March</b>	8am	Holy Communion
	10.15am	Parish Communion
	6pm	Passiontide Service
<b>Palm Sunday</b> <b>24<sup>th</sup> March</b>	8am	Holy Communion
	10.15am	Procession from Guildhall and Parish Communion
	6pm	Evensong
<b>Holy Week</b>		
<b>Monday 25<sup>th</sup> March</b>	7pm	Stations of the Cross
<b>Tuesday 26<sup>th</sup> March</b>	7pm	Compline
<b>Wednesday 27<sup>th</sup> March</b>	8am	Holy Communion
	7pm	Compline
<b>Maundy Thursday 28<sup>th</sup> Mar</b>	7.30pm	Eucharist of the Last Supper
<b>Good Friday</b> <b>29<sup>th</sup> March</b>	10am	Joint Family Service
	2pm	Liturgy of Good Friday with hymns and sermon
<b>Easter Day</b> <b>31<sup>st</sup> March</b> (clocks go forward)	8am	Holy Communion
	10.15am	Liturgy of the Resurrection
	6pm	Evensong

