

# Lent 2022 at St John's Harpenden

The season of Lent is a time to deepen our relationship with God through prayer, reflection and study as we prepare for Holy Week and our annual remembering of the suffering, crucifixion and resurrection of Jesus Christ. Read why this is such an important time for Christians and what's happening at St John's

## An offer of spiritual support

Many of us are conscious of our physical health. After a health checkup at the GP or a fitness test at the gym we usually come away reassured and with some sensible advice about what we can do to improve our health and fitness. Alongside a programme of discussion and worship during this season of Lent, we want to extend a special opportunity for every adult at St John's to have a 45-minute conversation with a member of the ministry team. A spiritual checkup, if you will. We really recommend this to you. As people of faith, our spiritual health and wellbeing is something we should also take seriously, but often we don't have a chance to think about our faith and prayer life or talk it through with someone.

We'd like to offer you the chance to do just that, with a relaxed and confidential one-on-one conversation for every adult who wants it. This is an opportunity for you to talk about whatever aspect of faith you'd like to discuss, in total confidence. It's a wonderful way to be encouraged, listened to, and supported in your relationship with God, and without any judgement or sense of being tested in some way.

Please get in touch with the parish office by phone (01582 712776) or email (parish.office@stjohnsharpenden.org.uk) as soon as possible so we can arrange a session.

## Spiritual wellbeing: body, mind and soul

In addition to a spiritual checkup, there will be several other ways to deepen your faith during Lent.

The theme for this year's program is spiritual wellbeing: body, mind and

## Thoughts for the day

As well as the sessions listed here, if you have access to the internet, we encourage you to sign up for a "thought for the day" called #LiveLent – offered through the Church of England – which encourages you to deepen your faith and relationship with God this Lent. For full details and to sign up, visit <https://www.churchofengland.orgs/livelent>

Also check out the podcasts: Parenting For Faith and Pray As You Go

soul. We're going to be exploring how we might grow as followers of Christ in various ways, such as seeking Christ in prayer and in scripture; encountering Christ in nature; and by joyfully sharing this through the way we live in the world. We're delighted to be sharing in this journey with Southdown Methodists.

On the following pages we have suggestions to help you make the most of the coming six weeks. But they're only suggestions to consider alongside your own commitments and spiritual needs. With activities across various days and times, we hope you'll be able to come along to something. Whatever you decide to give up or take up, and however you choose to observe the season of Lent, we hope it will be a time of encouragement and blessing and brings you nearer to God.

## Lent programme of events

**Beginning Monday 7 March and Wednesday 9 March, over five weeks**

### Feeding the soul: guided silent meditation

Five weekly sessions, practicing the art of contemplative silence

**Mondays: 10.15am in the Lady Chapel at St John's, 30 minutes  
Wednesdays: 6.00pm at Southdown Methodists, 30 minutes**

**Each Tuesday, 8 March to 5 April 2.00pm at St John's Church Hall**

**OR**

**Each Wednesday 9 March to 6 April 7.45pm on Zoom** (if you'd like to meet in-person, get in touch with [parish.office@st-johnsharpenden.org.uk](mailto:parish.office@st-johnsharpenden.org.uk))

**Engaging the mind: study group focus on receiving Christ**  
At Christmas we heard in John's gospel the words "To all who received him ... he gave power to become children of God." (John 1:12.) This raises big questions. Aren't we all children of God anyway? Just how can we receive Christ? And what does it mean to have a relationship with God? We'll explore these questions, and more, over five weekly sessions.

- Session 1: Receiving Christ: as children of God
- Session 2: Receiving Christ: in the stranger and the needy
- Session 3: Receiving Christ: in Holy Communion
- Session 4: Receiving Christ: through prayer and fellowship
- Session 5: "Christ in you, the hope of glory" (Colossians 1:27)

\*There's a course booklet for this material, please contact the parish office if you'd like a copy.

**Saturdays, 5 March to 2 April 10.00am**

### Spirituality through our bodies

An opportunity to experience our faith using our bodies, with activities around Harpenden. Suitable for all ages, followed by simple refreshments.

- Saturday 5 March: litter pick – meet at St John's
- Saturday 12 March: prayer walk – start at Southdown Methodists
- Saturday 19 March: dog walk – start at St John's
- Saturday 26 March: guided nature walk – start at St John's
- Saturday 2 April: Lent and Easter trail – start at Southdown Methodists

## Sacrament of reconciliation

If you would like to receive this Sacrament as part of your Lenten discipline, please speak with Revd Tim to arrange a suitable time.

## A final thought

We hope our programme of events has inspired you and that you can commit to come to one (or maybe more) of these series in Lent. Of course, what is most important of all is that we are fed spiritually, and that through faith, God is at work in each of us, making us who we are called to be.

## Special services through Lent at St John's

Wednesday 2 March	10.30am	Ash Wednesday: Eucharist with imposition of ashes (marking ashes in the sign of the cross on the forehead), at St John's
	8.00pm	Sung Eucharist with imposition of ashes, at St John's
Sunday 13 March	5.00pm	Evensong at St John's
Sunday 27 March	9.30am	Mothering Sunday: parish eucharist at St John's

## Contact details for Lent services

### St John's Harpenden

Address: St John's Road, Harpenden, AL5 1DJ

Website: [www.stjohnsharpenden.org.uk](http://www.stjohnsharpenden.org.uk)

Parish Office: Julie Birkett  
Telephone: 01582 712776  
[parish.office@stjohnsharpenden.org.uk](mailto:parish.office@stjohnsharpenden.org.uk)

Vicar: Revd Tim Vickers  
Telephone: 01582 469343  
[vicar@stjohnsharpenden.org.uk](mailto:vicar@stjohnsharpenden.org.uk)

### Southdown Methodists

Address: 130a Southdown Road, Harpenden, AL5 1PU

Website: [www.southdownchurch.org.uk](http://www.southdownchurch.org.uk)

Steward: Kevin Sharp  
[southdownchurch@btconnect.com](mailto:southdownchurch@btconnect.com)

Minister: Revd Stuart Dyer  
Telephone: 01582 769871  
[southdownchurch@btconnect.com](mailto:southdownchurch@btconnect.com)



## Holy Week and Easter 2022

We encourage you to immerse yourselves in these powerful services during Holy Week – the most important in the church year – as we enter a kind of ‘real time’, reliving and being drawn into the dramatic events of the final days in Jesus's life that lead to our salvation.

### Sunday 10 April

8.00am

9.00am

9.30am

### Palm Sunday

Holy Communion in the Lady Chapel at St John's  
Procession of palms, starting outside Southdown Methodists  
Parish Eucharist with reading of The Passion at St John's

### Monday 11 April

8.00pm

Taizé-style worship at St John's

### Tuesday 12 April

8.00pm

A shared evening service at Southdown Methodists

### Wednesday 13 April

10.30am

8.00pm

Holy Communion in the Lady Chapel at St John's  
Stations of the cross at St John's

### Thursday 14 April

8.00pm

9.00pm

10.00pm

### Maundy Thursday

The liturgy of the Lord's supper (a service of commemoration) with foot washing at St John's  
The vigil of Gethsemane (a service of readings and prayer) until 10pm, at St John's, concluding with compline  
Night prayer, also known as compline, at St John's

### Friday 15 April

10.00am

Midday

1.00pm

2.00pm

### Good Friday

All-age walking service, begins at St John's, ends at Southdown Methodists with hot cross buns.  
Ideal for children.

Good Friday service at Southdown Methodists

St John's open for private prayer

We journey with Jesus for the last hour at the cross, includes a reading of the Passion and Veneration of the cross, and Communion at St John's

### Saturday 16 April

8.00pm

### Easter Eve

Easter vigil with first Eucharist of Easter at St John's, ending with champagne!

### Sunday 17 April

6.30am

8.00am

10.00am

### Easter Day

Dawn service with Southdown Methodists.

Meet outside Southdown Methodists

Holy Communion in the Lady Chapel at St John's

All-age Eucharist at St John's followed by an Easter-egg hunt