

## Some suggestions for growing in Love . . .

### Love the Lord your God

*The best prayer is to rest in the goodness of God, knowing that that goodness can reach right down to our lowest depths of need.*

*Our in-born will is to have God, and the good-will of God is to have us.*

*Peace and Love are always alive in us, but we are not always alive to peace and love.*

*Dame Julian of Norwich,  
b.1342*

- Pray daily
- Say grace before meals
- Read the Bible daily - perhaps the whole of the New Testament or all the Psalms during Lent
- Or follow the Lectionary readings (<http://almanac.oremus.org/lectionary>)
- Attend church more frequently
- Read some classic Christian writings like Dame Julian or the Desert Fathers, or some more recent books on spirituality
- Attend the Lent Group in Wicken on Wednesdays at 39 High Street.
- Join the Daily Prayer Chain (see leaflet)

### Love your neighbour

*There is no greater love than laying down one's life for one's neighbour. When you hear someone complaining and you struggle with yourself and do not answer them back with complaints; when you are hurt and bear it patiently, not looking for revenge; then you are laying down your life for your neighbour.*

*Abba Poemen, Egypt, c.400*

- Make a point of not judging others
- Resolve a disagreement
- Make a friend
- Be hospitable
- Rethink your giving to charity
- Buy more fairly traded products
- Reduce your waste or carbon footprint
- Speak up for someone or something that needs your support
- Follow the Christian Aid daily Lent suggestions at [www.christianaid.org.uk/getinvolved/lent/count-your-blessings-resources.aspx](http://www.christianaid.org.uk/getinvolved/lent/count-your-blessings-resources.aspx) or available in paper form at the back of church

### Love yourself

*Pambo said to Anthony, 'What shall I do?'*

*Anthony said, 'Do not trust in your own righteousness. Do not go on sorrowing over a deed that is past. Keep your tongue and your belly under control.'*

*Abba Anthony, Egypt, 215 - 320*

- Accept yourself without comparing with others
- Forgive yourself
- Be grateful for and careful with your relationships
- Give up something you consume that is not good for you. (Not necessarily food or drink!)
- Make time to be still
- Go to bed earlier

*They asked Abba Poemen, 'When we see brothers dozing in church should we rouse them so they can be watchful?' He replied, 'For my part, when I see a brother dozing, I put his head on my knee and let him rest.'*

*A story of the Desert Fathers*

## Observing Lent together

### Ash Wednesday Services

10am and 7.30pm St Andrew's, Soham  
2pm St Laurence's, Wicken

### Daily Prayer Chain

(see separate leaflet)

### Lenten Power Fast

24 hours without electricity

### Family Eucharist

9.30am Sun 21 Feb St Andrew's, Soham  
Focus on Fair Trade

### Mothering Sunday Family Service

9.30am Sun 14 Mar St Andrew's, Soham

### Streams: Iona/Celtic worship

Sun 7 Mar 6.30pm St Andrew's, Soham

### Weekly Lent Group on Wednesdays

7.30pm at 39 High Street, Wicken

### Lent Lunches on Fridays

12 noon Methodist Church, Soham

### Women's World Day of Prayer

Friday 5 March 2pm  
at the Methodist Church, Soham

### Church Family Teas

Sundays 21 Feb and 21 Mar  
4pm, 58 Station Road, Soham

## Stillness

*There were three friends and the first chose to reconcile those who were fighting against each other. The second chose to visit the sick. The third went to live in prayer and stillness in the desert.*

*Now, in spite of labouring daily, the first could not settle all quarrels and sadly went to the one who was serving the sick, who was also disheartened. So they went to see the one who was living in stillness and prayer and recounted their difficulties and disappointments.*

*Their friend poured water into a bowl and said to them, 'Look at the water'. And it was disturbed and cloudy. After a while the friend said, 'Look again', and they could see their faces reflected in the still water.*

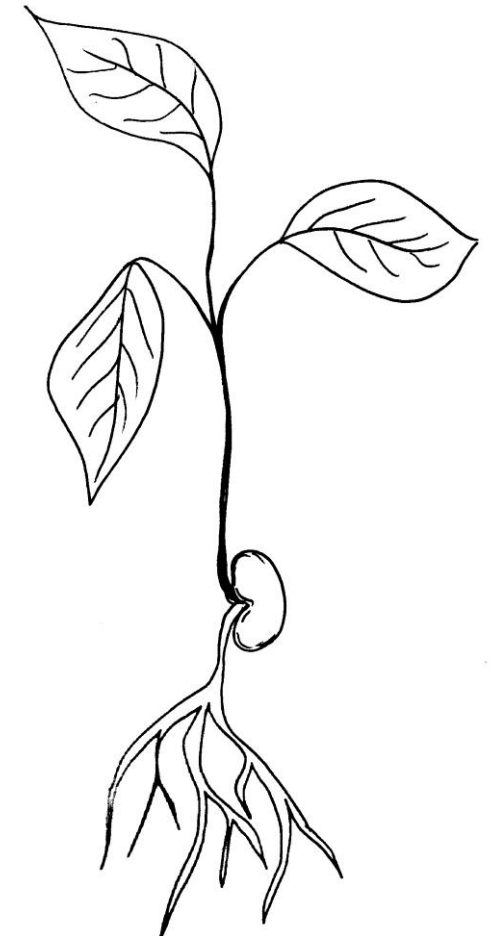
*Then the one living in the desert said, 'It is the same for those who live among people; turbulence prevents them from seeing clearly, but when they are still, then they can see what they need to.'*

*A story of the Desert Fathers*

*God is the still point at the centre.*

*Mother Julian*

## Keeping Lent And Growing Together



St Andrew's, Soham and  
St Laurence's, Wicken,  
2010