

South Cleley Benefice

Lent 2018



'Who am I really?'

Programme

Lent in the South Cleley Benefice 2018

'Who am I really?'

**Stillness practices to bring awareness of who we really are
during Lent 2018
will be held in St Nicholas Church
Potterspurty NN12 7PU**

Please contact Mary McVay – Lay minister in the Benefice for
further information

01908 542289 mary.mcvay@btinternet.com

**This is an open invitation to everyone.
Not religious? Not important.
Just come and enjoy something different
and hopefully inspiring.**

Tuesday 20th February 7.30pm An introduction and discussion
using prepared material from Fr Laurence Freeman from WCCM
(World Community for Christian Meditation) and Fr Richard
Rhor from CRC (Centre for Action and Contemplation). Time for
questions to get us started.

**Saturday afternoon 24th February 1.30pm until approximately
4.30pm** 'Walking the Labyrinth' with Kay Barrett from
Cambridge. – Come and see.
A Labyrinth will be laid out in St Nicholas Church Potterspurty
and Kay will talk us through walking it and the various ways it
can be used and how it has been used through the centuries.
Suitable for all abilities. Walking is not compulsory. There are
alternatives. There will be video to watch as well – plus tea and
cake.

Tuesday 27th February 7.30pm We continue with the prepared
material with time allowed to discuss how the Labyrinth
impacted us.

Tuesday 6th March 7.30pm 'YOGA practice' with Iris
Parish from Towcester – Come and see.
Iris will talk a little about the practice of YOGA and
demonstrate some asanas (postures) and relaxation
practices. Suitable for all abilities. Seated YOGA will also
be demonstrated.
We hope some of you will join in. Bring your mat if you
use one and come suitable dressed in loose clothing.
There will be teaching on how YOGA can be used as an
awareness practice.

Tuesday 13th March 7.30pm 'Tai chi practice' with Nina
Felix who takes classes in Potterspurty – Come and see.
Nina will talk a little about the practice of Tai chi and
demonstrate some of the moves. We hope some of you
will join in. Come suitable dressed in loose clothing.
There will be teaching on how Tai chi can be used as an
awareness practice.

Our time together will culminate at

Sunday@Six in St Leonard's Church Yardley Gobion

on Sunday 25th March – Palm Sunday

6.00pm – A time of worship will be led by Mary and Rev
Canon Richard Stainer. Fr Richard is the area co-
ordinator for WCCM groups who meet for meditation
and contemplative prayer in Northamptonshire and
Leicestershire.