



St LAURENCE CHURCH

LENT & EASTER PROGRAMME

4 March – 20 April 2025



Photo © Mathew Page

WILDERNESS

The story of Jesus's journey into the wilderness before his death and resurrection offers a powerful metaphor for our own spiritual growth.

Embracing our regular practices and hosting special events to enliven the theme, our Lent programme aims to provide opportunities to learn, share, contemplate and journey together.

Lent invites us to turn aside; to reflect on our spiritual journey as we name our intention, and consent to be free of distraction and deception. It is the heart's time.

(inspired by Janet Morley's book of poems for Lent, 'The heart's time')

Special Events

Lent invitation – Going into the Wilderness

Jesus's journey into the wilderness resonates with practices found in other sacred traditions. We will explore what is at the heart of the wilderness experience, and some common threads between different traditions, particularly the "vision quest" as inspired by Native American practices. With Neesa Copple and Michael Steward.

Tuesday 4 March

16:30 doors open, session 17:00 - 18:00

Journey with the Elements

If we find ourselves in the wilderness, we are sure to meet these elements of fire, water, earth and air. These sessions aim to animate this encounter.

Wednesdays 5 - 26 March

Doors open 17:00, sessions 17:30 - 18:30

Fire – Ashing ritual in the Garden. Facing our mortality on Ash Wednesday. Judy Howard 5 March

Water – Purification, Cleansing, Refreshment Katie Lloyd-Nunn & Annabel Hollis 12 March

Earth – Grounding, Nourishment, Stability Neesa Copple 19 March

Air – Prayer, Inspiration, Faith Mathew Page, inspired by the birds of the air 26 March

Friday Open Church in Lent

Welcome team tea & coffee.

Fridays 7 March - 11 April 10.30 - 12.30

Community Labyrinth

Walking spiral and adding cloth strips.

12:00 Noon Bell and Peace Prayer.

With **Tree Sisters**, a vibrant women's movement combining environmental action, deep Nature connection, and empowerment.

All welcome.

Wilderness and Grace

Sharing and reflection on what has helped you come through difficult times. With Neesa Copple.

Saturday 15 March & 29 March 11:00 - 12:00

Burkitt film screening

Fascinating, artistic biopic of Dr Denis Burkitt (our own Judy Howard's father) and his pioneering research into childhood cancer in Africa and beyond. In The Well, Shambles Hall.

Director present. Book at www.stroudfilmfestival.org

Saturday 22 March 17:00 - 19:30, refreshments

Desperate Journeys

This immersive experience explores the growing refugee crisis, increases empathy for refugees and inspires participants to take personal action. For more information www.empathyaction.org.

Monday 31 March to Friday 4 April, various times.

Embracing the Dark

Exploring our depths through transformative and reflective paintings, verse and silence.

With Clay and Milly Sinclair.

Saturday 5 April 11:30 - 12:30

Still Point

Introduction to this local contemplative group grounded in the Christian tradition but which welcomes people and

inspiration from all faith backgrounds and none. A free event but booking requested. Please contact Milly Sinclair millylsinclair@aol.com or Hugh Richards hughrichards227@gmail.com

Monday 7 April 19.30 - 21.30

Qi Gong and Jesus

Building on the regular qi gong movement meditation, this session draws parallels between aspects of Jesus's challenges and those of the human condition which can be helped through simple postures, breathing and a quiet mind. With Terry Trimmer and Judy Howard.

Wednesday 9 April 17:30 - 18:30

Silent Retreat

At Hill House, Amberley for Silent Sitting group. With Avril Evans and Judy Howard.

Sunday 13 April 08:30 – 12:30

Special Events (cont.)

Listening Conversations

A chance to sit together and listen, holding each other's words in deep respect, regardless of how they may reflect beliefs and perspectives very different from our own.

Everyone welcome. With Neesa Copple.
In partnership with Spirit of Peace.

Wednesday 16 April,
Doors open 19:00 for refreshments,
session 19.30 - 21:00

Ongoing Programme

MONDAY – FRIDAY

Qi Gong movement meditation with Terry Trimmer.
Every Monday - Friday 09:30 - 11:00

TUESDAYS

Silent Sitting meditation circle every Tuesday.

Tuesdays 08:00 - 08:30 with coffee and conversation afterwards at The Yard Café.

The Ark @ The Well A parent, carer and preschool group - a happy, friendly community which welcomes newcomers. Toys, books, jigsaw puzzles and creative activities are available, plus affordable home-made cakes, toasties, tea, coffee, herbal teas and home-made vegan soup (using Hawkwood vegetables).

Tuesdays 09:30-13:00

Cowshed Study Group At the Vicarage,
10 Bowbridge Lane, GL5 2JW.

Tuesday 4 March and 8 April, 19:00 - 20:30 and first Tuesday of the month, ongoing.

WEDNESDAYS

Holy Communion

Wednesday 12 & 26 March and 9 April, 10:00 and fortnightly through the year.

Wednesdays @ the Well A warm, welcoming drop-in for all ages, with affordable refreshments - children's play area, newspapers, board games, music, crafts & events.

Wednesdays 10:00-12:30

SATURDAYS

Contemplative Prayer

Readings, meditation, prayer.

Saturdays 09:30 - 10:15am all year.

Saturday Open Church

Welcome team, information.

Saturdays 10:30 - 12:30 all year.

Gregorian Chanting

Sacred singing from ancient traditions and Orthodox Church. Usually second Saturday of month.

Saturday 8 March and 12 April.

SUNDAY SERVICES

Cowshed Service

A contemplative communion service in the Christian mystical tradition, bringing together Eastern and Western approaches.
Refreshments afterwards.

First Sunday of month,

Sunday 2 March and 6 April 09:30

Celtic Morning Prayer

Second Sunday of month,

Sunday 9 March and 13 April 09:30

Taizé Prayer

Third Sunday of month,

Sunday 16 March 09:30

Holy communion

Fourth Sunday of month,

Sunday 23 March 9:30

St Laurence Church, Shambles, Stroud, GL5 1JL

Easter Weekend

GOOD FRIDAY

Triduum Vigil in the Garden or Choir Vestry

Contemplation with Rev Steve Saville.

Good Friday 18 April 09:30

Holy Saturday 19 April 09:30

Walk of Witness: Churches Together in Stroud

Good Friday 18 April 11:00 Start at The Door, High Street, Stroud. Walk round town
12:00 noon arrival at St Laurence's for refreshments.

The Last Hours Service

Quiet service of readings, music and prayers, reflecting on the last hour of Jesus' earthly life.
With Rev Simon Howell.

Good Friday 18 April 14:00 - 15:00

EASTER DAY

Triduum Vigil round the fire in garden.

Easter Sunday 20 April 08:30

Inclusive Easter Communion

Sunday 20 April 09:30

More information and updates:
www.stlaurencefuture.org.uk



Supporting our work

All the content for our Lent programme is created by volunteers, who give their time freely and joyfully.

Donations are welcome towards heating and running costs. Please give what you wish in cash or by card. Every contribution is appreciated.

If you would like to make a regular donation, please ask one of our welcome team or visit

www.parishgiving.org.uk/donors/find-your-parish/stroud-st-laurence-stroud

