

Lent in the 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 Potterspury**

**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 Potterspury 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 Potterspury – 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.

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.