

our hymn books...And there's nothing wrong with that – but might we be missing something?

In these three, fun workshops, using British Sign Language and simple movements as a basis, we will explore what happens when we step out and use our hands, feet and bodies to add to our expressions of worship and meaning.

Please wear comfortable clothes and shoes and bring a drink. No dance experience necessary.

Thursdays 1st, 8th and 15th March, 8.00 – 9.30 pm at St Lukes (Large Room)

How to hear what the Bible says—Ian

Rumsey

The Bible conveys the most life-transforming message of any book ever written. But it consists of a set of ancient texts written in ancient languages, using ancient literary devices and styles to convey its powerful message. In a couple of sessions, we'll learn about some of the ways the Bible has been so carefully constructed and discover how to 'turn up the volume', so that we can better hear what the Bible says to us today.

Wednesdays March 7 & 21, 7.30 – 9.00pm at the Bowdon Parish Rooms (Sports Hall)

Adult Discipleship Group Members

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Lent Streams Schedule





Lent Streams 2018 – Schedule of Events

Art and Soul—Nigel Watson

Are you creative and want to explore the relationship between art and your faith? Or maybe you can't draw a straight line but would like simple ideas to make something artistic. Either way, this is for you. Easy, practical activities and informal discussion about Art and Christianity. Materials provided.

Sundays, March 4, 11, & 18, 2.30 – 4.30pm in the Bowdon Parish Centre (Large Hall)

Prayer Walks—Hellen Watson

It is always good to take time to reflect on faith and life as we journey through our days. Our planned Local Prayer Walks will seek to encourage such reflections. Carry water and wear sensible shoes please! All ages welcome, but please be aware that some places may be slippery underfoot/ involve a slope.

If the weather is too inclement, we shall 'walk' through journeys in our Bibles instead!

Sundays, March 4, 11 & 18 meeting outside the Bowdon Parish Centre at 2.30pm

Contemplative Prayer and Lectio Divina - Helen Oakley

You are warmly invited to explore two monastic traditions of allowing God to speak through the Scriptures. These approaches are more about prayer, silence and listening than they are about 'academic' Bible study; treating the Word of God 'as a gift to be received, not a problem to be dissected'. The sessions will start with some background, basic steps to follow and some 'top tips' and will then allow participants to have a go at an exercise for themselves,

individually. These sessions might be the opportunity to try something completely new in the great adventure of prayer.... Come and listen, sit, relax and give the exercise a try! The sessions are linked but either can be attended in isolation.

Session one—The Benedictine Way: 'Lectio Divina'; a structured, prayerful way of looking at what God might be saying to us through his Word.

Session Two—The Ignatian Way: Contemplation; using your senses in an imaginative way to reflect on a Gospel passage.

Thursdays March 15 & 22, 8 – 9.30pm at St Luke's (Small Room)

Prayer: a door between the worlds—Sue Talbot

These workshops will endeavour to deepen the adventure of prayer through looking at two not-so-word-based ways in which we can enlarge our understanding and our practice of prayer.

The two workshops will : 1) look at and use the way in which IMAGE, as in the Ignation spirituality tradition of the use of Scripture can become a *language* in which the Spirit of God can speak to us. 2) the way in which objects both sacred and commonplace may become a focus for prayer and meditation and a pathway of grace.

The evenings will have a short introduction and some time to try out what we are talking about. The church is big enough to 'find your own space.' Workshop 2 will use an 'ordinary space' to see how the numinous and the ordinary can mix!

There will be time to share questions and/or something of how you have found the experience should people wish to do so within either one group or smaller groups depending

on those attending.

Workshop 1: Monday March 12, 7.30 – 9.00pm at St Mary's.

Workshop 2: Thursday March 22, 7.30 – 9.00 pm at St Luke's.

Revd Dr Susan Gabriel Talbot has worked in Spiritual Direction for over 20 years within the Manchester and Chester Dioceses and was Advisor for the Chester Diocese for the Healing Ministry between 2006 and 2008.

Easter-themed Table Decoration—Debi Green

Bring some colour and charm to your table this Easter by creating an Easter centrepiece. All materials provided.

Thursday March 8, 8.00 – 9.30 pm at St Lukes (Small Room)

Singing—Jenn Clempner

Led by Jenn Clempner, a Popular Music Vocal Coach at the Royal Northern College of Music, this is an all inclusive Choir for anybody who would like to explore their singing voice, have fun singing, learn to sing in harmony and express themselves through song. The repertoire will be a mixture of popular contemporary music and worship songs.

Tuesdays, February 27, March 6, 13 & 20 at 8 – 9.30pm, in the Bowdon Parish Centre (Sports Hall)

Signing and Movement—Colleen Rumsey

In our daily interactions with each other, we use our bodies in all kinds of subtle ways to express meaning and emotion; the raised eyebrow, the shrugged shoulder, the tapping foot. Then often, in church (particularly us Brits) we sing with our arms firmly glued to our sides or grasping