

## LENT COURSES, BOOKS AND RESOURCES FOR 2022

Dear Friends,

Perhaps we can all understand the sentiment that appeared on an Easter card, the front cover read 'The best part about Easter, is that Lent is over' and on the inside it said: 'I really hate giving up things I love.'

Lent is indeed a season of self denial and self discipline, as we freely choose to assess our lives and strip ourselves of all that hinders us from following Jesus. But it is also a season in which we can grow spiritually, setting time aside to pray, to read and to take action. My hope is that in the following collection of books, free resources and online courses, you will find something to guide and enrich your Lenten journey.

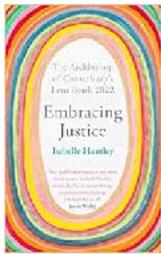
This Lent, may we learn not just to 'fast from' but also to 'feast on' all that will help us to live more generously as we follow Jesus Christ.

With my prayers,  
Primrose Northrop

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### Embracing Justice: The Archbishop of Canterbury's Lent Book 2022

By The Revd Dr Isabelle Hamley ISBN-10 : 0281086540

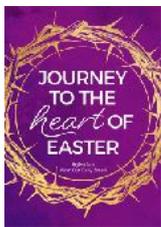


Full of practical encouragement, the Archbishop of Canterbury's Lent Book for 2022 is essential reading for anyone interested in issues of justice - from climate and economic justice, to gender and racial equality. Accompany Isabelle Hamley this Lent, and discover that we can all join God's mission of transformation and embrace his justice.

Available online & in all good bookshops.

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### Journey to the Heart of Easter



The mystery of the empty tomb is at the very heart of Christianity, but all too often the life-changing message gets lost beneath the mundane or trivial. These specially selected daily readings for Lent offer a reflective journey as you contemplate what the Easter story means to you. The hope is that you will be encouraged to encounter Jesus and find peace in the love that the Father has for you.

This is a free resource, for more information, visit

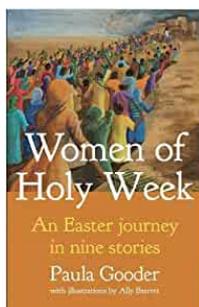
<https://odb.org/resources/journey-to-the-heart-of-easter>

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### Women of Holy Week: An Easter Journey in Nine Stories

by Paula Gooder & illustrated by Ally Barrett

ISBN-10 : 1781402892



Paula Gooder uses her extensive biblical expertise to retell the events of the Crucifixion, Resurrection and Ascension through the eyes of nine female characters she imagines accompanying Jesus during these momentous days. Accompanied by nine colour illustrations, these reflections are for all who long to encounter Jesus afresh through the Easter Story.

Available online & in all good bookshops.

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## Living Stones, Living Hope - Lent 2022



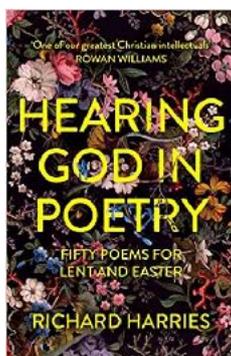
The title of USPG's Lent course for 2022 is from 1 Peter 2, 'Living Stones, Living Hope.' 1 Peter is the text of the Bible study for the Lambeth Conference in July 2022. The metaphor of the Christian community in 1 Peter 2 'as living stones' is rich and evocative. We, the Church, are the living stones, and we are called to bring living hope in our diverse situations, though faith in the one who is the cornerstone of our faith, Jesus Christ.

For more information about the free resources and webinars, visit <https://uspg.org.uk/engage/support5/lent/>

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## Hearing God in Poetry: Fifty Poems for Lent and Easter

By Richard Harries  
ISBN-10 : 028108629X



Hearing God in Poetry is a beautiful book of daily readings, which will introduce you to some wonderful poetry, and give you a deeper understanding and appreciation of some brilliant poems, from Shakespeare to Auden, RS Thomas to Emily Dickinson. Full of riches, Hearing God in Poetry is a book that you will want to turn to time and time again - whether during Lent or in any other season of the year.

Available online & in all good bookshops.

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## Following Christ in the Footsteps of the Saints



This year the ecumenical group, 'Churches Together in Britain and Ireland,' are offering a wonderful Lent resource from the Mission Theology Advisory Group (MTAG). This journey through Lent, draws upon the life of St Winefride and links to a 70-mile pilgrimage from Holywell, Wales, to Shrewsbury, which will be taking place in April.

For more information and free resources, visit <https://ctbi.org.uk/lent-study-2022/>

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## The Way of Love in an Upside-Down World



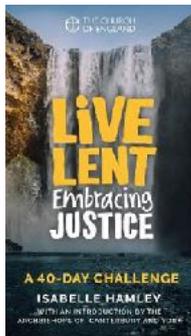
As our world grapples with an uncertain future, Tearfund's free resources for Lent offer a vital opportunity: to turn afresh to Jesus, to the Good News, to our call to bring God's love to a world in chaos. Love expressed as hope, despite uncertainty. Love expressed as peace, despite turmoil. Love that flows from Jesus, whose resurrection still gives life today. In the Sermon on the Mount, Jesus shares the Beatitudes (Matthew 5:3-12), outlining the 'conditions' under which people experience 'blessing.' His sermon on the mountainside articulates God's Kingdom on earth, and the invitation to live as its citizens.

For more information, visit

<https://www.tearfund.org.au/the-way-of-love-lent-2022>

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## Live Lent: Embracing Justice - a 40 Day Challenge



Lent invites us to examine our own lives truthfully, to see the world more deeply and to pray - for the church and the world - praying that 'justice may roll down like waters, and righteousness like an ever-flowing stream' (Amos 4.24).

In two specially written booklets (one for adults and one for children) the Church of England have provided a daily Bible reading, a short reflection and a prayer, as well as a practical challenge. The booklet is supported by a wide range of free digital resources for individuals, groups and churches.

For more information, visit [www.churchofengland.org/livelent](http://www.churchofengland.org/livelent)

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## Life on the Breadline



This specially written course has six sessions which can be followed individually or as a group. Each session follows the same format which is planned to take an hour – combining prayer, a short video, a Bible passage, guided reflections, discussion questions, and take-away actions.

The course hopes to start conversations and to encourage participants to consider what it means to live as disciples and why we all have a

responsibility for our brothers and sisters living 'on the breadline.'

For more information and free resources, visit

<https://www.church-poverty.org.uk/lent-course-for-2022-life-on-the-breadline/>

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## **A Prayer for Lent 2022**

Lord Jesus Christ,  
We recommit our lives to you,  
as we seek to stand firm for love of you.  
Help us to keep our eyes on the promise of your glory,  
and to help the lost, the last and the least.  
Help us to witness to your transforming love  
that at the end will wipe all tears away.  
Amen

## **Spread the word**

Please use this guide to inform your choice of Lent materials for 2022, and pass it on to others to whom it would be helpful, especially those in your church communities who might not know what is available to individuals, or who would benefit from following a program.

Many thanks.

With my prayers,  
Primrose

### **Primrose Northrop**

*Canterbury Diocese Calendar of Prayer co-ordinator*

[pnorthrop@diocant.org](mailto:pnorthrop@diocant.org)

[www.canterburydiocese.org](http://www.canterburydiocese.org)