

Rhythm of Life Lent Course 2023

- ⇒ Join in person at All Saints', Chigwell Row, on Thursdays, 10:00am from Thursday 23rd February, or
- ⇒ Join Stapleford Abbots on Zoom from Wednesday 1st March at 7:30pm (call 01992 523849 for Zoom details), or
- ⇒ Join a hybrid session, taking part in the Zoom meetings in person at the Abridge Vicarage.

A standalone course that can serve as a stepping stone for further engagement with the Rhythm of Life.

- Five sessions, with online material & videos.
- Lenten themes combined with some key issues like Poverty, Racism and the Environment.

Sessions will provide an opportunity to engage with the *Rhythm of Life* areas for deepening commitment:

Praying Reflecting Encouraging Sharing
Resting Celebrating Creating

