



# Stop and Stare

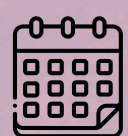
## A Reflective Lent Group

This Lent you are warmly invited to slow down, pause and reflect.

**Stop and Stare** is a gentle, prayerful course, about  
**finding ourselves in God**

as we take time to notice, reflect, and be still in God's presence.

### When and Where



Wednesdays, starting 25<sup>th</sup> February



Time: 7.00 - 8.00 pm



Venue: In the Church

Each session last one hour and is followed by a light supper

### Course Sessions

**Week 1 Full of Care?** In our busyness and worries, how can we find God-given peace?

**Week 2 No Time?** Reflecting on our attitude towards time

**Week 3 Streams Full of Stars:** What truly matters in our daily lives?

**Week 4 Nature's Dance** :Where do we notice the beauty of God's creation?

**Week 5 Stand and Stare:** Being Still and recognising the presence of God

### Sign up

Everyone is welcome, but please sign up in advance.

Email [vicar@stmichaelew.co.uk](mailto:vicar@stmichaelew.co.uk) or scan here to register



**Come as you are. Take time to stop. Take time to stare.**

**Let Lent be a season of deeper awareness of God**