

Let's begin Lenten journey meaningfully this **Ash Wednesday Service**, on 18th February, 7:00pm and receive the sign of ashes as a reminder of God's love and mercy. Take this Lent as a journey of listening, learning, and growing closer to God.



SEEKING GOD

THE WAY OF ST. BENEDICT



Special Lent Course

WHEN: 25th February - 25th March 2026 (Wednesdays)

WHERE: St Helen's Dry Sandford
Coffee will be served at 7:00pm

TIME: Study

Dates & Topics

25th February - 'Humility' (Chapters I & II)

4th March - 'Listening' (Chapters III & IV)

11th March - 'Community' (Chapters VII & VIII)

18th March - 'Work & Prayer' (Chapters IX & X)

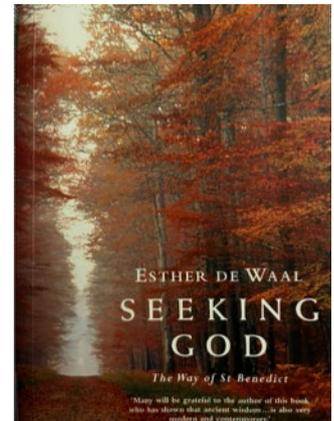
25th March - 'Conversion of Heart' (Chapters V & VI)

Ends the evening with **Compline** - Night Prayer, entrusting ourselves to God's peace and God's presence.

What to Expect:

- Join us for reflection, discussion, prayer and learn together
- *Reflect on Scripture and the timeless wisdom of St. Benedict*
- Practical steps to bring prayer into daily life

To register, please email
sthelensdrysandford@gmail.com



7:10-8:00pm;
Compline 8:00-
8:15pm

