

The growing Benefice of Martock, Ash, Kingsbury Episcopi & Muchelney

Lent Course for 2026

Be Still; a simple guide to quiet times



A 5-week course to develop a regular rhythm
and deeper daily relationship with God by...

ENCOUNTER	finding God in the quiet time
SCRIPTURE	using, learning & memorising the word of God
WONDER	using imagination to discover more of God
HIDDENNESS	persevering to help us grow in faith
MISSION	preparing to share our faith in Jesus with the world!

Based on the book 'Be Still: A Simple Guide to Quiet Times' by Brian Heasley – a useful addition to the course but the course is designed to be used without it as a stand-alone course.

Three evening venues in Martock available on
Tuesdays, Wednesdays and Fridays starting w/c 23
February 2026. To book your place, please add your
name & contact information to the SIGN UP sheet in
All Saints' Church – places limited! Or contact the
Benefice Office on benefice.martock@gmail.com