

LENT COURSE 2026

This year's Lent course will be using 'Christ and the Chocolaterie' by Hilary Brand, based on the film Chocolat. As in previous years, there will be two options for you to choose from:

- Tuesday evenings at St. Luke's hall, Tiptree 7.30-9pm, with refreshments
- Thursday lunchtime at 11.30 for 12-2 at 7 Birch Way, Birch Green CO2 0NQ with a soup lunch

All are welcome to join us for any or all sessions. Attendance is free, no need to book for Tuesdays but for Thursdays please email Liz Dingle on emdingle@aol.com so she has an idea of numbers for soup.

Session details and dates

Tues 24 Feb/Thurs 26 Feb	Giving up – the prelude to change
Tues 3 Mar/Thurs 5 Mar	Giving out – the power of a gift
Tues 10 Mar/Thurs 12 Mar	Getting wise – the possibility of change
Tues 17 Mar/Thurs 19 Mar	Getting real – the power of acceptance
Tues 24 Mar/Thurs 26 Mar	Growing up – the process of change

