

Lent 2021 in the Orebeck Benefice

Lent is traditionally a time of giving something up or taking something on. Here are some of the things that we can do. Nearer the time we will also have details of services for Mothering Sunday, Palm Sunday, Holy Week and Easter Day.

Pancake party. 16 February, 5.30 pm

A Zoom pancake party for all ages. Contact Bill Clark for the link bill78@btinternet.com

All the following files are also on the [Brandeston village web site](#).

[The invitation to the pancake party](#)

[Recipe ideas](#).

[Activity sheets for children](#)

[40 Acts of kindness for families to follow during Lent ... give it a try](#)

Ash Wednesday. 17 February, 7 pm

A simple act of worship via Zoom to commence our journey in Lent. Contact Bill Clark for the link bill78@btinternet.com

40 acts of kindness and generosity

As a diocese we are being challenged to show 40 acts of kindness during Lent. These might be helping someone with their shopping or leaving a small gift for someone. Mary Baker has prepared a simple version suitable for all ages. It can be found [40 Acts of kindness](#)

Kagera challenge

Kagera diocese in NW Tanzania is one of the poorest regions in Africa. We have partnered the diocese for many years. Every two years the bishops launch a Lent appeal to support work in the diocese. We can use the challenge to contrast our western lifestyle with the simpler lifestyle of our sisters and brothers in Tanzania and set aside money each day. For more information go to www.cofesuffolk.org/bishops-lent-appeal

Study

A range of Lent resources and opportunities for parishes and individuals are on offer this year. These details can also be found on the diocesan website.

'Run with Joy' Exploring Benedictine Wisdom for Contemporary Living

Explore key themes in the Rule of Benedict and spiritual practices that help you deepen your life of faith, in community with others. The course is prayerful, participatory and practical, encouraging attention to your rhythm of life and development of a rule of life. It is offered as a resource for church leaders, groups and parishes in the Diocese who would like to strengthen their life of faith and community. Course leaders include -Canon Jutta Brueck (With Community & St Thomas Pilgrim Community), Canon Michael Robinson and Canon Matthew Vernon.

Three courses will run on Zoom: Tuesdays (from 23 February) 7.15-9 pm and Thursdays (from 18 February) in Lent from 4 pm – 5.30 pm and 7.15-9 pm

If you have any questions, please email jutta.brueck@cofesuffolk.org. Booking links at www.light-wave.org/lent. Please book early as spaces are limited.

St Edmundsbury Cathedral Lent Series Radical Faith – Inspirational Christian Lives for Challenging Times

St Edmundsbury Cathedral will host five talks on Wednesday evenings, 7-8 pm, on zoom, through Lent. Each talk will focus on a particular Christian life, drawing out key themes and ideas as well as asking what lessons we might learn from them as we continue to meet the challenges of the current pandemic. The speakers are all active in public ministry and represent a new generation of theologians in the Church today.

Full details of the topics and speakers can be found [HERE](#).

For more information and the zoom link, please email michael.robinson@cofesuffolk.org.