Lent and Easter Resources

The Diocese is running an online Advent Course "The Way to the Cross" with materials offered each day from Ash Wednesday to the Saturday after Pentecost (14th February to 25th May). The posts will be in the 'Other News' section of the Diocesan Website. A pdf will be available at the start of the week with the week's material in if you wish to use the materials as a weekly Lent course.

The below are suggestions that might be useful for individuals, groups or congregations as we journey through the Lenten Season.

There is a variety below but just one online course is **Shadow of the Cross** (from the Bible Society), and just one book is **Tarry Awhile** by Selina Stone.

Courses and Books (for individuals, groups, online)

- **Lent Project 2024** (free, online, Biola University Center for Christianity Culture & the arts) daily post with features a Scripture passage, a devotion written by a member of the Biola community, a work of visual art, a poem, and a piece of music. You can receive a daily email (visit page below to sign up) or visit the page: https://ccca.biola.edu/lent/
- **Churches Together in Britain and Ireland** (free, online) Courses available for 2008 – 2023, weekly sheets based on a theme with links to other resources. https://ctbi.org.uk/category/spirituality-and-reflection/lent-courses/
- **Shadow of the Cross** (free, online, The Bible Society) "Every day throughout Lent on this journey in the shadow of the cross, you'll receive a devotion by email with the option to listen to the words being read out by the author. You'll arrive at your Easter celebrations with a renewed appreciation for all that Jesus accomplished on the cross." https://www.biblesociety.org.uk/resources/the-lent-encounter-sign-up/
- **True Freedom** (free, online, World Council of Churches/Clewer Institute) True Freedom is a six-week course, drawing on themes from the book of Galatians, and designed to encourage individuals and churches to respond to modern slavery in their communities. https://www.truefreedom24.com/
- **Unbounded Love** (free, online, Methodist Church UK) "Charles Wesley's famous hymn *Love Divine, All Loves Excelling* (*Singing the Faith* 503) talks about Jesus as 'unbounded love' – a kind of love that cannot be contained, that works in our lives and in our world to free us and heal us. *Unbounded Love* is the theme of the Lent campaign of the Methodist Church in 2024 – holding together our commitments to be a justice-seeking church, and a people who experience and proclaim the good news of God's uncontainable love." https://www.methodist.org.uk/our-faith/worship/lent-and-easter/unbounded-love/
- **CAFOD Online Lent Calendar** (free, online, Catholic Agency for Overseas Development) "Our daily Lent emails of prayer and reflection will offer an opportunity to pause, reflect, pray and take action as we prepare for Easter." https://cafod.org.uk/pray/lent-calendar

- **40 Acts** (free, online, Stewardship) 40 Acts of Generosity for Lent, there are archives of six years (2014-2019) that are available to use. https://www.stewardship.org.uk/40-acts-lent-resource
- **Living Well Through Lent** (free & paid, online & book, Living Compass) A course about Living Well Through Lent 2024: Practicing Forgiveness with All Your Heart, Soul, Strength, and Mind https://www.livingcompass.org/lent
- **Inspired to Follow** (free, online resource, St Martin in the Fields and the National Gallery) not necessarily Advent focussed but applicable. https://www.stmartin-in-the-fields.org/life-st-martins/discipleship/inspired-to-follow/
- **Equip Bible Study** (free download, Scottish Bible Society) courses based on books of the Bible https://www.scottishbiblesociety.org/resources/equip

Daily Reflection Books – could be used by individuals or groups

- "**Lent with the Beloved Disciple**" by Rt Revd Michael Marshall (Bloomsbury Press, c. £11) *"A six-week journey in the company of the 'beloved disciple' as found in the narrative of the Gospel of St John. As the only disciple to have stayed close to Jesus at every stage from the Last Supper to the Crucifixion at Calvary, this eagle-eyed eyewitness intentionally records certain subtle details and signs which, when perceived with the eyes of faith, indicate a deeper and far lasting significance.*
- "**Tarry Awhile**" by Selina Stone (SPCK, £10) "Tarrying is a Black Christian spiritual practice in which believers actively wait to experience the manifestation of God's presence. It answers yes to the question Jesus once asked his disciples: will you tarry here and watch with me? Whether in the vibrancy of music and singing, or in the hushed silence of the congregation, people of all ages anticipate an encounter with God that will transform what they know, feel and experience day to day."
- **"Transfiguration: 50 Pilgrim Steps"** by Rob Marshall (Canterbury Press, £11) "*In fifty pithy and engaging daily reflections from Ash Wednesday to Easter and beyond, Rob Marshall leads us on a pilgrim journey to the Mountain of the Transfiguration. The story of Jesus displaying the overwhelming glory of God to three chosen disciples is one of the most potent yet mysterious stories in the gospels, and a prelude to all that will occur in Jerusalem."*
- "**Loving My Neighbour: A Lenten Journey (BRF Lent Book)**" by Inderjit Bhogal, Joanna Collicutt, and David Gregory (Bible Reading Fellowship, c. £8) "*It's never been more important to understand how much God loves us and how much he wants us to love each other. Loving My Neighbour takes us on a journey through the challenging terrain of how we can truly love one another, individually and in our communities. Daily Bible readings and reflections from Ash Wednesday to Easter Day explore how we can love in truth, love the vulnerable and the suffering, embrace difference, care for our world, and love ourselves as God loves us. Holy Week brings us back to reflect on Christ on the cross, who loved us to the very end."*
- **"Reflections for Lent 2024"** by Andrew Davison, Colin Heber-Percy, Rachel Mann, Mark Oakley and Stephen Cottrell (Church House Publising, £5) *"Reflections for Lent is designed to enhance your spiritual journey through the forty days from Ash Wednesday to Holy Saturday. Covering Monday to Saturday each week, it offers reflections on readings from the Common Worship*

Lectionary, written by some of today's leading spiritual and theological writers." Please note this uses the Church of England Daily Prayer Lectionary which is different to the SEC's.

- **"Lent and Easter for Everyone: From Wilderness to Glory"** by Tom Wright (SPCK, c. £10) *"Join Tom Wright on a transformative journey through the Gospels as he explores the life and impact of Jesus: the highs and lows of his earthly ministry, the power of his teaching and his victory over sin and death. Offering seven weeks' worth of daily readings and reflections, Lent and Easter for Everyone enables you to relive Christ's journey - from his temptations in the wilderness to the darkness of the cross and beyond into the glory of Easter."*

Publisher/Seller Lists of Advent Resources:

- Canterbury Press: https://canterburypress.hymnsam.co.uk/features/lent-resources
- Church House Publishing https://www.chpublishing.co.uk/features/lent-resources
- Bible Reading Fellowship https://www.brfonline.org.uk/collections/lent
- York Courses (published by SPCK) https://spckpublishing.co.uk/bible-studies-and-group-resources/york-courses
- Eden https://www.eden.co.uk/easter/easter-lent-books/lent-courses-and-books/

Materials

- **Seasonal Children's Materials for Lent, Easter and Pentecost** (free & paid, Bible Society) https://www.biblesociety.org.uk/resources/collections/easter-resources/the-awesome-easter-surprise-resources/
- **Seasonal Children's Materials for Lent and Easter** (free – registration required, Scripture Union England & Wales)

Liturgical Resources

- **Experimental Liturgies for Lent, Holy Week and Easter** These were produced to work with the 1982 (2022) Scottish Liturgy
  - Commentary: https://www.scotland.anglican.org/who-we-are/publications/liturgies/experimental-liturgies-and-resources/new-experimental-rite-lent-4/
  - **Ash Wednesday:** https://www.scotland.anglican.org/who-we-are/publications/liturgies/experimental-liturgies-and-resources/new-experimental-rite-lent/
  - **Palm Sunday:** https://www.scotland.anglican.org/who-we-are/publications/liturgies/experimental-liturgies-and-resources/new-experimental-rite-palm-sunday/
  - **Maundy Thursday** https://www.scotland.anglican.org/who-we-are/publications/liturgies/experimental-liturgies-and-resources/new-experimental-rite-lent-2/
  - **Good Friday: Liturgy of the Lord's Passion** https://www.scotland.anglican.org/who-we-are/publications/liturgies/experimental-liturgies-and-resources/new-experimental-rite-lent-3/
  - **The Vigil of Easter** https://www.scotland.anglican.org/who-we-are/publications/liturgies/experimental-liturgies-and-resources/new-experimental-rite-easter-vigil/

- **Other Services** e.g. Stations of the Cross, Tenebrae, Easter Garden Blessing, Stations of the Resurrection can be found in The Book of Occasional Services (American Episcopal Church), Times and Seasons (Church of England), Times and Seasons (Church in Wales), Book of Common Prayer 2004 (Church of Ireland).
- **Thy Kingdom Come** runs between Ascension and Pentecost. the global wave of prayer calling all Christians to pray between Ascension and Pentecost for more people to come to know the love and peace of Jesus Christ. There are resources for all ages and traditions, prayer journals, videos and prayer ideas on the website https://www.thykingdomcome.global/