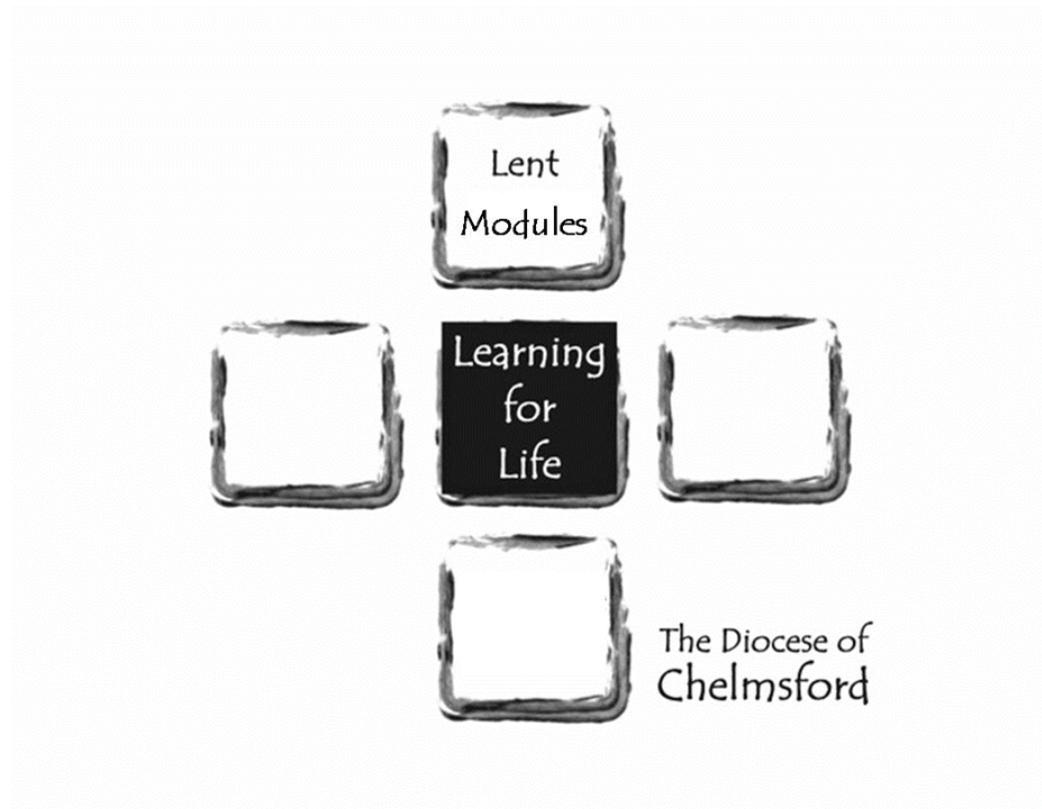


# Lent Modules 2018



Details about Centre locations will be sent to you nearer the time.  
If you require any other information please contact:  
Diane Hardy at the Diocesan Office, 53 New Street Chelmsford CM1 1AT  
Tel: 01245 294449 email: [dhardy@chelmsford.anglican.org](mailto:dhardy@chelmsford.anglican.org)  
[www.chelmsford.anglican.org](http://www.chelmsford.anglican.org)

It's inspiring to see such a good choice of modules to participate in during Lent. Whether you want to be quiet and reflective, learn a new skill, or be challenged in your thinking, there's something here for you. There are, in particular, many modules which will help you as we are called to inhabit the world distinctively as "missionary disciples".

These modules during Lent this year are part of the CCS programme, but also are open to everyone. The normal CCS programme will continue throughout the summer term so that the CCS members can consider, in their own groups, their part in God's mission and vocation.

There's plenty here to choose from! CCS members are expected to choose at least one - but you can do more. And anyone else can join in as well. Look for something that grabs your attention, challenges what you already know and equips you to serve in God's kingdom.

Revd Dr Elizabeth Jordan  
Lay Ministry Adviser  
[ejordan@chelmsford.anglican.org](mailto:ejordan@chelmsford.anglican.org)



The Church of England  
in Essex and East London  
Diocese of Chelmsford

# Lent Modules

## Module Lent 1 The Church, the Enlightenment and Revolution

The Peace of Westphalia 1648 brought an end to the religious warfare between the states of Europe. However, religious differences continued within those states while in the 18th century the Church, Catholic and Protestant, faced new challenges of the growth of science, the Enlightenment and political and economic revolution.

### **COURSE CONTENT includes:-**

- Week 1 The Peace of Westphalia: the success of the Counter Reformation.  
Religious policies in France and Britain in the late 17th century.
- Week 2 The "Ancien Regime ": the Enlightenment and the Enlightened Despots.
- Week 3 Economic revolutions in England and their effects on the Church.  
The American Revolution and a secular Constitution
- Week 4 The Revolution in France.
- Week 5 Napoleon, his religious policy and the "Code Napoleon".  
The Church in Britain and Europe in 1815.

Tutor: Miss Rowena Rudkin  
Gwinnell Room  
St Mary's Church  
South Woodford

Thursday evenings 7.30pm - 9.30pm  
February 15,22 & March 8,15,22  
Course fee £40

## Module Lent 2 People who met Jesus

During this module you will reflect and discuss the social, cultural, faith issues surrounding the crucifixion at the time of Jesus and for 21<sup>st</sup> century believers.

From the Last supper to the actual crucifixion various people interacted with Jesus including a temple guard, people in the crowd. We meet some of these people using monologues, meditation and open discussion.

No experience required but come with an open mind. Please bring your own lunch.

Tutor: Mrs Maureen McPherson  
Library  
Diocesan Office  
Chelmsford

Tuesday 9.30am - 4.00pm  
20th March  
Course fee £7.50

### **Module Lent 3 Christ Pictured**

The sessions will be about how artists picture Christ and how that might help us to picture Christ. The sessions will include some input about the artists and paintings followed by reflection and discussion. This is NOT a painting class.

#### **COURSE CONTENT includes:-**

Week 1 Emmanuel - God with us. Russian icons. Led by Chris Thomas.

Week 2 Christ the carpenter - Reflection on Christ the one who accomplishes his God given task to save the world by Lesley Lynn.

Week 3 Christ in the wilderness - Stanley Spencer by Lesley Lynn using Bishop Steven's book.

4. Christ on the cross. Led by Mark James.

5. Christ - risen, ascended, glorified. Led by Mark James.

Tutors: Mrs Lesley Lynn

Revd Mark James & Mrs Chris Thomas

Church Centre, Christ Church

Warley

Thursday evenings 7.30pm - 9.30pm

February 22 & March 1,8,15,22

Course fee £40

### **Module Lent 4 Living the Liturgy (An exploration of the Mass)**

The aim of this module is to provide a greater understanding of the various elements of the Mass.

#### **COURSE CONTENT includes:-**

Week 1 – The Gathering – The church gathers and we come as individuals.

Week 2 – The Liturgy of the Word

Week 3 – The Liturgy of the Eucharist (Part 1)

Week 4 – The Liturgy of the Eucharist (Part 2)

Week 5 – The Dismissal – “Go” – The Church into the World

No previous experience required — all welcome

Tutors: Father Neil Dalley

St Clement's Church

Leigh-on-Sea

Tuesday evenings 7.30pm - 9.30pm

February 20,27 & March 6,13,20

Course fee £40



**Module Lent 7**  
**“W@W” - Witnessing in the World of Work**  
**equipping effective everyday evangelism**

**PURPOSE**

W@W aims to investigate the theory and practice of active Christian witness in today's workplace. Its purpose is to better equip Christian witness in an agnostic and atheist atmosphere, and in one where witness involves interaction with other active faith systems.

**COURSE CONTENT includes:-**

Week One will investigate being a Christian in the workplace – why witness in the workplace, what is witness, the barriers to witness, ethical challenges in the workplace, and witness without words. Week Two will develop worldly-wise witnessing, investigating approaches to those of different beliefs and how those beliefs affect thinking and behaviour, examining differences and similarities between Christian belief and those of Agnostics and Atheists, Jews and Muslims, and Sikhs and Hindus in order to facilitate greater understanding and more effective witness.

**TARGET GROUP**

W@W is ideal for any Christian, employed, seeking employment or volunteering, who is seeking to evangelise more effectively in the workplace.

Tutor: Mr Mac Leonard  
St Pauls Church, Woodford Bridge  
Cross Road  
Woodford Green

Saturdays 10.00am - 3.30pm  
February 24th & March 17th  
Course fee £15

**Module Lent 8**  
**Meeting with God**

5 sessions where we explore and try out a variety of different ways to pray such as Using the Lord's Prayer, Ignatian Prayer using the Bible, Examen, Silent Prayer, the Jesus prayer.

**TARGET GROUP**

Anyone who would like to experience some different ways to pray and deepen their spiritual life.

Tutor: Mrs Margaret Henning  
Canon Dr Linda Barnard &  
Judith Bendkowski  
St John's Church  
Southend-on-Sea

Monday evenings 7.30pm - 9.30pm  
February 19,26 & March 5,12,19  
Course fee £40

**Module Lent 9**  
**Lost Sons: God's long search for humanity**

Stories in the book of Genesis tell of “fathers” whose sons are lost to them through “deaths” of various kinds. One is murdered, another is abandoned, a third is supplanted, a fourth is betrayed, a fifth is taken for sacrifice and a sixth is forgotten about. Through these accounts we trace the theme with which the biblical narrative begins: God's first son, Adam, by becoming “lost” to his creator, sets in train God's long search for humanity...

**COURSE CONTENT includes:-**

Week 1 The murdered son: Abel  
Week 2 The cursed son: Canaan  
          The abandoned son: Ishmael  
Week 3 The bound son: Isaac  
          The supplanted son: Esau  
Week 4 The betrayed son: Joseph  
Week 5 The son lost and found: Jesus

No previous experience required.....just an open mind

Tutors: Dr John Shaw &  
Revd Samantha Winney  
St Michael's Church  
Ramsey

Wednesday evenings 7.30pm - 9.30pm  
February 21,28 & March 7,14,21  
Course fee £40

**Module Lent 10**  
**Bible Society LYFE**

We are offering an opportunity to sample the excellent Bible Society Lyfe resources.

This “selection of Lyfe resources is designed to help individuals and small groups to discover a deeper life with God. Each spiritual formation resource draws deeply on the Bible and spiritual practices that have inspired and sustained Christians throughout the centuries.”

Tutor: Mr Hugh Thomas  
St John's Church  
Colchester

Wednesday evenings 7.30pm - 9.30pm  
February 21,28 & March 7,14,21  
Course fee £40

**Module Lent 11**  
**The nature and character of God: an exploration of the Trinity**

We will explore the intimacy between the persons of the Godhead (Father, Son and Holy Spirit) and man's relationship to God through the book and film 'The Shack'

**COURSE CONTENT includes:-**

Introductory Session: What do we understand by the Trinity?

Second Session: The Loving Father

Third Session: The Obedient Son

Fourth Session: The Power of the Holy Spirit

You will need only a basic knowledge of the Trinity and be interested in knowing more about it.

**Before attending you will be required to have read the book 'The Shack' by William P. Young, which can be purchased through the Diocesan Christian Bookshop on 01245 294405.**

Tutors: Mrs Karen White & Mrs Susan Shadrake & Revd Michael Hall  
St Andrew's Church  
Basildon

Wednesday evenings 7.30pm - 9.30pm  
February 21,28 & March 7,14  
Course fee £40

**Module Lent 12**  
**Stress and Relaxation**

Stress is in everybody's life. It can be beneficial or destructive. As a group we look at how our body and mind reacts to stress and how we can de-stress. As a group we try various relaxation techniques and exercises with the aim of handling the stress in our lives better.

No previous experience necessary but come with an open mind. Please bring your own lunch

Tutor: Mrs Maureen McPherson  
Library  
Diocesan Office  
Chelmsford

Monday 9.30am - 4.00pm  
March 12th  
Course fee £7.50

### **Module Lent 13 Evangelism and the Third Age**

The aim of this module is to inspire seniors because of their vocation to ministry. To recognise the need for the church to cross generation boundaries with the Good News about Jesus. To know how to prepare for this life enhancing task.

#### **COURSE CONTENT includes:-**

Facing the profound changes of our times,  
Christian Grand Parenting  
Crossing the generation boundaries  
How to live well as ambassadors for Jesus  
How to get started

No previous experience necessary.

Tutor: Revd Canon Hugh Dibbens  
St John's  
Walthamstow

Thursday afternoons 1.15pm - 3.00pm  
February 22 & March 1,8,15,22  
Course fee £40

### **Module Lent 14 Primed for Prayer**

St Paul tells us to pray constantly. That is easier said than done and not at all as easy as it sounds. The course will be experiential i.e. of a more practical nature, involving some prayer and aims at exploring, and recognising, what can trigger prayer in daily life. For example, 'looking' is not the same as 'seeing'. Previous courses from Linda on prayer have been about how to pray, and perhaps about what to pray. This one is almost all about motivation to pray. To prime something is to set it ready to work. Being primed for prayer could be useful.

Tutors: Canon Dr Linda Barnard  
Diocesan Office  
Chelmsford

Saturday 9.30am - 4.30pm  
March 17th  
Course fee £7.50

**Module Lent 15**  
**The History of the Reformation in England**

**Through Essex Source.**

This is a chance to study in more depth the social and economic as well as theological impact the reformation had on English History from Essex sources.

Topics that will be on offer will include: Pre-reformation England, the origins of the reformation, the dissolution of the monasteries, and the impact on a parish church, the post reformation church, liturgy and the Bible.

It will also be a chance to look at primary source material and develop critical skills in reflection and analysis.

The English reformation

**The Victorian Church.**

The English Victorian Church. This was one of the most significant periods in Church history. From 1837-1914. We will look at the principal movement that influenced the church in the period. The growth of urbanization as a critical challenge to the mission of the church. The development of secularization and the churches response to this growing concern. Through the personalities and event, we will plot the journey the church took in the nineteenth century to ask where we are today.

No prior experience is needed.

Tutors: Revd Dr John Brown  
St Luke's Church Centre  
Ilford

Wednesday evenings 7.30pm - 9.30pm  
February 21,28 & March 7,14,21  
Course fee £40

**Module Lent 16**  
**The Gospel of Christ and the Expansion of Human Consciousness**

The New Testament seems to have arisen out of an unprecedented experience of human vitality among those who believed that they had encountered, submitted to, and were living in the power of, the crucified and risen Christ. While we encounter many examples of such vitality among modern Christians, it is far from the norm. Much modern Christianity is either dull and conformist, or makes a great play of a vitality which is in reality subject to some pretty rigid rules.

In this course, we will use Scripture and theological reflection to seek to uncover this vitality, and try to be honest about our own personal experience, including where we have got stuck, to try to make the vitality more our own.'

Tutor: Revd Robert Wiggs &  
Revd John Dickens & Mrs Adrienne Knight  
The Octagon  
St Mary's Church  
Maldon

Tuesday evenings 7.30pm - 9.30pm  
February 27 & March 6,13,20,27  
Course fee £40

**Module Lent 17**  
**Life Balance,**  
**by Robert Warren & Sue Mayfield**

A 5 session course looking at getting the right balance between rest, work and play, building "Sabbath time" into the pressures of 21st Century living.

"Keeping the Sabbath holy is not just another commandment conveniently forgotten in the society that loves being busy; it is a gift of God in creation: a way of restoring balance to life. Rediscover it here"

Stephen Cottrell, Bishop of Chelmsford

Session 1: Time to pause

Session 2: Time to celebrate

Session 3: Time to rest

Session 4: Time to play

Session 5: Time to liberate

No previous experience necessary.

Tutor: Mrs Caroline Harding LLM  
Revd Dawn Jewson  
St Mary's Church  
Little Hallingbury

Thursday evenings 7.30pm - 9.30pm  
February 22 & March 1,8,15,22  
Course fee FREE