

St Lawrence  
Church

Hope  
Church

St Francis  
Church

# LENT

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## Heart, Body, Mind

*Matthew 22.37 'Love your God with all your heart and with your soul and with all your mind.'*

This year, why not dedicate your whole self to our Lord and your faith, finding new ways and skills of understanding how we love Him with all that we are!

Please use this leaflet to identify the activities you would like to engage with, we hope there is something for everyone. Don't forget to book!



# LENT

## BOOKING DETAILS FOR ALL EVENTS:

All events can be booked via ChurchSuite,  
or if you do not have a login,  
please email [admin@st-francischurch.org.uk](mailto:admin@st-francischurch.org.uk)  
or call (01722) 413644

## Join us for Heart, Body, Mind Lent events for all:

Date	Event & Time	Detail
15th March	<b>Family Walk</b> 1.30 - 3.30pm	With Joy Wilkinson, meet at either the car park off Ford Lane by the dog agility field, or St Francis Road entrance to the Park. For active people of all ages - there will be some slopes. Spot signs of spring and identify different trees and plants using a spotting guide, whilst exploring the Country Park.
10th April	<b>Lent Lunch</b> 12 noon	With Heather Platt, a simple lunch of soup, bread and cheese, with coffee or tea and a biscuit and a presentation from The Foodbank about current needs in Salisbury. Adults and older teens welcome, no charge, but financial donations to the Foodbank appreciated. (Max. 48 places - to book: 01722 416946 or <a href="mailto:jimandheatherplatt@gmail.com">jimandheatherplatt@gmail.com</a> Please advise of any allergies when booking).
16th April	<b>Litter Pick</b> 10 - 11am	With Rev. Suzie, meet at the Coop carpark (lower part) at Old Sarum. Come with secure gloves, a bag and a litter grabber if you have one. (Max. 25)

## Join us for Heart, Body, Mind Lent events for adults:

Date	Event & Time	Detail
10th March	<b>Creative Writing</b> 2.30 - 4.30pm	With Charlotte Weatherley, an interactive writing session exploring the personal impact of Lent. In the Reading Room at St Lawrence Church. (Max. 12 places)
18th March	<b>Adult Art Session</b> 1.30 - 2.30pm	With Jean Filtness in small halls at Old Sarum and Longhedge Community Centre (Max. 20 places)
19th March	<b>Becoming Bread</b> 7 - 9pm	With Ali Bridewell, baking bread as a Lent reflection, at the St Beatrice Rooms, St Francis Church. (Max. 12)

# Join us for Heart, Body, Mind Lent events for adults, continued:

## Worship & Prayer, alongside Fasting

### When & Where

Tuesday evenings, 7.30pm at St Francis Church  
March 11, 18 and 25  
April 1, 8, 15

### Detail

Come and join Rev. Jean, Rev. Joe and Cat, who will lead the celebrations of the day's fasting with worship, prayer and a reflection.

## Book Club

### When & Where

Tuesday mornings,  
10-11.30am  
Portway Fosse, Stratford-sub-Castle  
SP1 3LD  
March 11, 18 and 25  
April 1, 8, 15

### Detail

Looking at Sacred Belongings, by Kat Armas, facilitated by Rev. Suzie. Come ready to chat about the short chapters we have read - no expertise required. (Maximum 20 attendees).

## Lent Walks

Thursdays at 10am, all walks maximum 15 people

### Date

### Where to meet

### Detail

13th  
March

With Peter, start at the car park across the road from St Francis.

Route circling Victoria Park, with suggested stop at the cafe. Approx. 1 hour, dogs welcome.

20th  
March

With Chris, start at St Lawrence Church.

Easy route with 1 slope.  
1.5 - 2 hours, dogs welcome.

27th  
March

With Peter, start in the car park of Airfield (Hanger 3), access by Kia garage.

Easy route, approx. 1 hour, ending at the cafe, dogs welcome.

3rd April

With Chris, start at St Lawrence Church.

Easy route, approx. 1 hour, toilet en route, dogs welcome.

10th April

With Anne and Jane, meet at Old Sarum (suggested parking at Hudson's field).

Walking from Old Sarum to the Cathedral. Three stops with a short led reflection. Assistance dogs only on this walk please and no children. Approx. 1.5 hours

# Join us for Heart, Body, Mind

## Lent events for families:

All the children in our worship communities will be given a **Lent Pathway** designed to be followed as a family. Everyone will be encouraged to live out their faith, with acts of kindness, active learning about God's world and by looking after the bodies that God has given us by being physically active - adding stickers to their pathway as they go.



**4th March,  
Shrove Tuesday,  
Join us for pancakes  
and a quiz.  
4.30 - 5.30pm  
Beatrice Room,  
St Francis Church  
With Emily, for children  
and their families.**



**22nd March,  
Family Swimming  
Session, 4 - 5pm  
For families with  
children under 11,  
at Five Rivers, Small  
Pool, with floats  
LIMITED PLACES (35)  
1 adult per  
2 children under 8**



**5th April,  
Treasure Hunt,  
2.30pm  
With Sam Foster,  
meeting at the park  
near  
Old Sarum  
Community Centre**

**9th April, Stay and  
Play, 2-4pm  
Youth Lounge at St  
Francis Church,  
for children of all ages  
and their parents/carers/  
grandparents  
Crafts, games and  
refreshments.**

**12th April, Men  
Behaving Dadly,  
9-10am  
With Rev. Joe  
Youth Lounge at St  
Francis Church, for  
Dads and their little  
ones up to Year 6.  
Breakfast, board  
games, crafts and  
games.**

**16th April, Family Art  
Session, 2 - 4pm  
All aged participation  
- family centred, but  
all welcome!  
With Jean Filtress,  
The Reading Room, St  
Lawrence Church.**

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**We look forward to seeing you!**