

Opening up the Psalms

A Lent Course at St. Mary's Church Bromley

Lent is a time to deepen our faith in preparation for Easter. This year there will be an opportunity to use and reflect on the Book of Psalms. There will be five Thursdays in Lent beginning on 2nd March. There will be a morning and an evening session. Each will cover the same ground. Two sessions will give a greater opportunity for people to attend. The scheme is as follows:

1. The fullness of life
2. Praising God
3. Lamenting experience
4. Citizens of the Kingdom
5. People of worship

The sessions will be held in the Buchan Hall of Church House.

The morning session will be 10.30am - 11.30am.

The evening session will be 8.00pm to 9.00pm.

The Lent Course will encourage people to read the Psalms on a daily basis from Ash Wednesday until the last session. The scheme has a break on each Sunday.

There are two reading plans. These are detailed overleaf.

The full plan is to use the scheme from the Book of Common Prayer that covers the Psalter in thirty days with a number in the morning and a number in the evening.

The lighter scheme is to read one Psalm a day.

The key thing, which ever scheme you choose, is not to allow it to be a burden. If you do not do a certain reading on a given day, be kind to yourself. Perhaps do it later or just put it to one side.

Churches Together Lent Course

The reading plan also includes the dates for the Churches Together Lent Course. This will run on Tuesdays at 8pm from 28th February to 4th April inclusive at St Peter & St Paul's Church. The course is entitled 'Teach Us To Pray' and the sessions will be based on the Lord's Prayer.

	Morning	Evening	One a day
22 Feb Ash Wednesday			
23 Feb	1-5	6-7	1
24 Feb	9-11	12-14	11
25 Feb	15-17	18	15
26 Feb First Sunday in Lent			
27 Feb	19-21	22-23	23
28 Feb CT Lent Course	24-26	27-29	24
01 Mar	30-31	32-34	30
02 Mar St. Mary's Lent Course	35-36	37	36
03 Mar	38-40	41-43	42
04 Mar	44-46	47-49	46
05 Mar Second Sunday in Lent			
06 Mar	50-52	53-55	51
07 Mar CT Lent Course	56-58	59-61	61
08 Mar	62-64	65-67	67
09 Mar St. Mary's Lent Course	68	69-70	70
10 Mar	71-72	73-74	73
11 Mar	75-77	78	75
12 Mar Third Sunday in Lent			
13 Mar	79-81	82-85	82
14 Mar CT Lent Course	86-88	89	88
15 Mar	90-92	93-94	90
16 Mar St. Mary's Lent Course	95-97	98-101	95
17 Mar	102-103	104	103
18 Mar	105	106	105
19 Mar Mothering Sunday			
20 Mar	107	108-109	108
21 Mar CT Lent Course	110-113	114-115	110
22 Mar	116-118	119:1-32	116
23 Mar St. Mary's Lent Course	119:33-72	119:73-104	119.33-56
24 Mar	119:105-144	119:145-176	119.105-128
25 Mar	120-125	126-131	121
26 Mar Fifth Sunday in Lent			
27 Mar	132-135	136-138	133
28 Mar CT Lent Course	139-140	141-143	139
29 Mar	144-146	147-150	144
30 Mar St. Mary's Lent Course			
04 Apr CT Lent Course			