



Activities for Lent

Outdoor Church is for all-ages. All are welcome, as we enjoy God's beautiful creation and explore how we can worship and pray together without walls.

We hope our **Outdoor Church** might be able to meet towards the end of Lent and during Holy Week. Meanwhile, here are some activities you can do on your own or with your family or household bubble. Most can be done in any order, or any day, but the first activity is best done on Ash Wednesday if possible, or near the beginning of Lent,

1) Ash Wednesday (17 February)

Get some soil from the garden (or from an indoor plant, if you can't go outside). Mix it with olive oil or water to make a muddy paste (note: **don't** mix ash with water!). Either bring the mud to our Zoom Eucharist at 7:30pm, or mark a cross on your forehead and say the words:



*Remember that you are
dust, and to dust you shall
return.*

-Genesis 3:19

Want to go deeper? Read and reflect on Genesis Chapters 2 and 3.

2) "Jesus set his face towards Jerusalem ..." (Luke 9:51).

Do you have a compass, or do you know in which direction the sun rises? Jerusalem is to the East. Go outside your house and look towards the East. Can you go for a walk, heading East? (You might need to walk in other directions too but, whenever you can, head East). Be careful of traffic when crossing roads!

As you walk, can you imagine Jesus and his disciples walking towards Jerusalem, where Jesus would die on the cross. Can you imagine how Jesus, or his friends, might have felt? I wonder what they talked about, on the way to Jerusalem?

- 3) **On a rainy day:** God led his people Israel out of captivity in Egypt, through the Red Sea, to freedom.
Go for a walk in your wellies and as you walk through puddles, imagine God leading you to freedom. Can you find a stream you can safely cross (maybe using a bridge)? You might want to thank God for your freedom, or pray for more freedom.

Want to go deeper: Read Exodus 13 and 14, or find the song “Go down, Moses,” on YouTube and listen to it. Perhaps you could sing it?



- 4) **On a dry, sunny day:**
“Jesus was in the wilderness for forty days ...” (Mark 1:13)
Go for a walk, and imagine you are in the desert or wilderness with Jesus. I wonder how Jesus might have felt? Can you imagine how hungry and thirsty he must have been?
Want to go deeper: Read Luke Chapter 4, or do an internet search for pictures of Jesus in the wilderness. What temptations do you face? Ask God to give you strength to overcome those temptations.
- 5) **On a rainy day:**
“Jesus said to her, “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.” (John 4.13-14)
Go for a walk in the rain, or stand in your garden, and see if you can catch a raindrop on your tongue. When you get home, have a hot drink to warm you up.
Want to go deeper: Read John Chapter 4, or see if you can find a recording of the song, “Have you heard the raindrops?” on YouTube. Listen to the words, or sing along.
- 6) “In the morning, while it was still very dark, Jesus got up and went out to a deserted place, and there he prayed.” (Mark 1.35).
Go to the churchyard one morning – perhaps at dawn. What can you hear? What can you see? What can you smell?

If you were going to make a prayer space in the churchyard, where would you make it? What would you put there, to help people to pray? You might like to pray there now.

Want to go deeper: Email the Vicar your thoughts, ideas and photographs about where to create a prayer space (rev.karen.charman@gmail.com)

- 7) "Look at the birds of the air; they neither sow nor reap, nor gather into barns, and yet your heavenly Father feeds them." (Matthew 6.26)
Do you have bird feeders in your garden? Can you make bird feeders, and put some food out for the birds? Make a list of all the different species of birds you see this Lent (you can use the internet to help you identify different birds).

Want to go deeper: read Matthew 6.24-34. Talk to God about the things you worry about, and ask him to help you to stop worrying. Share your bird photographs on our Facebook Page: @GCHBenefice or tag us on Twitter with the tag #OutdoorChurch



- 8) "As a deer longs for flowing streams, so my soul longs for you, O God." (Psalm 42:1)

Go for a walk, and see if you can see any deer, or any deer footprints. Keep a count of how many deer you see during Lent. You might see muntjac and roe deer. Do you see any other species?

Want to go deeper: read Psalm 42. Talk to God about your hopes and fears, and how you are feeling. Be honest. Perhaps you could write your own psalm, or a song to God?

Share your deer photographs on our Facebook Page: @GCHBenefice or tag us on Twitter with the tag #OutdoorChurch

9) “Consider the lilies of the field, how they grow ...” (Matthew 6:28)
Go for a walk around the village and churchyard, or stand in your garden, and see how many different species of flower you can see. Perhaps keep a list of all the different flowers you see during Lent. Can you photograph them or draw them? Share your flower photographs on our Facebook Page: @GCHBenefice or tag us on Twitter with the tag #OutdoorChurch

10) **On a starry night:** “God brought Abraham outside and said, ‘Look towards heaven and count the stars, if you are able to count them.’ Then he said to him, “So shall your descendants be.’ And he believed the Lord ...” (Genesis 15:5)
Go outside on a starry night – perhaps you could go to the churchyard, or out in your garden. Can you count the stars? How many can you see?

Share your star photographs on our Facebook Page: @GCHBenefice or tag us on Twitter with the tag #OutdoorChurch

Want to go deeper: read Genesis 12-21. Consider how long Abraham and Sarah waited for God's promise to be fulfilled. What has God promised you, or what are you waiting for? Do you believe God's promises?



We hope Outdoor Church will be able to meet later in Lent, and in Holy Week. Please subscribe to our e-newsletter for more news – email: emilyjmelias@gmail.com and ask to subscribe.

Remember to post your **#OutdoorChurch** photos on our Facebook page @GCHBenefice or email them to rev.karen.charman@gmail.com
Thank you.

Stay safe, and enjoy exploring God's wonderful creation and our beautiful villages and countryside, this Lent.