



**The United Benefice of
Holy Trinity Cuckfield
and
St Mary Magdalene Bolney**

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**CUCKFIELD AND BOLNEY BENEFICE
LENT GROUP 2024**

**Share a simple meal on a Thursday evening
And take part in a lent course.**



**“FINDING A VOICE”
A Lent course by Hilary Brand.**

Led by Rev'd Daniel

Taking the film, *The King's Speech*, as a starting point, the course explores the ways in which fear holds us back from our entering our full Christian potential and examines how we, like Bertie, can face and overcome our fears and begin to find our authentic voice.

This leaflet gives you a little bit more information about how the course will work and answer any questions that you might have.

Where and When?

The course begins on Thursday 22nd February 2024 (session 1), with the other sessions taking place on 29th Feb (Session 2), 7th March (Session 3), 14th March (Session 4) and 21st March 2024 (Session 5/Last Session).

Each week we will gather at 6.00 pm for an optional simple Lent Supper (Bread, Soup, Cheese or similar), and the course will start at 7.30 pm. Each session will end around 9.30pm.

The first session will be hosted at the Vicarage, 5 Barrowfield, RH17 5ER. Other sessions might be hosted by other course member (no obligation), if not, number, and numbers permitting they will take place at the Vicarage.

Must I attend every session?

No..... don't worry if you can't attend every session, just come to those that you are able to. The way that the course is designed, you will be able to see from the course book what you have missed.

How the course works

There are five weekly group sessions each with two accompanying chapters, which participants are encouraged to be read individually, before and after the session. Each group session is timed to be about an hour and a half long. Each includes two clips from the film The Kings Speech.

Do I need to do any preparation?

Before the first session you will need to get hold of a copy of the course book. This can be easily ordered from Amazon if you follow this link
https://www.amazon.co.uk/Finding-Voice-Course-Kings-Speech/dp/0232528934/ref=sr_1_4?crid=35ZZB7GN6JCEN&keywords=%22finding+a+voice%22&qid=1704547348&srefix=finding+a+voice+%2Caps%2C92&sr=8-4

Amazon seem to be able to deliver pretty quickly, and the cost is £5.99. If you have difficulty getting hold of a copy, please contact the parish office and we will endeavour to assist.

It is possible to follow the course without having seen the film through beforehand, but it is not advisable. Many of you may have seen the film some time ago and think you know it. You probably won't remember anything like as much as you think! So please, if you possibly can, make a point of seeing the film right through before the course starts. You can get a copy from here:

https://www.amazon.co.uk/s?k=the+kings+speech&crid=2KPP3OK7IZN4N&srefix=t+he+kings+speech%2Caps%2C86&ref=nb_sb_noss_2

Before the first session, you might like to read through the section entitled "To start you thinking – Gods opening Gambit" (p15-18) and the suggested bible reading "Genesis 15: 1-6".

What will we cover?

- Session 1 - The stuff of nightmares and the power of friendship.
- Session 2 - Chasing the dream or fulfilling the calling.
- Session 3 - Pressing forward and breaking through.
- Session 4 - Poisonous words and profane responses.
- Session 5 - Eloquence for evil and stammering for good.

There is an additional session called having your say, which can be organised if participants wish, perhaps in a social setting after Easter!

Why join us this Lent

Over the centuries Lent has lost its radical edge. For most people now it is a residual custom involving the brief forswearing of chocolate or booze. It was intended to be much more. Historically, Lent was a time for strengthening and for preparation: a time when fasting strengthened flagging will-power; when prayer and meditation prepared for Easter when baptismal vows were renewed.

Lent serves as a reminder of Christ's 40 days in the wilderness, during which he prepared and strengthened himself for the challenges ahead. Similarly, it appears that his early followers recognized the importance of preparation and fortification for their own journeys. In those trying times, they seemed to grasp the radical and essential nature of their calling more deeply than we often do in the present day.

Followers of Jesus Christ are described in the New Testament as 'a royal priesthood' and as the recipients of a 'glorious inheritance' and an 'incomparably great power' – people with incredible potential and enormous responsibility; people with a duty - to speak with authority about that which is loving and true.

Yet these days many of us seem to have lost our voice. So eloquent are the voices raised against faith - and often so subtly dismissive — that we no longer believe we have a right to be heard. So private has our religion become that propriety prevents us either revealing our pain or offering encouragement. So flabby are our wills and so strong are our fears that we have lost our sense of who we could become and what together we might accomplish.

That is why Lent remains important and why Lent courses, if entered into with honesty and commitment, can be vital staging posts in the journey towards fulfilling spiritual potential. And why, in this case, a film like *The King's Speech* is such a powerful tool.

<p>Numbers may have to be limited, so if you wish to sign up please email office@holytrinitycuckfield.org</p>
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We look forward to seeing you on Thursday 22nd February 2024!

If you have any questions, please feel free to contact Daniel by replying to this email.

With every blessing....

Rev'd Daniel