



## Suggestions to help us on our Lenten journey

Read through Matthew, the Gospel for this year. Matthew has 28 chapters. It can be read at one sitting or a chapter a day.

We would like to invite you to borrow one of the books displayed by the Cokethorpe altar in church. We have found that reading a book in Lent is a good discipline, so do look through the books. If you take one and it doesn't suit you, bring it back and try another. If you want to talk about the book, or if you would like to keep it, or read more books by the same author, talk to the person whose name is inside the front cover. Enjoy your Lent reading!

There are many websites, apps, and videos online which you may find helpful. Here are a few:

Oxford Diocese "Come and See" this year looking at the Eucharist  
<https://oxford.anglican.org/come-and-see>

"Everyday Faith", the Church of England app providing a thought for the day.

<https://www.churchofengland.org/node/25598>

"Draw Near: Life-Giving Habits for Lent", the Church of England official booklet for Lent, with 40 daily reflections. <https://is.gd/YQNXbW>

Tom Wright has a series of 6 short videos looking at Lent as:

- a habit of the heart
- a time of testing
- following the Shepherd
- weeping together
- a fulfillment of Creation
- humility

Google "Tom Wright Lent" for links.

Chichester Diocese has produced a Lent course on the Gospel of Matthew. <https://is.gd/r1Rmak>

There is an introductory video on YouTube

<https://www.youtube.com/watch?v=HBrha0tyVGU&t=16s>