



Rhythm of Life

Lent Course

This is a standalone course that can serve as a stepping stone for further engagement with the Rhythm of Life. There will be six sessions, with online materials, for use with Zoom.

Sessions will provide an opportunity to engage with the seven Rhythm of Life areas for deepening commitment:

Praying Reflecting Encouraging Sharing
Resting Celebrating Creating

Each session will be 90 minutes in length, including a 10 minute break. The framework will consist of video clips, Bible passages, discussion questions, break out groups for discussion and prayer.

We will be leading this course on Thursday evenings in Lent:
18th & 25th Feb, 4th, 11th, 18th & 25th March, 7.15pm – 8.45pm

To book a place and receive the Zoom link, please email Revd Camilla:
camilla.cd@cantab.net



Course materials and further information can be accessed via the Rhythm of Life pages on the Digital Learning Platform (DLP):

learning.leeds.anglican.org/RoL