

Journeying through Lent



SOLIHULL
PARISH

Ash Wednesday Services, Lent Study Groups & Suggested Reading

Solihull Parish warmly invites each of us to journey through Lent together. This begins on Ash Wednesday with services throughout the day across the parish (see back cover). This Liturgy for Ash Wednesday begins thus:

My friends, since early days Christians have observed with great devotion the time of Jesus' passion and resurrection and have traditionally prepared for this be a season of penitence and fasting. By carefully keeping these days, Christians take to heart the call to repentance and the assurance of forgiveness proclaimed in the gospel, and so grow in faith and in devotion to Christ.

And so I invite you, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy word.

Beyond these services we are also invited to join one of the small groups offering space for prayer, reflection, and shared conversation as we journey towards Easter. Whether you are new to Lent study or have taken part before, these sessions provide an opportunity to deepen faith, explore scripture together, and support one another in a welcoming and informal setting. All are welcome, and no prior knowledge is needed – simply come with an open heart and a willingness to reflect together.

Our focus for Lent 2026 is Prayer, in particular, The Lord's Prayer.

The prayer Jesus taught us is of course foundational as we seek to live the Christian life with Lent affording us a wonderful opportunity to delve more deeply into it and be transformed by it.

The following extract is from Stephen Cottrell, Archbishop of York, and author of one of the resources we will be using.

If people know a prayer, it's the Lord's Prayer. It is recited by millions of people every day and on every kind of occasion. For comfort, for spiritual sustenance, for joy, sadness, and for routine. By soldiers going into battle. In Church Sunday by Sunday. At the christening of a new child, and at the coronation of a King. Walking the dog and burying the dead. But not everyone knows it. And not everyone knows it well. Even those of us who know it very well and say it every day, don't always stop to think about what it means. It is, for some of us, almost too familiar. We say it. We know it by heart. But it hasn't got into our hearts. In giving us this prayer, Jesus is saying: this is what we should be asking for. And if we did ask for these things, what a difference it would make. If we truly lived out the values of the Lord's Prayer, the world would move towards a place of justice, compassion, and balance – where no one takes more than they need, and everyone receives what they truly require... So, here's my advice: don't say this prayer if you think your life and the world around you is just fine as it is. But if, like me, you think things could change, then say this prayer, and let that change begin in your own heart.

Our St. Alphege study group (Friday mornings) will follow the CofE resource 'Pilgrim: The Lord's Prayer' by Stephen Cottrell (Archbishop of York) and Paula Gooder (Chancellor of St. Paul's Cathedral and former Canon Theologian at Birmingham Cathedral). This will also be the basis of our Churches Together Saturday Breakfasts.

Our St. Helen's study groups (Monday afternoons and evenings) will follow 'The Prayers that Jesus Prayed' by Amy Boucher Pye. Amy is a regular contributor to Daily Bread and the author of 7 Ways to Pray and Transforming Love.

Our St. Michael's study group (Thursday afternoons) will explore The Lord's Prayer through the visual arts, featuring artworks from across the centuries.

Suzette, our Pioneer Minister, will be exploring The Lord's Prayer with her regular Food4Thought group (Monday mornings).

Alongside this focus on prayer, we are also running the '321 Course' by Glen Scrivener (Sunday evenings at St. Alphege) which offers a new perspective on exploring life according to Jesus. This is for those exploring faith or new to faith and was thoroughly enjoyed by those who took part last time (September 2025).

And finally, we are also offering the self-guided booklet: 'Pilgrim Journeys: 40 days of Reflections on the Lord's Prayer' by Steven Croft (Bishop of Oxford) at £3 per copy. This will be ideal companion for our journey through Lent whether or not we are able to join a study group, and available from Sunday 8th February.

Reflection Groups

Sunday Evenings

Focus: 321 Course

Time: 6.00pm - 7.30pm

Venue: Oliver Bird Hall Room 5

Led by: Nick Parker

(rector@solihullparish.org.uk)

Dates: 1st, 8th, 15th, 22nd March

Thursday Afternoons

Focus: The Art of the Lord's Prayer

Time: 1.45pm - 3.00pm

Venue: St Michael's Chapel

Led by: Simon Marshall

(simon@solihullparish.org.uk)

Dates: 26th Feb, 5th, 12th, 19th, 26th March

Monday Afternoon (Women's Group)

Focus: The Prayers of Jesus

Time: 2.00pm - 3.30pm

Venue: St Helen's Chapel

Led by: Moira Wyatt

(geoffrwyatt@btinternet.com)

Dates: 9th, 23rd Feb, 2nd, 9th, 16th, 23rd March

Friday Mornings

Focus: PILGRIM - The Lord's Prayer

Time: 10.00am - 11.30am

Venue: Oliver Bird Hall Room 6

Led by: Nick Parker & Pam Price

(rector@solihullparish.org.uk)

Dates: 20th, 27th Feb, 6th, 13th, 20th March

Monday Evenings

Focus: The Prayers of Jesus

Time: 7.45pm - 9.15pm

Venue: St Helen's Church

Led by: Chris Carrington

(carringtons.church@gmail.com)

Dates: 23rd Feb, 2nd, 9th, 16th, 23rd March

Saturday Lent Breakfasts - PILGRIM - The Lords Prayer

Led by Ministers from across Churches Together in Central Solihull

Time: 8.30am - 9.50am

Venue: Solihull Methodist Church Hall, B91 1LG

Dates: 28th Feb, 7th, 14th, 21st, 28th March

Food 4 Thought

A welcoming group for those curious to explore the themes of Lent and Easter at an enquirer's level. If you would like to attend, please reach out first to Suzette to express your interest and receive the times of the group.

Monday Mornings

Venue: Greville Arms

Led By: Suzette Maguire

s.maguire@solihullparish.org.uk

Dates: 23rd Feb, 2nd, 9th, 16th, 23rd, 30th March

Theme - The Lord's Prayer (but not PILGRIM)

Ash Wednesday 18th February

As we begin the Lenten journey together, we encourage all who are able to attend one of our Ash Wednesday services on the 18th February:

7.30am at St Michael's Chapel, B91 1BS
10.00am at St Alphege Church, B92 3RH
10.30am at St Helen's Church, B91 2DA
7.30pm at St Alphege Church, B91 3RH



Iftar Invitation Thursday 19th February

This year the beginning of the Muslim holy month of Ramadan coincides with the start of Lent. Health and age permitting, Muslims fast each day of Ramadan between sunrise and sunset. The evening meal at which the fast is broken is called an Iftar. We have been warmly invited to a community Iftar meal at Solihull Central Masjid (Sandalls Cottage, Brueton Park) on Thursday 19th February. Please let Nick know if you would like to attend by Monday 9th February (for catering purposes). We might wish to fast ourselves in solidarity with our Muslim friends, not forgetting that fasting is also part of our Christian heritage – indeed, Nick has been invited to share a little about our Lenten disciplines at the Iftar.

**'Remember you are dust and to dust you shall return;
turn away from your sin and be faithful to Christ.'**



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