

Sunday 9 March 2025

# Lent 1: Soul Food

All the things that nourish us

## Opening liturgy

*Give us this day our daily bread to feed our soul.*

We don't need distractions of a glitzy package,  
a brown paper bag does just fine.

*Give us this day our daily bread to feed our soul.*

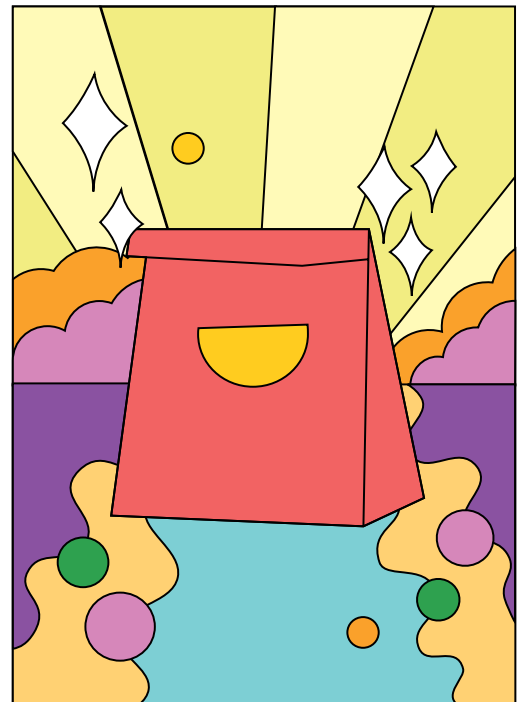
To nourish our minds and warm our hearts,  
to enrich our faith, our belief, our life...

*Give us this day our daily bread to feed our soul.*

Let us never forget you are our God,  
the giver of love and joy and hope.

O Lord our God, on this Lenten journey,  
**feed our souls this day we pray. Amen.**

## Object



**Brown paper food bag**

Sunday 16 March 2025

## Lent 2: Soul Shelter

All Nourished by a safe home (for everyone)

### Opening liturgy

*Give us this day our daily bread to shelter our soul.*

As bricks and mortar give our bodies shelter,  
shelter our being, our souls, with your spirit.

*Give us this day our daily bread to shelter our soul.*

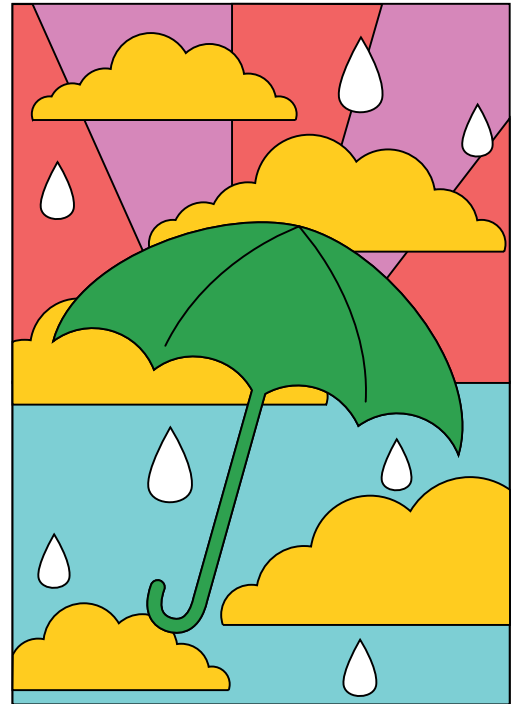
As houses protect and keep safe our physical being,  
hold us in the shelter and safety of your Word.

*Give us this day our daily bread to shelter our soul.*

As an umbrella holds back the rain and the storms,  
so Lord be our umbrella, our tent, our shelter in life's  
uncertain times.

O Lord our God, on this Lenten journey,  
**shelter us in the struggling world's uncertainties.**  
**Amen.**

### Object



An umbrella, or some kind of tent  
or shelter

Sunday 23 March 2025

## Lent 3: Soul Rest

Nourished by patience and slowness

### Opening liturgy

*Give us this day our daily bread to give our soul rest.*

In a fast-paced world that seems never to rest or sleep,  
in an internet world of immediate response...

*Give us this day our daily bread to give our soul rest.*

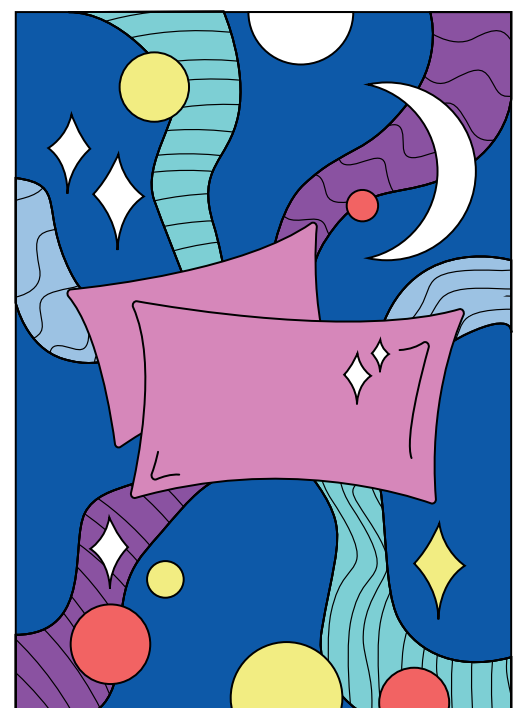
Let us find that calm centre, that stillness and rest,  
that moment of comfort, refreshment and peace...

*Give us this day our daily bread to give our soul rest.*

To find meaning and purpose, to see the way forward,  
with you as our pillow in the moment of tiredness.

O Lord our God, on this Lenten journey,  
**let us rest in the knowledge of your peace  
and your calm. Amen.**

### Object



A pillow

Sunday 30 March 2025

## Lent 4: Soul Repair

Nourished by unconditional love and forgiveness (Mothering Sunday)

### Opening liturgy

*Give us this day our daily bread to repair our soul.*

We have broken bits and worn out bits and missing bits; bits that make us much less whole...

*Give us this day our daily bread to repair our soul.*

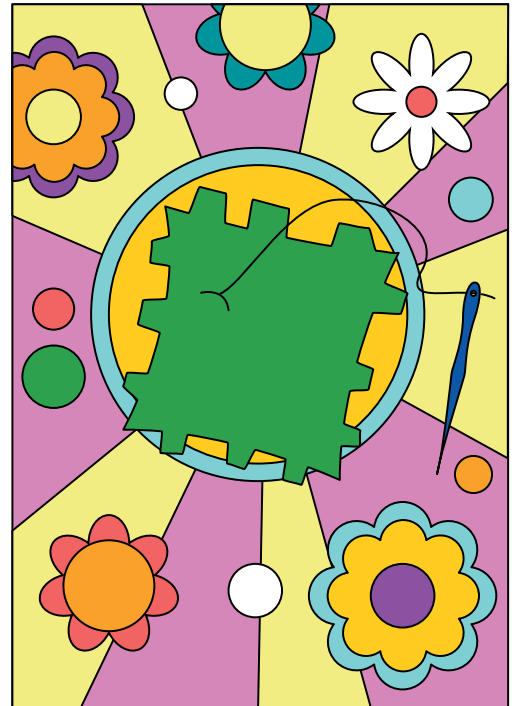
Life challenges, damages, hurts and scars us, body mind and spirit all...

*Give us this day our daily bread to repair our soul.*

Be our balm, the loving thread that gently tends our wounds, the thread and patch that makes us whole.

O Lord our God, on this Lenten journey,  
**repair our broken fragile bits. Amen.**

### Object



**A piece of fabric with a sewn-up hole**

Sunday 6 April 2025

## Lent 5: Soul Mates

Nourished by companionship

### Opening liturgy

*Give us this day our daily bread to cement our friendship...*

That we may feel loved, wanted, needed, cared for, that we may offer love and care where it is needed.

*Give us this day our daily bread to cement our friendship...*

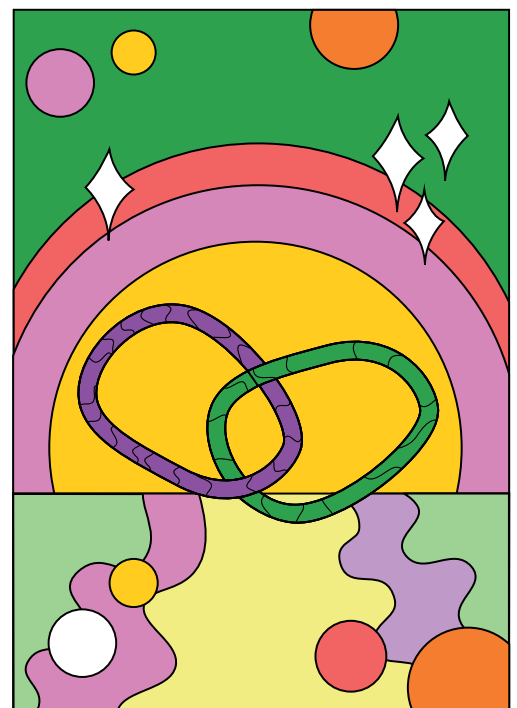
That we may live companionably with you our soul friend, that we may live companionably with our friends and neighbours.

*Give us this day our daily bread to cement our friendship...*

That together with you we can be love and hope for others, that together we are there for each other.

O Lord our God, on this Lenten journey,  
**be our friend, let us be friends and let us be be-friended, we pray. Amen.**

### Object



**Friendship bracelets**

Sunday 13 April 2025

# Palm Sunday: Soul Songs

Nourished by musical expression

## Opening liturgy

*Give us this day our daily bread that lets our hearts sing...*

That we can express our loves our likes our hates our fears,  
the depths of our joys, our sorrows our hopes our dreams.

*Give us this day our daily bread that lets our hearts sing...*

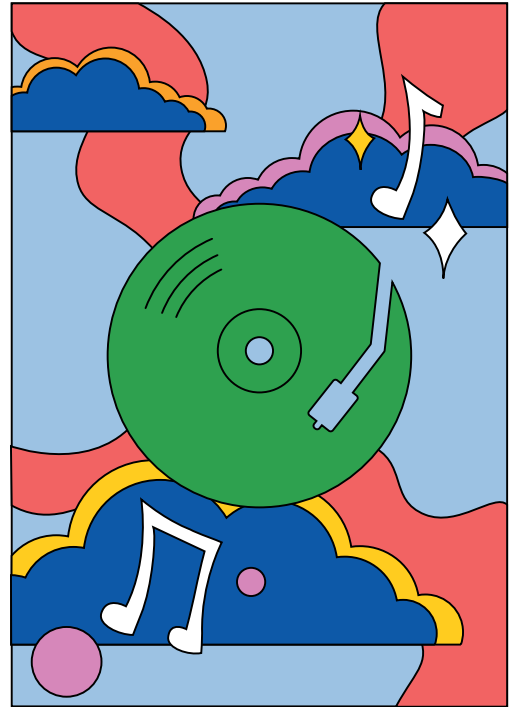
That we can live and be ourselves knowing you hear our  
songs,  
that we can sing out our hearts desire.

*Give us this day our daily bread that lets our hearts sing...*

As you know the songs of our souls, the depths of our being,  
may those others who hear them through us see you.

O Lord our God, on this Lenten journey,  
**let us sing and shout and proclaim your way, your Word.**  
**Amen.**

## Object



A vinyl record

Friday 18 April 2025

# Good Friday: Soul Support

Nourished by each other when times are tough

## Opening liturgy

**Remove everything from the Lenten cross.**

*Give us this day our daily bread to face the sorrows of our soul...*

To face the pain, the anguish, the agony,  
the injustice, the violence of the world around us.

*Give us this day our daily bread that to face the sorrows of our soul...*

To face the love and the hate, that bring tears to our eyes,  
to face the confusions that leave empty hollowness.

*Give us this day our daily bread that to face the sorrows of our soul...*

To hold fast to our faith in a world that tries to strip us of worth and  
value,  
to live with our faith, our belief despite all around us.

O Lord our God, on this Lenten journey,  
**let us face our sorrow, feel our sorrow and trust your Word. Amen.**

Sunday 20 April 2025

# Easter Day: Soul Stories

So well nourished that we have to share it

## Opening liturgy

**Return every object from Lent to the cross.**

Alleluia, Alleluia! is our story and our song  
*Give us this day our daily bread that our cup overflows with  
enough to share...*

That our souls proclaim the greatness  
of the Lord,  
that our souls overflow with a story to tell.

*Give us this day our daily bread that our cup overflows with  
enough to share...*

With words and gifts and smiles and songs,  
with Hallelujahs echoing from our souls.

*Give us this day our daily bread that our cup overflows with  
enough to share...*

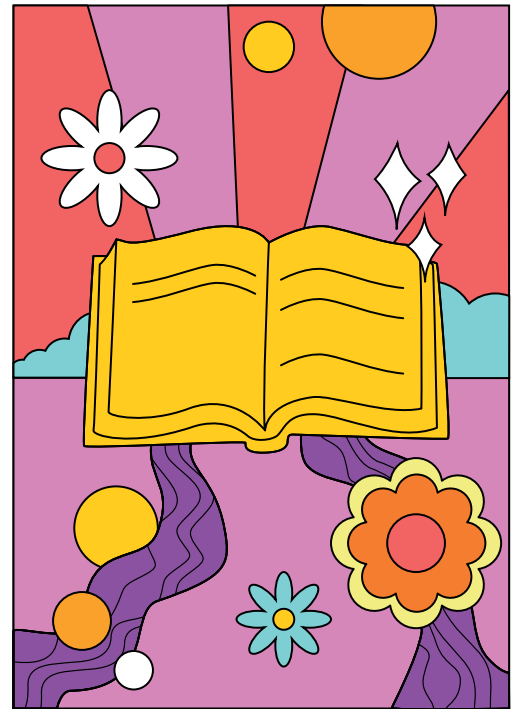
That we may sit and stand and walk as stories are shared  
and truths revealed,  
that we may listen and hear and speak and sing and shout.

O Lord our God, our Lenten journey has ended, our Easter  
journey begun.

**Nourished by our journey, let us share and tell your living,  
loving stories, we pray.**

**Alleluia, Alleluia for Christ is risen, Alleluia!**

## Object



**An open story book**

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