

You are invited through Lent to share in exploring 'A Rhythm for Life' - LIVING HOLINESS.

Living Holiness is a study resource for individuals and small groups offered by the Diocese of York as part of 'Living Christ's Story'

EXPLORING WITH OTHERS

Hosted by Scalby Methodist Church and led by members of St Laurence's Church weekly sessions are on Wednesday's 2.00pm til 3.30pm at Scalby Methodist Church North Street, Scalby. Scarborough. YO13 0RP

EXPLORING INDEPENDENTLY

Copies of the Living Holiness study guide are also available for individual use. Or consider meeting up with others to explore and encourage each practice together.

Printed copies are available from St Laurence's and Scalby Methodist and can be downloaded from the Diocese of York website using

the QR Code here—

'Living Holiness: small group resource'



FAITH FILLED PRACTICES

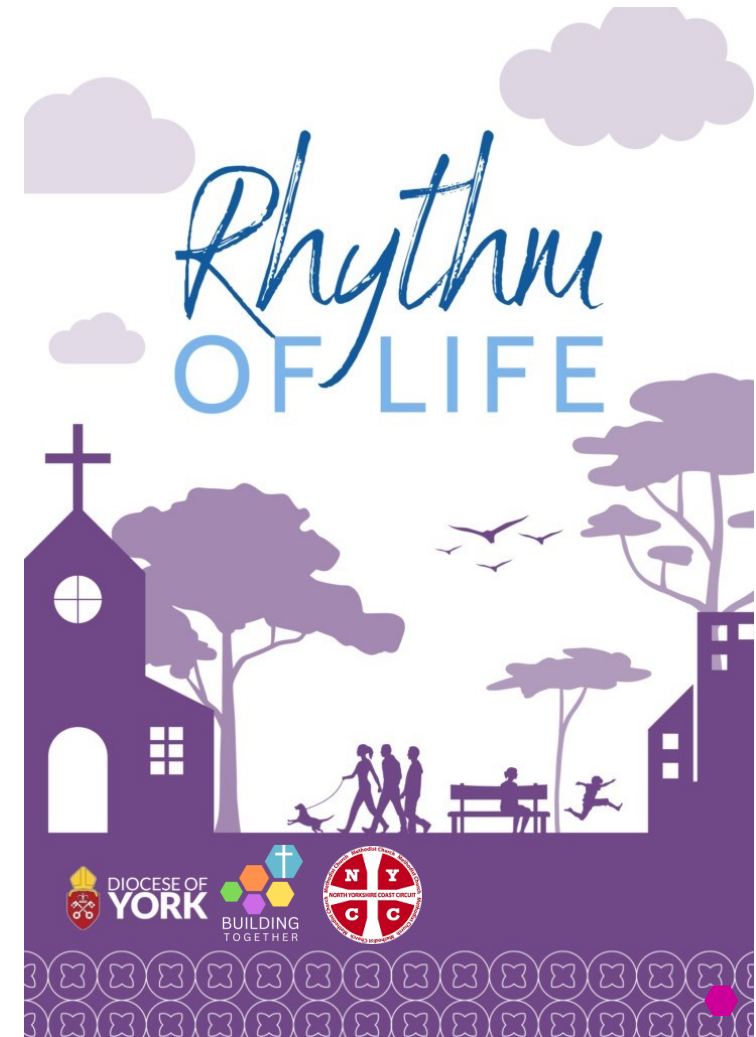
Rules, Ways and Rhythms of Life have been around for centuries. These patterns of living have taken different shapes and forms, and perhaps the best known of these is the Rule of St Benedict from the sixth century. The common thread that binds them together is fairly simple: How does our faith shape the way that we live?

Rhythm of life - Living Holiness offers the opportunity to explore 8 practices that can help develop habits and disciplines to equip us with a Rhythm for Life.

Each session explores the theme through a passage of scripture and a short reflection to help connect this to daily life. Through listening, questions, discussion, prayer and the challenge to find ways to put each practice into practice! the aim of Living Holiness is to encourage and deepen faith for life today.



A Rhythm for Life LIVING HOLINESS - Scalby Methodist and St Laurence's Church Lent 2025



Wednesday gatherings for
EXPLORING WITH OTHERS
include the following sessions.



Prayer

Week one - Wednesday 12th March
'Rooted in Prayer'

'Praying regularly helps us to develop a spiritual rhythm, and changes the way that we think about our lives, because it creates new habits of heart and mind'



Scripture

Week two - Wednesday 19th March
'Shaped by Scripture'

'The ongoing story of scripture is played out in our lives through what we learn of the story of Jesus.'



Worship

Week three - Wednesday 26th March
'Transformed in Worship'

'In Worship we meet with God, we're transformed by that encounter, and we're sent out as changed people.'



Love

Week four - Wednesday 2nd April
'Loving One Another'

'Loving our neighbour as ourselves is to be the character of all Christians and all Christian communities.'



Generosity

Week five - Wednesday 9th April
'Living Generously'

'To live generously is an outward-facing practice grounded in an inward spiritual understanding. To live generously we first practice gratitude, growing as gracious receivers of the gifts and resources God gives to us.'



Sharing Faith

Week six - Wednesday 16th April
'Sharing Faith'

'All of us who have put faith in Jesus have a story to tell, a story of salvation and life that can be a witness to others about who Jesus is.'



Rest

Weekly throughout Lent

'Rest brings us back into a space of re-creation and restoration. Having a pattern of rest is essential for good physical, mental and spiritual wellbeing - and therefore not something we should only do when we have real need of it, but something we enjoy as a healthy and regular pattern, intentionally making space for being with people we love and who love us,



Prayer



Scripture



Worship



Love



Generosity



Sharing Faith



Rest

Let us know if you are
EXPLORING INDEPENDENTLY by emailing
tony@stlaurencescalby.org.uk
for St Laurence's or
johnchrisherbert@btinternet.com
for Scalby Methodist.

You can also connect with others over refreshments when served after morning services offered through Lent.

Worship through Lent and Easter at St Laurence's

8.00am Each Sunday

a traditional Communion service

Wednesday 5th March - Ash Wednesday

10.30am Holy Communion

Sunday 9th March 10.30am

Holy Communion hosted for
the North Scarborough Group Churches

Sunday 16th March 10.30am

Mission Focus - Stepping Stones

Sunday 23rd March 10.30am

Holy Communion

Sunday 30th March 10.30am

Mothers' Day Celebration

Sunday 6th April 10.30am

Worship Together

Sunday 13th April 10.30am - Palm Sunday

Worship Together

Thursday 17th April 10.30am - Maundy Thursday

Holy Communion

Friday 18th April - Good Friday

Mini Messy Church Easter — look out for details

Sunday 20th April 10.30am - Easter Sunday

Celebrate Easter - with Holy Communion



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'Open Book' A time of discussion and fellowship

Sunday 23rd March 10.30am

Worship with Holy Communion

– Rev Emma Morgan

Sunday 6th April 10.30am

Worship led by Rev Emma Morgan

Sunday 13th April 10.30am - Palm Sunday

'Open Book' A time of discussion and fellowship

Tuesday 15th April 7pm

Holy Week Reflection –

John & Christine Herbert

Good Friday 18th April 10.30am

Good Friday Service

- Rev Emma Morgan & Christine Herbert

20th April 10.30am - Easter Sunday

Worship with Holy Communion

- Rev Christine Hey

27th April 10.30am

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