

Events and training

More details for all these events at gloucester.anglican.org/events

Monday midday mindfulness

A half hour of mindfulness every Monday at 12 noon. Open to all. If you would like to get the Zoom link to join, please email rcameron@glosdioc.org.uk

Our rural future

23 February, 10am to 12 noon on Zoom, open to all

Bishop Rachel hosts a webinar exploring some of the key issues facing our rural communities at this time. Keynote speaker is Mark Betson, National Rural Officer for the Church of England. Other speakers include Katie Jarvis, National Farmers Union County Advisor, Gloucestershire, Rachel Howie, Director of Education and Roger Mortlock, Chief Executive of Gloucestershire Wildlife Trust. Visit <https://bit.ly/38zAgVD> to sign up.

Sharing Faith with Children

27 February, 10am to 12.30pm

Have your say

Visit Facebook [f/Diocese.of.Gloucester](https://www.facebook.com/Diocese.of.Gloucester), email Katherine at kclamp@glosdioc.org.uk, follow us on Twitter [@glosdioc](https://twitter.com/@glosdioc), view videos on YouTube [▶Diocese of Gloucester](https://www.youtube.com/Diocese.of.Gloucester) or visit our website gloucester.anglican.org

How do you share your faith with the children in your life? Jennifer Fellows will help us demystify sharing faith. Encouraging us to use everyday language and examples of what our faith means to us she will show how this can enable our children to grow in their own relationship with God. Visit <https://tinyurl.com/y53cdssb> to book your place.

Being a Christian in your school community

March 4, 7.30pm to 9pm

Led by Barry Voyce with Jo Wetherall and others

Whether a pupil, parent, teacher, governor, or associated with a school, living a Christ-centred life every day within and around the community of the school brings God's love, hope and blessing into the life of that community. Questions answered, situations explored, dilemmas discussed. This session is primarily aimed at primary schools and the next will for secondary schools. Book at <https://tinyurl.com/y5yx13hl>

 DIOCESE OF
GLOUCESTER

 the
messenger

February 2021

Hanging on to love at Valentine's Day



With lockdown in full swing, putting festivals and celebrations on our calendars has never been so important: Little islands of normality and opportunities for fun that we can hang on to while everything changes around us.

Traditionally, St Valentine's Day has been seen as a day for couples, but there's so much more to it. It can also be a chance for self-care, and love for your neighbours. It can be a focus for our hearts, our minds and our hope and for recognising God's love.

This Valentine's Day, whether you are single or part of a couple, choose love. We're challenging you to do one thing to show love to yourself, one thing to show love to your neighbour and one thing to show love to your community as a whole.

You could take a bubble bath, pick some cheerful daffodils for someone who finds themselves alone at the moment, and pick up an extra few items in the supermarket for the foodbank. Or put on some beautiful music and sip a hot cup of tea, send up a quick prayer for someone having a tough time, and smile broadly at everyone you meet. Try to use February to make a difference.

Five ways to help you find and renew faith online in lockdown

1. Podcasts

Try listening to some podcasts to hear what real life Christians have to say about their faith and about the world. These are some of our top picks

- **In Conversation with Bishop Rachel**—Bishop Rachel talks to different groups of people about current issues.
- **Ask NT Wright anything**—Tom Wright answers listeners' questions on faith in a simple and easy to understand way.
- **The Profile**—interviews with Christians from all walks of life. Previous guests include politician Caroline Spelman, CBeebies' Gemma Hunt, former Archbishop of Canterbury Dr Rowan Williams and World Champion Paralympian Stef Reid.

2. Make your Personal Shape for Living

There's a new initiative called **Personal Shapes for Living** starting where you can sign up to have a chat with a trained 'encourager' every few months. You can talk about your Christian journey so far and get some tips and pointers about where you could go next to learn more about God. To find out more, visit [gloucester.anglican.org/2020/personal-shapes-for-living](https://www.gloucester.anglican.org/2020/personal-shapes-for-living)

3. The Bible App and The Bible Recap

*Get started: Download **The Bible App** and sign up to **The Bible Recap** reading plan. Then find **The Bible Recap** on your podcast provider (Spotify / Amazon Music / Apple Tunes etc).* Each day, **The Bible Recap** will give you the chapters of the

Bible for the day (with a handy audio option for those of us with vision challenges), plus a prayer. It will take you through the whole Bible in a year. Once you've read the Bible chapters for the day, you can listen to Tara Leigh Cobble who talks through what you've just read, explains anything complicated, and shares one thing she has learnt about the character of God that day. It's a great introduction to the Bible and takes you through the whole story in an easy and accessible way.

4. How to pray

We've put together some **Pocket Prayer Guides** on the diocesan website that help you to try different ways of praying. If eyes down and hands folded just doesn't speak to your soul, you could try out Pray Your Day, Prayer Journeys and Lectio Divina. Take a look at <https://www.gloucester.anglican.org/your-ministry/your-prayer> for inspiration.

If you want some help with reminders to pray, try the **Inner Room app**. You can add people and situations that you want to pray for, and it will set a reminder and a timer to help you pray more regularly.

4. Streaming worship songs

Lots of us use music streaming services, internet radio or even an old style radio to listen to music. There are lots of places to get free church music which can lift your soul. YouTube is great for favourite hymns and worship songs as they usually have the words on the screen so everyone can sing along. Or to keep things really simple, **Songs of Praise** is still on at 12.25 each Sunday on BBC One—go on, belt out those familiar words from your school days!