

## A Feast for Lent

Join us for a 3-course meal this Lent! This Lent, St Thomas' Church is offering a choice of 3 courses to choose from, which will be happening simultaneously in three locations around the church site, starting on Wednesday 27th Feb.



Alpha is a series of interactive sessions to discuss the Christian faith in an informal, fun and friendly environment. Alpha looks at topics including 'Who is Jesus?' and 'Why and how do I pray?'

Alpha is for everyone; no question is out of bounds and you are free to discuss as much or as little as you wish. We don't assume any background knowledge of or belief in Christianity and everyone is welcome.

You don't have to come for the whole term – just pop along for the first session and see what you think. No pressure, no follow up and no charge.

For a typical Alpha evening we meet for dinner at around 7pm after which we have a short talk or video followed by discussion in small groups, and we aim to finish by 9pm.

Alpha starts on Weds 27th Feb at 7pm in the St Thomas Church Centre and extends for 6 Wednesday evenings, finishing on 3rd April.

The Alpha Course is led by Claire Cooke, Jono Peatman and the Alpha team. To book, e-mail Claire Cooke on [claire@st.tees.org.uk](mailto:claire@st.tees.org.uk), sign up on the lists in the church foyer, or contact the church office on 01524 590 410.



The Bible Course is an 8-session course from the Bible Society to help you explore the world's bestseller. Accessible and interactive, it will enhance and inform your ongoing Bible study, whether you are new to the Bible or want to go deeper.

Using a unique storyline, the course shows how the key events, books and characters all fit together. You'll get to see the BIG picture and discover how the Bible applies to your life.

The content of the course over eight sessions includes:

- Introducing the Bible
- Creation & Covenant
- Exodus & Promised Land
- Judges & Kings
- Exile & Prophets
- Jesus & the Gospels
- Acts & the Church
- Revelation & Review

The course uses a mix of video content, small group discussion, personal reflection, and daily Bible readings. Each person on the course will have their own course manual to keep as a life-long tool for learning.

The Bible Course starts on Weds 27th Feb at 7.45pm with worship in St Thomas' Church, with the teaching and discussion session from 8-9pm. The course extends for 8 Wednesday evenings, finishing on 17<sup>th</sup> April.

The Bible Course is led by Jon and Helen Scamman. Please note that there is a £5 charge for the course manual. To book:

- Sign up and pay £5 via Church Suite, or
- Sign up on the lists in the church foyer, and bring £5 to the first session.



Imagine a seven-week course on how to genuinely bless someone who is spitting on you. Imagine a course on how to live without purposely indulging lust, or covetousness, and which explores how to quit condemning the people around you. Imagine living free of anger and all its complications. Imagine, also, a guarantee that at the end of the course, those who have done the suggested studies and exercises will have made progress on all these fronts.

Well, that's what we're offering with a Lent course on the Seven Deadly Sins starting on Wednesday 27th February in church. Based on Graham Tomlin's book *Seven Deadly Sins*, this seven-week series provides a fascinating platform for discussion. It's going to be a fairly practical course. There will be Bible passages to discuss, and issues like anger or sloth to chat about, but there will also be some personal practices to try out during the week too.

So if you're feeling brave this Lent, come along to do battle with the Seven Deadly Sins that the Lord Jesus has broken for us.

The Seven Deadly Sins Course starts on Weds 27th Feb at 7.45pm with worship in St Thomas' Church, with the teaching and discussion session from 8-9pm. The course extends for 7 Wednesday evenings, finishing on 10<sup>th</sup> April.

The Bible Course is led by Michael Hutchinson and Craig Abbott. To book:

- Sign up via Church Suite, or
- Sign up on the lists in the church foyer.