

Anglican Diocese
of Cyprus
and the Gulf

[www.cypgulf.org/
retreats](http://www.cypgulf.org/retreats)

Maggie Le-Roy
Retreats Facilitator

Opportunities

LENT RETREAT LIVES TO PONDER 25 February 2023

You may like to follow [this retreat](#) learning about 40 inspiring people, with use of scripture, music and reflection. Joining online prayer each Friday may interest you.



**A FEATHER
on the
BREATH of GOD**
Hildegard of Bingen
Listen to the [story](#) of
this 12th century rebel
mystic, her theology
and music.



“LONG STORY”
These two words are
said twice in this [video](#)
of the Bible story where
the Samaritan woman
meets Jesus who knows
her story well. Your
story is equally known
by God - how does that
make you feel?



WOOD & NAILS
You may like to listen
to this [song](#) and the
story it is telling
through pictures and
words. Where might
this lead you in your
thoughts during Lent?

Retreats

TIME TO REST AND LISTEN

An occasional letter 57: 22 February 2023

retreats@cypgulf.org

Tel: +357-22-671220 / +357-99-155092

Storytelling

Two weeks ago our Diocese had its annual Synod meetings in Larnaca. These days involved much storytelling over meals, coffee breaks and in sessions. The speaker for the week, Bishop Mark Strange, began the Quiet Morning saying “I tell stories - that’s what I do as a highlander”.

Bishop Mark’s stories of churches in the remote north of Scotland, gave us much food for thought as we considered topics like constancy and service.



“I tell stories:
to create readiness,
to nudge the people
toward receptive insight.”
(Eugene Peterson)

The use of story to teach truth was something that Jesus was so good at. People listened, imagined, questioned and understood. And those stories are as powerful today as they were 2000 years ago.

Today we start our journey through Lent. A 40 day period which will become a story of insight for us to remember, particularly if we go through this time being intentional about our prayer and walk with Jesus.



© Sieger Koder

“The Holy Scriptures are
story-shaped.
Reality is story-shaped.
The world is story-shaped.
Our lives are story-shaped.

“G.K. Chesterton,
in accounting for his
Christian belief,
wrote ‘I had always
felt life first as a story,
and if there is a story,
there is a story-teller.’

“We enter this story,
following the story-making,
storytelling Jesus,
and spend the rest
of our lives
exploring the amazing
and exquisite details,
the words and sentences
that go into the making
of the story of our creation,
salvation, and life of blessing.

“It is a story
chock full of invisibles
and intricate
with connections.
Imagination is required.”
(Eugene Peterson)

Be blessed as you listen to
God’s story and your story
this Lent.

An Exercise

WHAT IS YOUR STORY?

Everyone has a life story to tell. Pick a period of time to look back on:

- What has been your story over this period?
- What part has God played in this story?
- What has most excited you, stretched you, encouraged you?
- How might you tell this story to others?
- You may like to find a friend to share your story with.



JOURNAL YOUR STORY THROUGH LENT

At the end of each day take five minutes to record through words or images the one thing that has stood out for you.

On Good Friday (7 April) look through your recorded story.

- How would you title this?
- What would be your introduction?
- What would be your conclusion?