

The Bishop in Canterbury

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Dear colleagues,

Food for the Journey

The gifts of God often show themselves in the most unexpected ways. Although we don't usually think of hunger as a gift, when it shows itself as 'spiritual hunger', it certainly is. As I meet with congregations I see it - a sign of the Holy Spirit stirring us to renewal.

Over the coming year we are seeking to celebrate creatively the ways that God nourishes our spiritual lives so that we can grow deeper and stronger as communities of faith, ready to serve in whatever ways he leads. God knows we sometimes settle into patterns of living and serving that can drain us without being replenished. We need spiritual nourishment for our demanding journeys – over the next few months we offer the following to help meet these needs .

The [Spirituality Festival](#) on September 20th in Canterbury Cathedral, which is now at full capacity, invites us to '**Taste and See**'. Within the ambit of our magnificent cathedral we will be offered space to listen, reflect and actively engage in what can satisfy some of our inner longings and needs from many different traditions and local sources.

Our Lent Course - '**Food for the Journey in Lent**'- will invite us to deepen our experience of Christ through John chapter 21. A lakeside meal is the setting for a conversation that reveals the most remarkable things about Jesus. He is our source of ultimate nourishment - our food for the journey - without which we cannot flourish. How does he invite us to see, eat, love, know and follow him within this resurrection story - nourishing us for our day to day lives, so that we may nourish others?

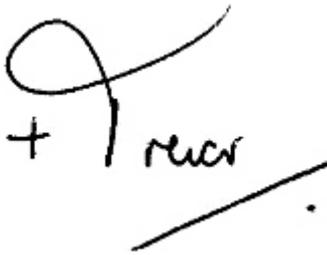
The main threads of John's gospel find their way to this chapter of challenge and encouragement, reminding us in Lent of what we most need to know and do to live life's journey to the full. Following the very well-received format last year, the five session course will again include group lectio divina, with content and questions designed to help each group discover the gifts of Christ that help us grow in fruitfulness. The materials will be ready for churches in late November.

Later in the Spring the theme 'Food for the journey' will be amplified through **the Easter Monday Youth Pilgrimage, The Gathering**, and the **Nine Days of Prayer**. Easter Monday will encourage us to look at 'food for the soul', The Gathering on May 15th/16th coincides with the beginning of the Nine Days of Prayer from May 15th-23rd, and

will help us explore the gift of food and how we can be more generous with it. The Novena will focus upon the scriptural stories of travellers who have been fed and nourished to fulfil their callings.

Thank you for all you do to increase our hunger and nourish us all in the name of Christ now. Please pray that over this coming year in particular, God will give us the daily bread we need to be strengthened for our work together.

Yours in his service,

A handwritten signature in black ink. The signature consists of a large, stylized initial 'J' with a cross symbol above it, followed by the name 'Treasurer' written in a cursive script. A horizontal line is drawn below the signature, ending with a small dot.

This email has been sent to clergy, Readers, wardens and church officers. Please share with your colleagues not on email.

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