

The Methodist Church, Bedfordshire, Essex and Hertfordshire District  
**St Albans & Welwyn Circuit**

**“Preparing for Lent with the Psalms”**

**A Quiet Day**



**Saturday 26<sup>th</sup> February 2022**

**Led by the Revd Dr Megan Daffern**

# **Saturday 26<sup>th</sup> February 2022**

10am – 4pm (arrival from 9.30am)

**At St. Stephen's Church,**

**Watling Street, St. Albans**

**Everyone welcome**

Cost is £5 which includes drinks, but please bring a packed lunch.

St Stephen's Church and its grounds are available all day as part of this event

*Please contact the Circuit Administrator*

*– for more information or to book a place*

*[admin@midhertsmethodists.org.uk](mailto:admin@midhertsmethodists.org.uk) or 01727 854211*

## *Checklist for your day:*

- ◆ *Bible*
- ◆ *Packed lunch*
- ◆ *£5*
- ◆ *Wear weather appropriate clothing – you are welcome to walk outside*
- ◆ *Face Mask*

## About the day

As we approach Lent we take this opportunity to ‘step aside’ and listen to God as we reflect upon some of the Psalms. There will be extended periods of silence, the opportunity (if the weather is kind) to spend time outside, poems and pictures to help our reflection.

## About the Revd Dr Megan Daffern

Megan is a Tutor and Bye-Fellow at Lucy Cavendish College, Cambridge University, and teaches Hebrew and Old Testament also for the Eastern Region Ministry Course; she balances her pastoral and teaching commitments with her own research in the Psalms and Hebrew Bible. Formerly Director of Ordinands and Vocations, she relished developing ministries in all shapes and sizes across the Diocese of Ely, after spending ten years as Chaplain of Jesus College in Oxford, during which time she completed her doctorate “The Psalms: Prayers for Remembering”. She was fully professed as a member of the Third Order of the Society of St. Francis in 2016. Her book “**Songs of the Spirit: A Psalm a Day for Lent and Easter**” was published as one of SPCK’s Lent Books 2018.

## St Stephen's Church

St. Stephen's is a beautiful old parish church, founded in CE 948. The building today is largely medieval, but it was sympathetically restored from a near ruinous condition in the 1860s.

The ancient building has a peaceful ambience, with a warm, tranquil and welcoming atmosphere.

### Getting there:

**Buses** - 321, 621, 724 and S8 stop near the Church: the SMS code for the bus stop is hrtatwpt.

**By Car** - There is a car park at the Church.

St Stephen's  
Church  
Watling Street,  
St Albans  
AL1 2PX

