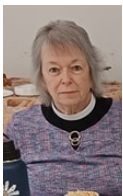


GRIT & Grace

LENT 2024

What makes us who we are? What influences the way we behave and the way we think? Lent is a time of bringing our attention back to God. This short course about the things which challenge us, inspire us and change us will help you understand yourself and others a little bit better.



*Rev Deacon Pam Bright
Pam is the Parish Deacon at Redeemer and spent her working life as a field social worker..*



*Rev Caroline Kramer
Caroline is the Rector at Redeemer with 30 years of parish experience and a passion for health and wholeness*

FEBRUARY 18TH UNDER YOUR SKIN

Trauma is becoming better understood as something which changes us at a very basic level. Pam will explain what Trauma is, where it comes from and what it does to our bodies.

FEBRUARY 24TH REFRAMING THE PICTURE

Trauma can rewire us to the extent that we see the world completely differently. We may not understand why things upset us or those we love. Pam will talk a little about reframing the picture with some practical tips for seeing things differently.

MARCH 3RD INFECTIOUS?

Joy is an undervalued resource in our world. Caroline will explore some paths to joy. What is it and how can you cultivate it in your life.

MARCH 10TH WHEELY, WHEELY YOU

More than a personality test the Enneagram is a tool to explore the how and why of you. Pam will introduce the tool and explain how it can benefit you in your journey.

MARCH 17TH THE BIG, BAD, WOLF

The world we live in seems like a frightening place, yet Jesus said do not be afraid. Caroline will look at the politics of fear, why we need to reject it and how to move towards a fear free life.

MARCH 24TH ONE STORY, MANY LIVES

Holy Week is a story which covers every possible human emotion. How can we approach Holy Week in a way which is meaningful and relevant to each of us. Caroline will explore how we can find our way into Holy Week in an authentic and meaningful way.

