

## **TakeTime Bible Meditations during Lent by St Machar's Ranfurly Church**

Do you ever feel you 'read over' the words of Bible passages? Do you find it hard to engage with the stories on a heart level? Would you like to take time to practice a Christian form of meditation? Why not participate in our TakeTime sessions during Lent.

This will take place via Zoom. Each session has 20 minutes of meditating on a Bible passage (relaxation exercise, guided meditation based on Bible story, silence) then there is the opportunity to either leave the Zoom or stay to share with others prompted by some 'wondering' questions. There are no right or wrong answers and it is not a teaching Bible study group as you might have experienced previously. You don't need to have any previous experience or knowledge of the Bible or indeed meditation. You can read more about TakeTime on this website: <https://taketime.org.uk/>

It is possible to join the Zoom with your camera off if you are all zoomed out due to work or school! Depending on demand I intend to offer this on Wednesday afternoons at 4 pm starting Wednesday 17<sup>th</sup> of February until Wednesday 24<sup>th</sup> March. You don't need to sign up but if you are planning on 'coming along' please drop me an email [Hanneke.Marshall@churchofscotland.org.uk](mailto:Hanneke.Marshall@churchofscotland.org.uk) so I know who to expect.

For more information see website [www.stmacharsranfurlychurch.org.uk](http://www.stmacharsranfurlychurch.org.uk)

Topic: Take Time Bible meditations