

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

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[retreats@cypgulf.org](mailto: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.



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“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?