



Welcome. We are a group of **F**riends
Exploring **A**nd **S**haring **T**ogether
and the Soul Food Art Space aims to be an open, warm
and welcoming space to ask life's big questions over even
warmer conversations.

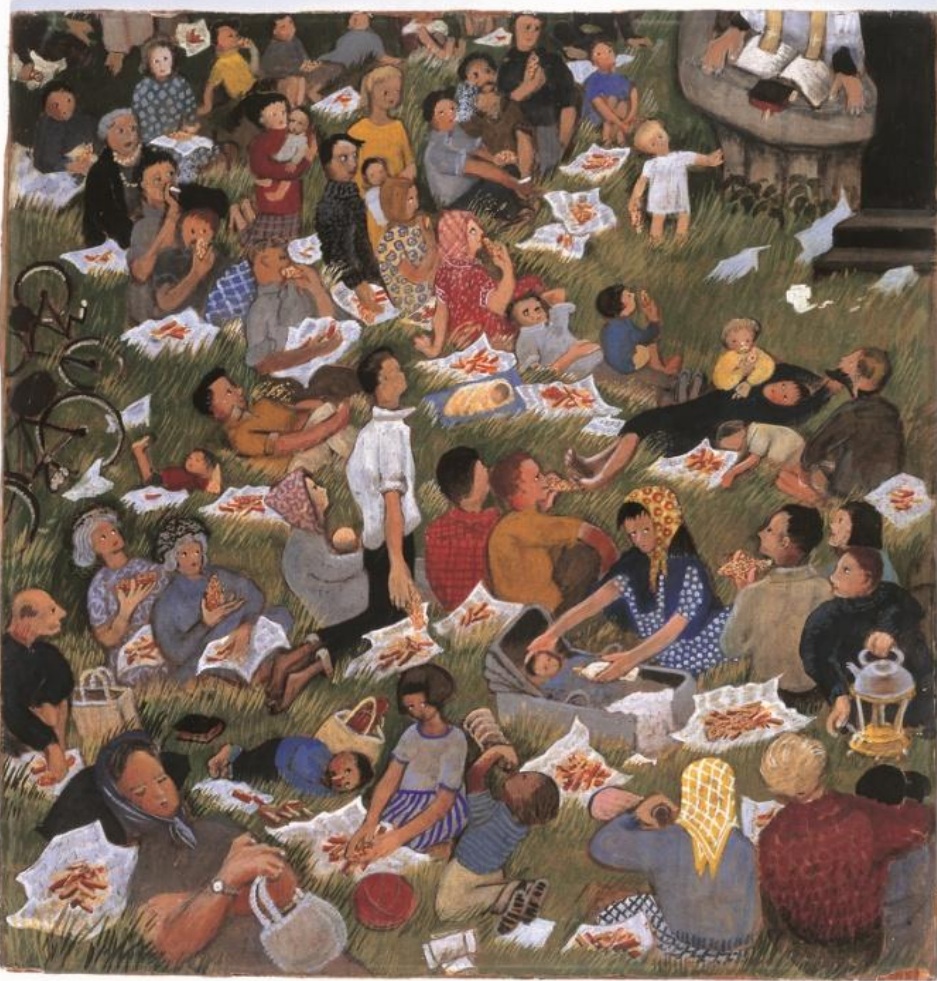
Remember we each come as we are – there is no pressure,
no judgment, we simply wish to offer you the opportunity
to connect with others and discover food for your body,
mind and soul.

Each week we will follow the same rhythms

Friends gather, both new and old.
Exploring themes through art and scripture
And asking questions about what stirs the soul
Sharing thoughts, insights, and stories, as
Together we reflect and respond.

So, whether you are a lifelong Christian, or at the
beginning of a spiritual journey, we hope that you find
FEAST a safe space as you reflect, discover, and grow
with this community.

Week 1 – Soul Food: All Things that Nourish Us.




Eularia Clarke - *The Five Thousand* from the Methodist Modern Art Collection
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Being Friends

- What meal brings you comfort, and what makes it special to you?
- If you could invite a person from history to a dinner party who would it be and why?

Being Explorers *Luke 4:1-13 / Psalm 91:1-2, 9-16*

- What do you notice?
- What surprises you?
- What challenges you?
- Does it feed your soul, or leave it asking for more?

 **And Look ...** Let your eyes pause and focus on the part of the image they're first drawn to. Gaze upon just that part of the image for a minute or two.

Now gaze over all of the image, allowing it to draw forth a word or emotion that God may be whispering into your head and heart.

Being Sharers:

- How does this image capture the idea of abundance and trust?
- Have you experienced unexpected provision in your life?
- How does sharing food foster deeper connections with others?
- What actions can we take to help create spaces of nourishment and welcome?

Being Together

We all need nourishment beyond just food and drink — those things that sustain our hearts, minds, and spirits.

Will you accept Lent's offer to explore deeper sources of nourishment and reflect on what truly feeds you?

**May the God who faced the wilderness
feed our souls today.
Amen**



Week 2 – Soul Shelter: Nourished by a safe home (for everyone).




Albert Herbert - Epiphany from the Methodist Modern Art Collection
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Being Friends

- Think of a place where you felt truly at home. What made it special?
- Have you ever been welcomed unexpectedly? How did that feel?

Being Explorers *Luke 13:31-35 / Psalm 27*

- What do you notice?
- What surprises you?
- What challenges you?
- Does it feed your soul, or leave it asking for more?

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Being Sharers:

- How does this image capture the idea of safety, or belonging?
- Where have you experienced Soul Shelter, physically, emotionally, or spiritually?
- How do we create spaces of security and refuge?
- What does it mean to create a soul-sheltering community?

Being Together

God desires a safe home for everyone, and we are called to advocate for justice and peace.

What actions and commitments can you make to help create safe, welcoming spaces for all?

**May God, the Mother Hen,
shelter our souls today.
Amen**



Week 3 – Soul Rest: Nourished by Patience and Slowness



Maggi Hambling - Walking on Water from the Methodist Modern Art Collection
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🤝 Being Friends

- When was the last time you truly felt rested? What helped?
- What is one thing that makes you feel peaceful?

✚ Being Explorers *Luke 13:1-9 / Psalm 63:1-8*

- What do you notice?
- What surprises you?
- What challenges you?
- Does it feed your soul, or leave it asking for more?

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💬 Being Sharers:

- How does this image capture the idea of spiritual renewal?
- Where have you experienced Soul Rest, physically, emotionally, or spiritually?
- How do you find balance between action and stillness in your life?
- What helps you reconnect with your soul's deep needs?

🧑‍🤝🧑 Being Together

Rest and reflection are not just about productivity—they hold intrinsic value.

Can you commit to taking time to pause and be still each day this week to reconnect with yourself and God?

**May God, the Patient Gardener, provide rest
and nurture for our souls today.
Amen**



Week 4 – Soul Repair: Nourished by Unconditional Love and Forgiveness



Craigie Aitchison - Pink Crucifixion from the Methodist Modern Art Collection
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🤝 Being Friends

- Share a time when someone's kindness helped you heal.
- How do you comfort others when they are hurting?

✚ Being Explorers *Luke 15:1-3, 11b-32 / Psalm 32*

- What do you notice?
- What surprises you?
- What challenges you?
- Does it feed your soul, or leave it asking for more?

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💬 Being Sharers:

- How does this image capture the idea of grief and healing?
- Where have you experienced Soul Repair, physically, emotionally, or spiritually?
- How have you found connections through struggle or sacrifice?
- What is God inviting you to do as an act of reconciliation and restoration?

🙏 Being Together

Despite all the ways we may try to distance ourselves from God, God continually seeks us out.

What insights have resonated deeply within you today?

**May God, the Loving Parent,
embrace our souls today.
Amen**



Week 5 – Soul Mates: Nourished by Companionship.




Ghislaine Howard - *The Washing of the Feet* from the Methodist Modern Art Collection © TMCP, used with permission. www.methodist.org.uk/artcollection

Being Friends

- Who has been a significant companion on your journey?
- What qualities make a good friend?

Being Explorers *John 12:1-8 / Psalm 126*

- What do you notice?
- What surprises you?
- What challenges you?
- Does it feed your soul, or leave it asking for more?

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Being Sharers:

- How does this image capture the idea of humility and service?
- Where have you experienced Soul Mates, physically, emotionally, or spiritually?
- How can we offer companionship to those who are hurting?
- What relationships have been sources of strength and faith for you?

Being Together

We all need companionship, and building true friendship requires a generous investment of our time and resources.

Who is God prompting you to reach out to?

**May God, our Friend, be like a
pleasant fragrance for our souls today.
Amen**



Palm Sunday – Soul Songs: Nourished by Music from the Heart.




Norman Adams - Christ's entry into Jerusalem from the Methodist Modern Art Collection © TMCP, used with permission. www.methodist.org.uk/artcollection

Being Friends

- What song always lifts your spirit?
- If your life had a soundtrack, what would be the main theme?

Being Explorers *Luke 19:28-40 / Psalm 118:1-2, 19-29*

- What do you notice?
- What surprises you?
- What challenges you?
- Does it feed your soul, or leave it asking for more?

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Being Sharers:

- How does this image capture the idea of joy and proclamation?
- Where have you experienced Soul Songs, physically, emotionally, or spiritually?
- How do words of thanksgiving shape our spiritual lives?
- What are your personal songs of gratitude and praise?

Being Together

Worship is not just for us—it is something that even creation itself longs to express.

Where do you see or hear creation singing God's glory?

May God, the Bringer of Peace, and Worker of Mighty Deeds, bring out songs of praise from our souls today.
Amen



Good Friday – Soul Support: Nourished by Each Other when Times are Tough.



Graham Sutherland - The Deposition from the Cross
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🤝 Being Friends

- When has someone's support made a difference in your life?
- How do you find strength in difficult times?

✚ Being Explorers *John 19:13-42 / Psalm 22*

- What do you notice?
- What surprises you?
- What challenges you?
- Does it feed your soul, or leave it asking for more?

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💬 Being Sharers:

- How does this image capture the idea of grief and endurance?
- Where have you experienced Soul Support, physically, emotionally, or spiritually?
- How can we be present for others in difficult times?
- What has shaped your understanding of faith and doubt?

🤝 Being Together

Even in the most challenging times, we can draw strength from those around us.

We are never truly alone—God and our community walk with us.

May the God, who suffered pain beyond our comprehension, grant that our souls are supported through the hardest times.
Amen



Easter – Soul Stories: So Well Nourished that We Have to Share it.



Jacques Iselin - *The Elements of the Holy Communion* from the Methodist Modern Art Collection ©TMCP, used with permission. www.methodist.org.uk/artcollection

🍷 Being Friends

- Have you ever had a moment in your life that felt like a whole new beginning?
- What is one of the best stories you have ever heard or told, and why do you remember it?

✚ Being Explorers *Luke 24:1-12 / Psalm 118:1-2, 14-24*

- What do you notice?
- What surprises you?
- What challenges you?
- Does it feed your soul, or leave it asking for more?

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💬 Being Sharers:

- How does this image capture the idea of transformation?
- Where have you experienced Soul Stories, physically, emotionally, or spiritually?
- How can we celebrate and express joy in our life journey?
- What stories from your life feel important in shaping who you are today?

🙏 Being Together

Jesus is alive, and death has been defeated!

With whom or where can you share this story of transformation and bring hope and joy to the world?

May the Living God so fill our hearts with joy and hope that we cannot keep the good news to ourselves.

In the name of Christ, Alleluia

