



Welcome. As we journey through Lent, we are reminded that we do not live by bread alone. True nourishment goes beyond what we eat—it sustains our hearts, souls and minds.

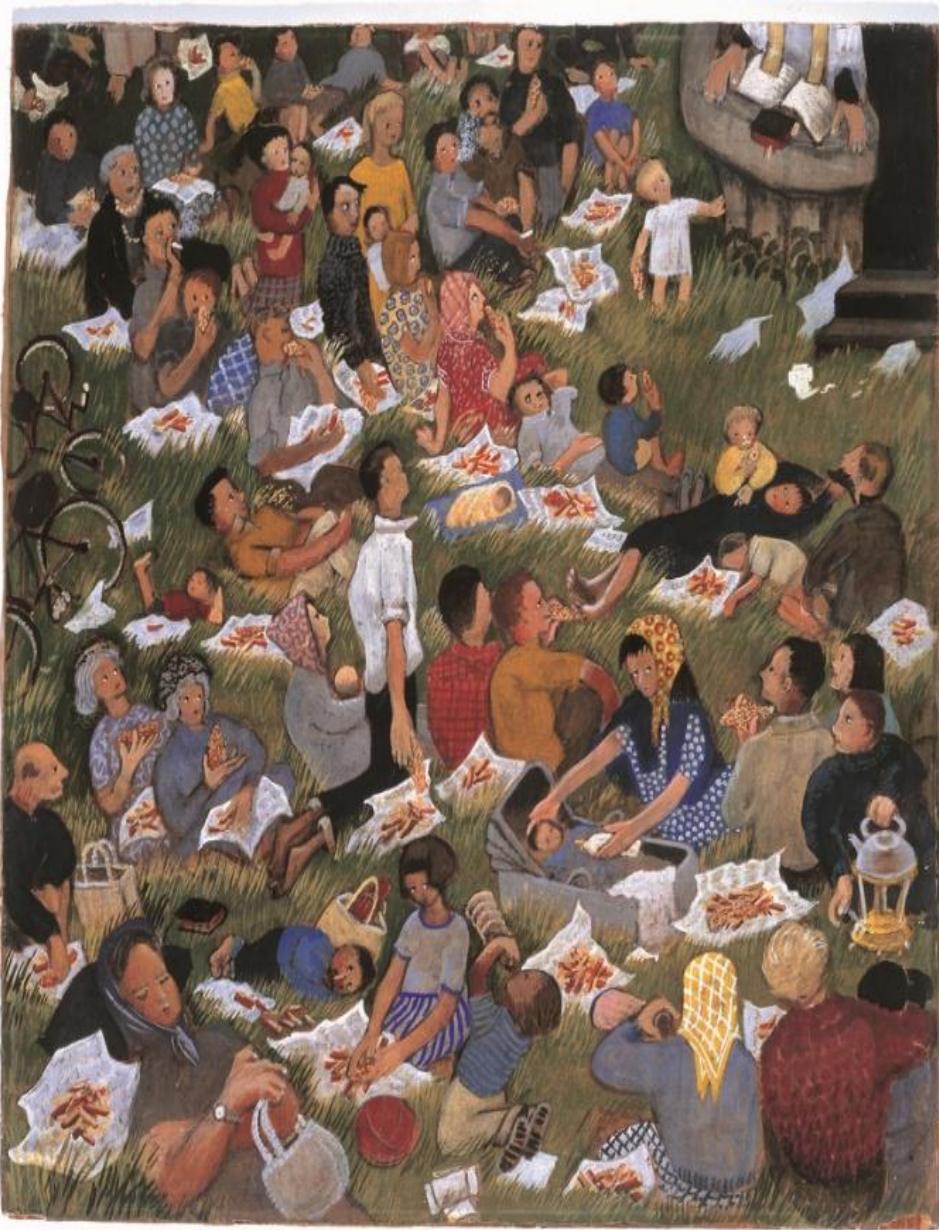
Here we gather as

Friends - in an open and welcoming space
Exploring - letting the artwork speak to us
And - noticing what stirs the soul
Sharing - thoughts, insights, and stories.
Together - discovering and growing.

Remember we each come as we are – there is no pressure, no judgment. Whether you are a lifelong Christian, or at the beginning of a spiritual journey, we hope that you find

FEAST a safe and nourishing place for your soul.

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



Eulalia Clarke - The Five Thousand from the Methodist Modern Art Collection
© TMCP, used with permission. www.methodist.org.uk/artcollection

🤝 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

What do you see? Let your eyes rest on **the first part of the image that draws you in**. Stay with it for a moment. Now, widen your gaze—**what word or emotion** is being placed into your head or heart?

? And notice

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

💬 Being Sharers:

- If you were one of the people in this image, what emotions would you be feeling?
- What does this image say to you about a generous God?
- Have you ever experienced unexpected abundance?

👥 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 God 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

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- What surprises you? What challenges you?
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💬 Being Sharers:

- What do you notice about the expressions and body language in this image?
- Where do you see hope in this artwork?
- What makes a place feel truly like home?

🙏 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 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
© TMCP, used with permission. www.methodist.org.uk/artcollection

🤝 Being Friends

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

🔍 Being Explorers

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- What surprises you? What challenges you?
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💬 Being Sharers:

- What feelings arise as you look at the movement in this image?
- What does this image suggest about trust and surrender?
- Where do you find rest when life feels overwhelming?

👥 Being Together

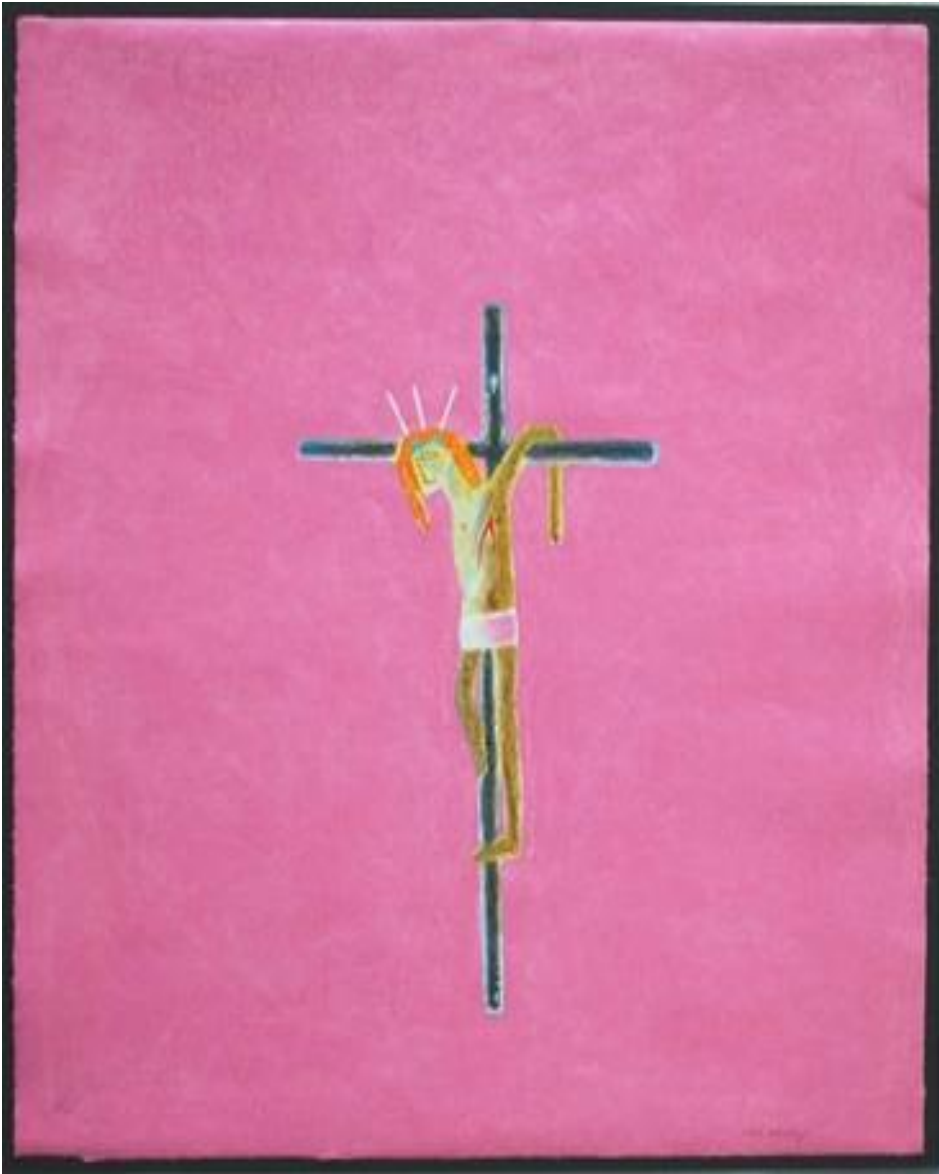
Rest and reflection are not just about productivity—they hold intrinsic value.

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

**May God provide rest 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

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

💬 Being Sharers:

- What aspects of this image stand out as hopeful, and which feel painful?
- Has suffering ever led to transformation in your own life?
- What role do you think forgiveness plays in 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 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

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

💬 Being Sharers:

- What does this image say about humility and love?
- How does it feel to both serve and be served?
- Who in your life has been a source of comfort and strength?

👥 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 be a Friend to 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

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

💬 Being Sharers:

- What emotions do you see expressed in this image?
- Can you hear the sounds in this scene, if so, what are they?
- Where in your life do you want to shout praises, and where do you feel silenced?

🙏 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 bring songs to our souls today.
Amen**



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



Graham Sutherland - The Deposition from the Methodist Modern Art Collection
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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

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- What surprises you? What challenges you?
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💬 Being Sharers:

- What does this image teach about love in the face of suffering?
- What experiences of loss or support does this bring to mind?
- How do you think grief and faith can exist together?

🙏 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 God support our souls today.
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

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- What surprises you? What challenges you?
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💬 Being Sharers:

- How does this image connect to your own experience of faith and renewal?
- What stories do you see being told in this image?
- What part of the Easter story speaks to you the most right now?

👥 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 God fill our hearts with joy and hope today.
Amen**



If you can have a space for a creative corner for people to pray / respond

Week 1 Soul Food *Invite people to write/draw all the things that bring them nourishment, food friends, shelter, entertainment etc on a brown paper bag / or they could take tokens from named baskets and put them alongside their soul's shopping list*

Week 2 Soul Shelter *Invite people to create paper shelters (tent etc) and write the name of the place or person that needs God's sheltering presence.*

Week 3 Soul Rest *Invite people to take a few minutes to be silent, perhaps offer a breath prayer or finger labyrinth to follow.*

Week 4 Soul Repair *Invite people to write a prayer on a (pink) bandage/plaster that names the local or global situations that require aid.*

Week 5 Soul Mates *Invite people to create a friendship rosary with each knot representing the people and friendships that they are thankful for.*

Palm Sunday Soul Songs *Invite people to write a word of thanks on sheet music (or create mini records?)*

Good Friday Soul Support *Small crosses or stones for people to hold whilst they reflect on grief, loss or pain and then place it at the foot of a larger cross.*

Easter Day Soul Stories *Mini Eggs / chocolate pieces to "taste and see " that the Lord is good? Or create a Resurrection path using stones that have words of hope, joy love etc written on them.*