



Lent Book 2021 – An Altar in the World: Finding the Sacred Beneath our Feet

by Barbara Brown Taylor

Covid restrictions / lockdown have taught many of us to be more aware of the everyday things and activities that come our way. This may bring increased appreciation but also its own stresses and strains. The Lent Book this year will gently facilitate our seeing the Divine in all things.

Barbara Brown Taylor reveals the countless ways we can discover divine depths in the small things we do and see every day. She writes:

‘People go to extraordinary lengths to discover this treasure ... The last place most people look is right under their feet, in the everyday activities, accidents, encounters of their lives ... the reason so many of us cannot see the red X that marks the spot is because we are standing on it.’

An Altar in the World shows us how heaven and earth meet in ordinary occurrences ... It will transform our understanding of ourselves and the world we live in and renew our sense of wonder at the extraordinary gift of life.

Participants in this group will benefit most by experiencing what is offered in the book, rather than by analysing its content. Each chapter covers a practice of prayer into which we are invited. Each week we shall read and practice two chapters. The first session (17 February) will cover the first 2 chapters, so you will benefit most if you obtain a copy of the book and read/practice those beforehand.

Each week will be hosted by a member of the Whirlow community. It will begin with a time of centring scattered thought, followed by some general comments before moving into Breakout Rooms of no more than 6 individuals. There, a facilitated sharing opportunity will assist a deepening of what we may have encountered in ‘praying with the ordinary’. We then come back to the larger group to conclude.