

The Lent Factor: Forty Companions for the Forty Days of Lent

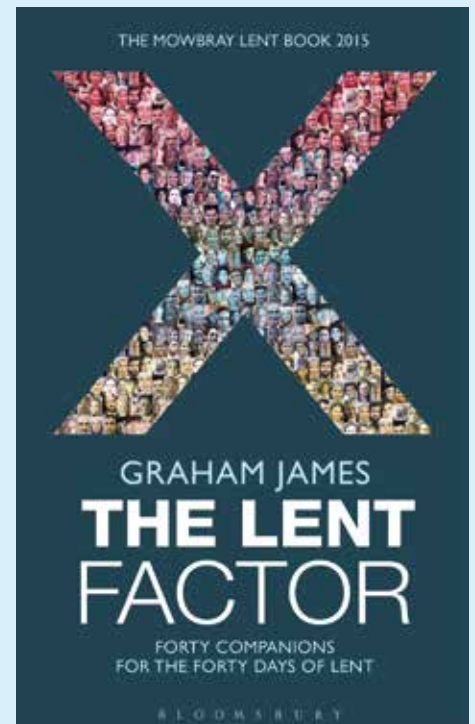
A new book by The Rt Revd Graham James, Bishop of Norwich

Lent is the forty-day journey to Easter and the Cross of Good Friday and here Bishop Graham chooses forty travelling companions. Human character is best described by telling stories about people. Living or historical, famous or entirely unknown, each has played a part in the author's spiritual formation.

He describes their particular 'X' factor and uses their stories to reflect on the connection between faith and character. A theme from each brief story is illuminated by reflection on a scene, passage or word from the Bible. The appropriateness of the use of a cross to mark out the 'X' factor within human beings becomes more pertinent as the journey through Lent approaches Holy Week and Easter. His companions range from Edith Cavell to Charles Wesley via U A Fanthorpe, John Everett Millais,

Rabbi Hugo Gryn and Eva Peron. It can be used by individuals at any time, not just Lent, or it could be used in group study.

Bishop Graham says: "I discovered when writing this book just how much living and working in this diocese for almost fifteen years has nurtured my faith and discipleship. At least a dozen of those I've written about have come into my life during my time here. Some are long dead predecessors such as Joseph Hall or Edward Reynolds. Others are priests in my time such as John Aves and Michael Stagg. There are lay people such as Robin Ferrers and Enid Ralphs, and ecumenical friends such as Michael Evans, the former Bishop of East Anglia. That's to say nothing of Julian of Norwich or James Paget, names for ever associated with this diocese. The glory of the Communion of Saints has become real to me in a fresh way by writing *The Lent Factor*."



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Readers' photos – One World next theme



The theme for March/April issue is ONE WORLD – which is completely open to your own interpretation. Email a high-resolution image (one per entry), plus a sentence or two about what inspired you to take your photo, to barbara.bryant@dioceseofnorwich.org by Monday 26 January. Please supply a phone contact number.

We hope you enjoyed the photo page on the back cover of our last issue. We'd like to make this a regular feature, but sadly, there weren't enough sent in for theme on "calling" – perhaps it was a little too abstract?! We are going to have one last go at this idea for the next issue, so if you or anyone you know is a keen photographer and would like to submit a photo please get in touch. The top three are printed on the back page of *The Magazine* and a "best selection" feature on the website.