

Anglican Diocese  
of Cyprus  
and the Gulf

[www.cypgulf.org/  
retreats](http://www.cypgulf.org/retreats)

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An occasional letter 36: 16 March 2021



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## Opportunities

Preparing for  
Passiontide  
Diocesan Retreat  
on Zoom  
led by  
Rev Roy Shaw  
20 March  
3-6 pm (Cyprus)  
5-8 pm (UAE)  
Register with:  
[gillnisset@  
standrewauh.org](mailto:gillnisset@standrewauh.org)



Los Olivos  
Quiet Day at Home  
10 April

Saving Beauty: an  
Easter exploration  
Click on this [link](#) for  
more details.

Stations of the Cross  
26 March - 4 April

Join a [daily pilgrimage](#) at  
York Minster, UK, with  
stations created by  
secondary school  
children, along with  
Bible readings, music,  
short reflections and  
prayers.

Why have you  
forsaken us?

Listen to this [song](#) with  
photographs. Where  
do you go in your  
thoughts and prayer?

## Lament for Lent

The above title comes from a Lent reflection booklet produced by the Anglican Church Mission Society in the UK. In the 2020 lockdown CMS invited people to use their #lamentospace to share their grief in words and pictures. They were surprised at how this space was used and the depths people shared about their loss of hope during the pandemic.

In life we tend to keep our struggles and those things we are mourning about to ourselves. Often there are no comfortable safe places where we feel able to go to share our lament, our grief. But we all need to find that place to talk and even rant when we feel things are not going as we feel they should.



It is a privilege to listen to folk on retreat, or in spiritual direction, who feel safe in that environment to share what's really going on for them, and often to hand them a box of tissues.

*"There are things  
that can be seen  
only with eyes  
that have cried."*

(++ *Christophe Munzihirwa*)

These days there seem to be so many areas of life to lament about - loss of social freedom, struggles with finding meaning, grief at seeing our planet changing, not being heard, seeing injustice, etc.

One of Jesus' laments was about Jerusalem just before entering the city on a donkey, which led on to his crucifixion ..... and he cried. He'd wanted so much to gather its inhabitants together and show love to them like a mother hen when she gathers her chicks, but they wouldn't have it.

Lamenting to God is a good thing. It can help process what is saddening us, open our eyes to see things we were otherwise blind to, and help lift our spirit.

*In the inner stillness ....  
the Spirit secretly anoints the  
soul and heals our deepest  
wounds.  
(John of the Cross)*

May our lament this Lent  
bring us God's consolation.

## An Exercise

Click on the image below to  
watch a modern day video  
of lament:



What themes of lament  
does this stir in you?

What is it that seems  
"as useful as a fork in a  
world of soup"?

What difference does it  
make that  
"he [God] was weeping  
first"?

While in this season of Lent,  
you may like to write your  
own lament to God?  
Click on these [guidelines](#) if  
you need help with this.

Psalm 44:23-26

Waken!  
Rouse yourself!  
Don't sleep, O Lord!  
Are we cast off  
forever?  
Why do you look the  
other way?  
Why do you ignore  
our sorrows?  
.....

Rise up, O Lord,  
and come and help us.  
Save us  
by your constant love.