

Travelling Songs

Through Lent with the Psalms of Ascent

Week 4 Psalm 131 Mothering

'My soul is quieted within me'

The two sessions for Week 4 of the Lent Course will be held on:

- (1). **Tuesday afternoon March 29th**, at St Luke's Church, Stoke Hammond, 1.00pm for Soup Lunch, 1.30pm for the course.
- (2). An evening course held on **Thursday 31st March, 8pm** at:-
The Hyde, 36 Rotten Row, Great Brickhill

All will be welcome to join in any of the sessions at any of the venues. The sessions are independent, so it doesn't matter if you miss one.



Psalm 131

- 1 O Lord, my heart is not proud;
my eyes are not raised in haughty looks.
- 2 I do not occupy myself with great matters,
with things that are too high for me.
- 3 But I have quieted and stilled my soul,
like a weaned child on its mother's breast;
so my soul is quieted within me.
- 4 O Israel, trust in the Lord,
from this time forth for evermore.

