



Week of Accompanied Prayer

Sunday 11th March Saturday .17th March 2018

- ***Would you like to feel closer to GOD?***
- ***Do you sometimes wish you could make more sense of your personal faith journey?***
- ***Would you like to know more about different ways of praying?***
- ***Would you like to focus for a whole week on the LOVE of GOD?***

As part of your observation of Lent this year you are warmly invited to our Week of Accompanied Prayer; an individually guided retreat which, instead of going away to, is taken in the midst of everyday life. This is for YOU - wherever you are on your spiritual journey. NO PREVIOUS EXPERIENCE NECESSARY!

We begin the week on **Sunday 11th March** when we meet together at St Stephen's Church Canterbury at 6 pm for a service which will last about an hour. The service will include two different meditations using scripture, a stilling exercise and you will also meet with your prayer companion.

During the week we will all pray for one half-hour period each day at home and in addition, because it is a Week of Accompanied Prayer, you will come once a day (Mon-Fri) to St Stephen's Church to meet with your prayer companion for about half an hour. It is very rare for any of us to share our prayer experience with someone else and you share only what you are comfortable with. A key factor of the whole experience is that there is no pressure and it is based on the principle that Jesus meets us where we are. The week is a journey in the love of God and you will be encouraged and affirmed in your own unique pathway of prayer.

The week will close on **Saturday 17th March at 9.30am** when we will all meet together to round off the experience of the week and to celebrate.

The week of accompanied prayer is a self-contained experience, but it will also form part of the Lent programme in our parish, the theme of which will be "Pilgrimage". There will be Lent groups before the week on Tuesday evenings in Church 7 30 pm - 8 30 pm on February 19 and 26th and 6th March which will look at various aspects of spiritual pilgrimage, and on Tuesday March 20th at the same time we will look back over our experience in Lent and look forward to how best we can grow as a praying community. There will also be meditations in different formats at our Evening Service on Sundays at 6 pm in Lent (apart from March 10th when we will start the week of accompanied prayer)

Prayer companions give of their time freely but in order to cover necessary costs for the week participants are invited to make a donation (£25.00 per person is suggested), cheques should be made out to *Weeks of Accompanied Prayer*. However this is voluntary and NO-ONE should feel unable to come if this is a problem.

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I WISH TO TAKE PART IN THE WEEK OF ACCOMPANIED PRAYER

Name.....Tel.no.....

Address.....

email.....

Please circle TWO preferences (indicating if you have a first choice) for time of meeting with your prayer companion (same time each day Mon-Fri)

2.00pm 2.45pm 3.30pm
6.00pm 6.45pm 7.30pm 8.15pm

Please return this completed slip to petertoon@aol.com

or by post addressed as below:

***For the attention of Dr Peter Toon
The Rectory
St Stephen's Green
Canterbury CT2 7JU***