

MONTH OF GUIDED PRAYER

I would like to express an interest in being a participant in the Month of Guided Prayer taking place in 2018.

Name:

Address:

E-mail address:

Telephone number:

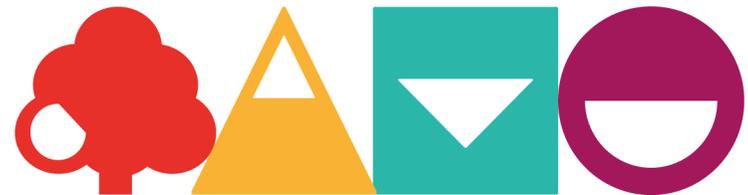
Preferred time of day: Morning / Afternoon / Evening
(please delete as appropriate)

Are any days of the week not possible for you?

How far are you willing to travel?

Please return to The Rev'd Canon Ian Flintoft, Church House, St John's Terrace,
North Shields, NE29 6HS
or email your details to vision@newcastle.anglican.org

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- + Would you like to explore prayer and different ways of praying more fully?
- + Would you like the opportunity to be listened to?
- + Do you often think that other people must be better at praying than you?

If your answer to these questions is 'yes', then taking part in a Month of Guided Prayer could be for you. We offer the chance for individuals to meet with a prayer guide for 30 minutes once a week for four weeks to talk about their journey with God and to explore new avenues of prayer.

A Month of Guided Prayer is a wonderful opportunity to:

- Take time out
- Deepen your relationship with God
- Discover new ways of praying
- Find help with any kind of decision
- Discover who you really are

A Month of Guided Prayer is for anyone who would like to deepen their prayer life—whatever stage of the journey you are at. After successful pilots in 2017, we are aiming to expand this work and give around 90 people the chance to take part in 2018.

FURTHER DETAILS

What will happen during the month?

There will be an opening session, where those taking part will come together. We will pray together to start the month. You will be able to meet your prayer guide and

check the details of practicalities such as the time and place you will be meeting. During the month, you should set aside time for prayer every week.

What happens at the meetings with the prayer guides?

These one-to-one meetings will last around half an hour, and you can talk about what you have experienced, and the prayer guide will give you some suggestions for your next time of prayer. The meetings are not a time to pray together, rather, a time to reflect together on your personal prayer.

Who are the prayer guides?

All our prayer guides are trained Spiritual Directors who have a lot of experience in listening and talking to people about their spirituality.

What happens after the month?

We hope that you will feel better equipped to continue to pray. We can offer some further suggestions in terms of reading, quiet days, retreats, and ongoing spiritual direction, depending on what an individual feels they need.

How do I express an interest in taking part?

You can complete the form on the back of this leaflet and return it by post, or simply send the requested details by email to vision@newcastle.anglican.org

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