

Week of Accompanied Prayer



Canterbury Cathedral Crypt • Saturday 5th – Sunday 13th October 2024

Everyone is welcome to join us for a Week of Accompanied prayer organised and led by a Team from Canterbury 'Weeks of Accompanied Prayer'. The week will begin with an Opening service at 3.00 pm on Saturday 5th October and finish with a closing celebration at 3.00 pm on Sunday 13th October.

The Invitation of the Week

- To set aside time and space to reflect on God in your life
- To explore ways of praying which are helpful to you
- To have opportunity for a retreat in daily life

What happens?

- Each day you are encouraged to set aside up to 30 minutes on your own for private prayer using the focus of a short passage of scripture.
- Each day from Monday – Friday you will meet with your Prayer Guide in the crypt for about half an hour to reflect together on your prayer time.
- Your Prayer Guide is there to listen to your reflections and to suggest a focus for your next prayer time.
- There will be suggestions of different traditional ways of praying which you may or may not be familiar with.

We are very aware that each of us is different, and some may never have spoken about their faith journey with another. The WAP will be very relaxed, with no pressure for people to do anything they are not comfortable with. All conversations are kept confidential.

Prayer Guides give their time voluntarily, but travel costs and other expenses are covered. If you would like to make a donation then you can donate to WAPs either by bank transfer or during the WAP.

Booking form

I wish to take part in the Week of Accompanied Prayer

Name.....

Phone Email.....

*Your Prayer Guide will meet with you at the same time each day for 30 minutes.
In order to allocate this daily meeting time please circle your preferred two times.*

1.15 pm. 2.15 pm. 3.15 pm

Do you have need of disabled access to the Cathedral? Yes/No

Please either email this information, or detach and send to:

Janet McDonald,
4 Becketts Wood, Upstreet, Canterbury CT3 4DQ
or email her at janet.mcdonald@btinternet.com

A Week of Accompanied Prayer

Co-ordinator: Janet McDonald, janet.mcdonald@btinternet.com

Patrons: The Rt Rev Dr Rose Hudson-Wilkin MBE, *Bishop of Dover* •

Rt. Rev John Pritchard, *former Bishop of Oxford, and former Archdeacon of Canterbury*
Sr Diane Reynolds, *Sister of St. Andrew*