

If you are interested, please email (or ring) for more details and an application form –

Kay Dodsworth: ekdodsworth@gmail.com; 01223 234493 or 07786910406.

Romie Ridley: romieridley@gmail.com; 07941862435 or 01223 842922

Other members of the team include: Judy Bennett-Prowse, Vilma Broadhurst, Rosey Feuell, Mary Ann Flood, Sue Pitts.

A prayer in the spirit of the journey we will all be making

Lord my God, when your love spilled over into creation You thought of me. I am from love of love for love.

Let my heart, O God, always recognise, cherish and enjoy your goodness in all of creation. Direct all that is in me toward your praise. Teach me reverence for every person, all things.

Energise me in your service.

Lord God may nothing distract me from your love....

May I never seek or choose to be other than you intend or wish.

Amen.

MONTH of ACCOMPANIED PRAYER

November 2021

Time out — Explore prayer

— Find God in daily life



Friday afternoons in person

at 7 Brookside, Cambridge CB2 1JE

OR by zoom or telephone at an agreed time

(see application form; closing date Monday 25 October)

An ecumenical initiative of the Diocese of Ely Spirituality Group

Once again the team are offering an opportunity for people to be accompanied individually once a week by a trained guide in November 2021. There will be the option of face to face meetings with a guide, limited to Friday afternoons and held at no 7 Brookside. Or at a pre-arranged time during the week via zoom or by telephone. There will be no charge for participation.

1. Interested but unsure? Do email or ring one of the team listed overleaf for more information. A previous participant wrote afterwards: *We all felt like we met God in some way. In our homes, gardens and through our imaginations. It helped us to revisit scripture afresh and talk to Him freely.*

2. THE OPENING SESSION

EITHER: Friday 5 November, 2-3pm at 7 Brookside, CB2 1JE (use side door). Please wear a mask unless medically exempt.

OR: Thursday 4 November, 7.30 to 8.30pm ON ZOOM

Participants will gather together with the Prayer Accompaniers/Guides for these introductory session, whether in person or on zoom. The aim is to begin to create a Community of Prayer by –

- Praying together with Scripture;
- Meeting one another in an informal setting;
- Introducing the Prayer Guides.

The hour ends in small groups, each with their allocated Prayer Guide, to arrange times for their weekly meetings, allay fears, give ideas for prayer during the week

2. The weekly meeting with one's prayer guide. The meeting will take place according to your choice and the time agreed with your guide.

The sessions with the accompanier are confidential. This is the heart of the month, for it is God who is THE GUIDE, whom we believe speaks in and through the Word of Scripture and in the daily events, feelings and circumstances of our lives.

The Prayer Guide is a listener, giving the participant or pilgrim the chance to reflect on their own experience and in the light of this offer further suggestions for the prayer time.

3. FEAR NOT! THE PRAYER GUIDES are ordinary people with their own ups & downs as yourselves. They are trained in this work & their role is to be an accompanier & guide; not to give advice nor to sort anything out for you.

The individual meeting is for you to share what you want. There are no right answers –whatever happens for you is right. The prayer guide is there for you, never intruding, always respecting confidentiality. Silence may be also be helpful.

If you are thinking, I don't think this is for me, I am not able enough, or I am too shy, or I don't know anything about prayer or have much knowledge of the Bible . . .don't dismiss the possibility of doing the week. It is not about knowledge or being articulate, rather it's about being yourself & growing in intimacy with a God who is in every aspect of life. All you need to bring to the month is yourself and a commitment to set aside some time for prayer and meditation, one or more times a week.