

# School of Prayer

## WORKSHOP

Praying is as instinctive as walking and talking - and at the same time like riding a bike or singing, something we learn.

The workshops on the third Sunday of the month are for anyone – beginners in prayer or old hands, believers or agnostics. Christian prayer is a way of helping to maintain our mental health, and worth practising for that alone. Prayer brings us closer to being integrated and at peace with ourselves. It also in the Christian understanding brings us closer to a God who cares for us a huge amount.

The sessions will be led by Revd Stephen M’Caw and team, and will start at 4pm with a cup of tea and some cake. After some teaching, followed by the chance to practice what has been talked about, there will be a time of review and discussion. We will aim to finish about 5.30pm

There is no need to book, nor is there any fee. Participants simply need to come willing to participate in the process and be open to the presence of God.

The sessions will be in the Parish Hall next to St John’s Church:

Sunday 17<sup>th</sup> September - Thought catching

Sunday 15<sup>th</sup> October - A clean mind

Sunday 19<sup>th</sup> November – Personal truth