

*Diocese of Derby
Spirituality Group*

*Prayer Taster Morning
At St. Helen's, Darley Dale (DE4 2GG)*



*Saturday 22nd September 2018
9.30am – 1.00pm*

“...the primary thing is to practise the presence of God. Sit before God in love, with his word in your hands and his peace in your heart. If your heart is toward him, he will do the rest. For prayer is nothing other than communion with God, though this may take many forms and manifest itself in various ways. It is simply the relationship of the believer in love with the Lord.

[Br. Ramon SSF, ‘The Flame of Sacred Love’, 1999, p.52]

❖ Where?

St. Helen's Church, Church Road, Darley Dale, DE4 2GG

❖ Structure of the morning

- 9.30am Coffee & breakfast (*Kindly provided by St. Helens*)
- 10.00am Opening Worship & Introduction to the morning
- 10.30am Prayer Workshops (Choose 3 ½ hour sessions)
- 12.30pm Holy Communion
- 1.00pm Finish

❖ Who is it for?

Anyone interested in exploring different forms of prayer. Workshops planned include:

- Centring prayer
- Prayer journaling
- Celtic prayer / praying with creation
- Ignatian prayer
- Prayer in the Spirit
- Lectio Divina / praying with the Bible
- A quiet space for silent reflection

The morning is organised by members of the Diocesan Spirituality Group & is free. Please fill in the form opposite & return to

**The Revd. Richard Reade, All Saints', Vicarage, Smedley Street,
Matlock, DE4 3JG**

Prayer Taster Morning

Saturday 22nd September 2018

Name:

Address:

Tel. No.:

E mail:

St. Helen's, Darley are kindly providing breakfast for participants. If you have any dietary allergies that we need to be aware of, please could you specify below. Thanks.

