

How can I find out more?

We will be arranging a **“Taster”** later on in the year when you can come along for an hour or so to get a feel of the experience of a Week of Accompanied Prayer, and ask any questions that are on your mind.

For further information contact David Hudson on: email - huddodave@yahoo.co.uk

Is there a cost?

A small donation of approximately £15, to cover companions travelling expenses and printing costs. But please note that no one will be excluded on account of cost.

How can I apply?

Application forms will be available in church from June onwards.



*Other churches taking the opportunity of this Week of Accompanied Prayer include:
St. Lawrence, St. Thomas More,
Ruislip Methodist Church,
Eastcote Methodist Church,
Ruislip Manor Methodist Church
and the United Reformed Church of Eastcote and Northwood Hills.*

Prayer is so much more than words, or asking God for things. Prayer is our personal relating to God. Prayer can be uplifting, exciting, refreshing. It can also feel hard work, unrewarding or difficult to get down to. We can have periods when prayer is inspirational and other periods when it is dry or we are unsure what prayer is. A Week of Accompanied Prayer is one way we can seek to enrich our prayer life.

One of God's favourite words is "Come". Each of us is personally invited to come just as we are, with our hopes, fears, joys and worries.

Put the dates in your diary now



Come & See



Week of Accompanied Prayer



*Sunday 1st October to
Saturday 7th October 2017*

A unique opportunity to reflect on your life of Prayer and explore new possibilities for the future.

You are warmly invited to our
Week of Accompanied Prayer (WAP).
This is for YOU wherever you are on your spiritual
journey.
No previous experience is necessary.

In our busy, hectic world, we don't find it easy to hear God's voice; we need individual help at different stages of our journey. Here is an opportunity for you to enrich your relationship with God.



What is it?

A Week of Accompanied Prayer is an opportunity to deepen your life of prayer. You don't have to go away on retreat: all is brought to you. It is much less formal than a retreat, less daunting and only as silent as you want it to be. The Week's richness lies in its simplicity - involving little preparation or cost for you. It can help you to integrate prayer into your everyday activities by being individually guided and using the time to focus on your individual needs and experiences. It is a wonderful way of making a guided retreat in the midst of our everyday lives.

Who is it for?

The WAP works for all walks of life and spiritual experience: ideal for people with family, those with work commitments, the young, the busy, the elderly and the sick. It is for those who have a loving desire to deepen their personal relationship with God; who want to explore new possibilities in their prayer life; who would like to explore where they are and where they are going on their journey of faith.



There is no question of not being good enough or requiring any level of expertise - only that you have a generosity of spirit and a willingness to pray for 30 minutes a day and meet with your companion for up to 30 minutes a day, during the week.

What happens?

The WAP begins with an Opening Session at 3.30 pm on Sunday 1st October when participants are welcomed. There are brief introductions, some guidelines for the week and an opportunity for questions. This is followed by a period of prayer and silence. You then meet with your companion.

Monday to Friday you meet your companion for up to 30 minutes at a regular time and place that suits you. The companion's main role is to listen, offer suggestions for prayer, journey with you and help you to recognise where God is leading you.



Prayerful exercises are usually scripturally based, although alternative forms of prayer may be suggested.

The time together does not involve praying together with the Companion nor praying in their presence, but rather reflecting on your experiences in prayer and allowing the Lord to work with you in your own time and way - the Holy Spirit is your real companion.



The Closing Session will be at 11 am on Saturday 7th October. After the welcome we draw together the experiences of the Week as a whole, give thanks and acknowledge that our journey of faith goes on.

The session and Week ends with a bring-and-share lunch.



What is a Companion?

Companions are people of differing denominations from outside the area, some are lay, some ordained, some religious - all are trained in retreat work, prayer accompaniment and meeting people in confidence.

Some comments from participants about their companions from previous WAPs include:

"My companion was lovely, cheerful and I looked forward to my meetings. She had some great suggestions for me personally and has allowed me to grow in my prayer life."

"Thank you so much for organising the Week of Accompanied prayer. It was a wonderful, nourishing experience."

"My meetings with the companion were peaceful, useful and happy. I was grateful to be in such wise company and felt I could speak or ask anything on my mind."

"I wasn't sure what to expect of the chat with the companion, but I felt at ease during the Week and able to share some of the difficult parts of my life."

