

# BE STILL

The Chichester Contemplative Prayer Group  
Exploring silent prayer in the Christian tradition

## A Year's Journey into Silent Prayer

developing our relationship with God

**Venue: 4 Canon Lane, Chichester**

**First and Third Tuesdays in every month**

**(2<sup>nd</sup> & 16<sup>th</sup> Jan, 6<sup>th</sup> & 20<sup>th</sup> Feb, etc.)**

**7:15pm for 7:30pm - 8:45pm**

Each evening stands alone, so come when you can for:

- ❖ Guidance on how to pray silently;
- ❖ Ways to help anchor your mind;
- ❖ Relaxation, through music, gentle breathing etc.;
- ❖ Two 20-minute periods of silence;
- ❖ A move from head to heart.

Contact us at [bestillchichester@btinternet.com](mailto:bestillchichester@btinternet.com)  
<http://www.bestillchichester.com>