



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
 based on the Ignation Way

Venue: 4 Canon Lane, Chichester

First and third Tuesdays in every month: 7:15pm for 7:30 - 8:45pm

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

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

Date	Season	Specific Focus
02 01	Epiphany: God loves me	God created me
16 01		The fullness of God
06 02	Presentation at the temple: Praise	Praising God
20 02	Lent: Forgiveness	Love changes all
06 03		God's commitment
20 03		Forgiveness and reconciliation
03 04	Easter and Pentecost: Becoming Christlike	Hidden life with God
17 04		Guided by the Spirit
01 05		Walking in the Spirit
15 05		Love one another
05 06		Being aware of God's presence
19 06		Noticing desires
03 07	Trinity: Surrender to God in all	Touch of faith
17 07		Listening to God
07 08		Called
21 08		Anointed in Love
04 09		Our Father
18 09		Union with God
02 10	Before Advent: Readiness to serve	Hope
16 10		Walking in Christ
06 11		God gives all
20 11		The golden thread

Contact us at bestillchichester@btinternet.com
<http://www.bestillchichester.com>