

DIOCESAN DAY OF PRAYER

Saturday 8th September 2018

St Michael's, Newquay



Deeper into Prayer Wider into the World

WHAT'S ON?

There will be many different workshops and prayer activities taking place throughout the day (please see overleaf for details/timings).

You can enjoy a time of private prayer in the sanctuary 24/7 prayer space or in the Lady Chapel.

You are welcome to join in with 'Prayer on the Hour' in the 24/7 prayer space at the following times: 12 noon; 2pm; 3pm

Books and other resources will be available to browse/buy from Sacred Place Christian Bookshop (from St Austell).

Information will be available in the church and narthex about: Spiritual Direction; Retreats; Quiet Days; Landévennec Pilgrimage; Epiphany House; Sclerder Abbey etc.

You are warmly invited to join us at lunchtime for fellowship and shared stories of prayer and pilgrimage - please bring a picnic or buy something locally - hot and cold drinks provided.

WORKSHOPS AND ACTIVITIES

10.30am Welcome and Opening Prayer and Worship

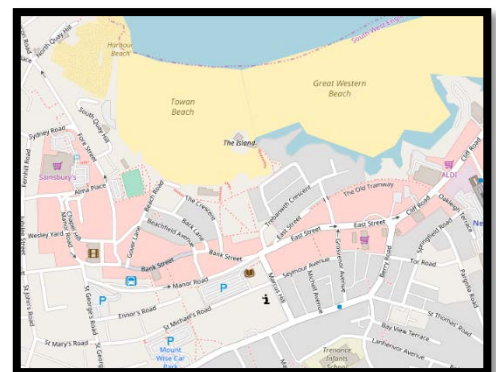
10.50/11.00am

- **Newquay Prayer Walk (Town Centre and Harbour)**

with Bishop Chris and Jem Thorold, Vicar of St Michael's

This will be a relatively easy walk (less than 2 miles): beginning from St Michael's; walking along Newquay High Street as far as the Hotel Victoria; making our way down to Island Crescent, overlooking Towan Beach; across to the Harbour and then back to the church via Bank Street in plenty of time to share picnic lunches in the hall. We'll have plenty of pauses en route to pray for both the local community and the wider diocese.

You can join in with as much of the Prayer Walk as you feel able (or pray quietly in the church with a map/prayer pointers for the route) - perhaps you'll want to stop off along the way for a longer, prayerful sit-down or to walk the Beach Labyrinth.



- **Celtic Way Pilgrimage from Watergate Bay to Newquay**

3.5 miles, 1.5 hours; Level of Difficulty: Easy

with Canon Nigel Marnes *and* John Hereward

Come and explore the Cornish Celtic Way, exploring old pilgrimage paths, remembering the local Celtic saints and considering current responses to creation. Pilgrims will pause for prayers and reflections along the way, arriving back at St Michael's in time to share picnic lunches.

If you don't feel up to actually walking the pilgrimage route, you can join it 'in spirit' by praying quietly in the church with a map/prayer pointers.

NB transport will be provided from St Michael's Church, Newquay - but you must book in advance through Church House if you wish to ensure a mini-bus seat. First come, first served! Deadline: Tuesday 4th September
Bookwhen link:

From 11.00am until the tide comes in!

- **Beach Labyrinth on Towan Beach (near the Harbour)**

with Andrew Nicholson

<https://www.facebook.com/Beach-labyrinth-177148805677510/>

Come and help build - and then walk - a Beach Labyrinth. Bring your spades if you'd like to help dig! Prayerful fun for all the family, as well as a meditative prayer experience. You'll be able to walk the Beach Labyrinth up until about 3-4pm.



"People have been creating and walking labyrinths for centuries. In medieval times, Christian monks would walk them to reflect on the journey of their lives. Beach Labyrinth is a new take on an ancient tradition. How far have you come to this point in your life to be right here, now? Walking the Beach Labyrinth gives you an opportunity to think about the journey of your life. A chance to let go of any

rubbish in your life; a chance to draw a line in the sand and move on, a chance to make a solid change for the better." [Picture: Andrew Nicholson]

10.50/11.00-11.55am (in the Church)

- **Stations of the Cross**

with Peter Fellows

A different kind of prayer walking with a contemplative feel, using South American images, following in the footsteps of Jesus' journey to the cross.



10.50/11.00-11.55am (in the Narthex)

- **Praying with Icons**

with Rachel Monie

Come and learn more about these beautiful and intriguing Orthodox images of Christ, the Virgin Mary and the saints, and particularly how you might use them to help you connect with God and deepen and enrich your experience of prayer.

11.00am-12.55pm (in the Church Hall)

- **Praying with Art and Poetry**
with Bridget Macaulay

This two hour workshop will explore how art and poetry can be doorways into the presence of God enabling us to pray within the ordinariness of our everyday life and through the joys and challenges of our human condition. There will be some input, discussion and creativity. Reflective prayer resources will be available. **No artistic ability or poetic prowess is required!**

[Picture: Bridget Braybrooks]



12 noon -12.55pm (in the Narthex)

- **Place of Prayer**
with Angela Brown

Experience 'going deeper with God' in a prayer time that would work well in a local church or small group setting: a simple process that enables a listening to God, ourselves and others and therefore enables spiritual growth as an individual and as a group.

12.10-12.55pm (in the Church)

- **Taizé**
with Tess Lowe

The gently repetitive Taizé melodies can be ideal for drawing us into an awareness of God's unconditional love and welcome. In this workshop we will consider how we might use simple Taizé chants as part of our prayer, whether alone or as a group. We will discuss how we might create a contemplative Taizé service interwoven with readings, silence, poetry and other practices, and how such chants might be combined with prayer walks or walking the labyrinth. **No musical ability is required.**

1.00-1.55pm (in the Church Hall)

'Prayer on the Hour' followed by PICNIC LUNCH

Hot and cold drinks will be provided by members of St Michael's Congregation. Please bring your own picnic or buy something in town. After a short time of thanksgiving (Prayer on the Hour) we'll share in fellowship and *Prayer and Pilgrimage Stories* over lunchtime.

2.00-2.50pm (in the Church Hall)

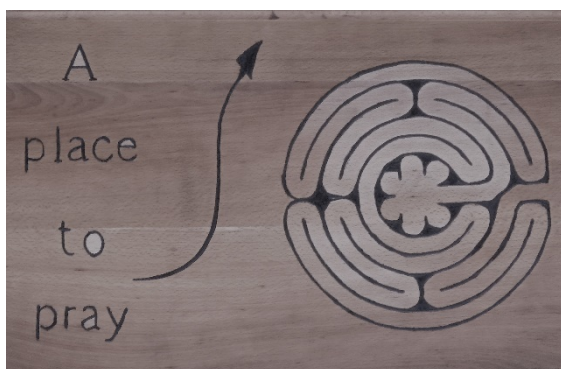
- **Praying with Children and Families and in Schools**
with Shelley Porter

This informal, interactive workshop is an opportunity to explore facilitating prayer for under 11s and their families in a variety of contexts. There will be ideas for churches and schools that would like to explore facilitation of prayer spaces in a school setting, ideas for churches to support and encourage their families (in under-fives groups, Messy Churches and Sunday worship) to find time to regularly pray together as part of their busy life as well a multitude of hands on prayer ideas for families to explore together for themselves. **Children welcome (and bring an adult!).**

2.10-2.55pm (in the Church)

- **Praying the Labyrinth (using St Mabyn's indoor labyrinth)**
with Felicity Henschley

Come and learn more about using the labyrinth as a tool for prayer.



A labyrinth is a single pathway, turning and twisting in a complex pattern to a single central point. There is one path and the walker can reach the centre by simply following the path. Walking a labyrinth can be a powerful way of introducing people to the concept of 'the other' and many people have used a labyrinth as a means to exploring their own spirituality.

The labyrinth has been successfully used in schools and Parish Churches.

... and ...

- **Spiritual Direction, Quiet Days and Retreats**

An opportunity for informal conversations with those involved in these ministries to explore opportunities for: receiving spiritual direction and training to give spiritual accompaniment to others; making the most of Quiet Days, themed and individually guided retreats and retreat spaces around the diocese and further afield.

2.10-2.55pm (in the Narthex)

- **Landévennec Pilgrimage**
with Michael Tedder and other Companions of St Guénolé

Learn more about the annual Ecumenical Pilgrimage to Landévennec, with slides and conversation.



3.00-3.50pm (in the Church Hall)

- **Youth Prayer and Worship**
with Sarah Welply and members of local youth groups



A time to explore and engage with prayer and worship ideas and activities with and for young people. Come prepared to contribute as well as to receive, to share as well as to learn.

Although aimed at young people all are welcome to attend and gain inspiration to take back to their own situations.

3.00-3.55pm (in the Narthex)

- **Ignatian Prayer**
with friends from Sclerder Abbey



Learn more about and experience Ignatian Prayer: draw closer to God through the imaginative contemplation of scripture and try using a regular *examen* as a way of discerning God's presence and guidance in your life.

3.10-3.55pm (in the Church)

- **24/7 Prayer**
with Vanessa Whitting

An opportunity to share and discuss ideas surrounding prayer stations and 24/7 prayer, drawing on the ideas and practical experience of Callington Church used during *Thy Kingdom Come 2018*, and exploring how you might set up a similar prayer event in your location. This will be held in the prayer space in the sanctuary.

[Picture: Bridget Braybrooks]



... and ...

- ***Spiritual Direction, Quiet Days and Retreats***
Informal conversations continue ... (see above)

4.00pm (in the Church Hall)

- **Closing Prayer and Worship**
led by *Fusion* and Friends, with Bishop Chris



DIOCESE OF TRURO

DISCOVERING GOD'S KINGDOM
GROWING THE CHURCH