

Regular events (as at March 2018)

Compiled by www.livingspirit.org.uk

Stirling, Scotland

Soul Space first Sunday in the month at 6.30pm. A sharing time—everyone welcome of all faiths or none to share something that you have found stimulating on a theme. Contact Jon Cape: jon@cameroncape.net. Jon is the LS regional contact for the Stirling area and is a Methodist Minister.

St Antony's, Durham Ecumenical Spirituality Centre

A project of the Society of the Sacred Mission

Regular events:

1. **Together in Meditation.** Two separate hours of silent mediation with intro and stilling exercises. Monthly on Saturday mornings.
2. **Dancing our Prayers.** Sacred Dance as the language that unites the body, mind and soul. Fortnightly 2.15-4 on Wednesdays.

Details from: www.stantonyspriory.co.uk.

Regular Drop-In events at St Bede's Pastoral Centre York

Prayer in the style of the Taizé community (English + Italian evenings)

A meditative space in candlelight with distinctive prayer chants, Scripture passages and the writings of Br. Roger of Taizé

Eucharistic Adoration & Meditation

A silent prayerful space to sit and quietly meditate on the exposed sacrament

Lectio /Visio/Audio

Guided meditations using an ancient monastic prayer form, Lectio Divina, and inspirational images and music

Guided Examen

Opportunity to be guided through the Ignatian 'Prayer of Examen', a practice which helps us to reflect on how and where we are experiencing God's life in our everyday experience

Prayer through Poetry

Reflective sessions, working with themes such as Peace, Truth and Beauty, which offer a space to taste the gift that poetry can bring in opening up our experience of prayer

Details from: www.stbedes.org.uk/

Holy Rood House, Thirsk, North Yorkshire

Christian Meditation at Holy Rood House Centre for Health & Pastoral Care
Simplicity, silence, stillness. Come join our quiet space for meditation at 6.30pm each Sunday in our chapel at Holy Rood House, 10 Sowerby Road, Thirsk YO7 1HX. For further information: enquiries@holyroodhouse.org.uk.
Website: www.holyroodhouse.org.uk.

London

Living Spirituality Connections Journeying Together Group meetings at Notting Hill Gate

Monthly informal lay-led liturgy/prayer/meditation sessions, discussion on relevant topics, and sharing of individual journeys. 6.30-9pm. The meetings are monthly on a Friday evening. For details of the group's aims and an article about how it works go to www.livingspirit.org.uk/sia/spiritual-%20journeying. You will also find guidelines there for those wanting to set up a similar group in their own area. The Notting Hill Gate group is full.
petragriffiths@livingspirit.org.uk.

Centering Prayer Open Saturday Mornings at the Hinsley Room Westminster, 10am - 12noon

The particular content of individual sessions isn't fixed, but as always there will be one or two periods of prayer, input and some conversation/silence. All are

welcome to these mornings. We start at 10 am prompt and finish at 12 noon. These sessions are not weekly but do take place frequently. Please go to www.centeringprayer.org.uk/?q=london for dates.

Meditative prayer and Taizé chants, South-east London

Wednesday evenings 7.30-8.30pm, monthly, south-east London.

Meditative prayer with the Community, including Taize chants

Check website for dates – www.sisters-of-st-andrew.com.

Sunday Spirit St James's Church Piccadilly, London W1

Monthly Creative Arts Liturgy at St James's Piccadilly. First Sunday in the Month at 4pm.

For more information, go to www.sjp.org.uk/monthly-diary.html.