

Cambridge Month of Accompanied Prayer, Lent 2021

Dear Clergy, Ministry teams, interested laity and friends,

Continuing with the ecumenical initiative of the diocese of Ely Spirituality Group and following positive responses last November, we are offering another Cambridge Month of Accompanied Prayer in Lent 2021 which we would be pleased if you would publicize it in your church and/or pass on to others. You are, of course, very welcome to participate yourself.

Once again the team is offering an opportunity for people to be accompanied once a week by a trained guide during the four weeks from Monday 22 February until Friday 19 March. Most days and evenings will be possible, to suit them. Due to the pandemic these 'meetings' will be on a virtual platform or by telephone. There will be no charge for participation. We will probably need to limit the number of participants to around 20.

An introductory session will be held on Zoom on Sunday 21 February, at 3pm.

For further information, please email (or ring) –

Kay Dodsworth: ekdodsworth@gmail.com; 01223 234493 or 07786910406.

Romie Ridley: romieridley@gmail.com; 07941862435 or 01223 842922

Below is a **suggested text for a newsletter**. In addition, if you are, in the current circumstances, able to display posters and leaflets these are attached for duplication.

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An introductory session will be held on Zoom on Sunday 21 February, at 3pm. If possible, applications need to be in by Monday 8 February, to allow time to match pilgrims and accompaniers in a mutually convenient day and time. If you are interested, please email (or ring) for more the leaflet giving more details and an application form –

Kay Dodsworth: ekdodsworth@gmail.com; 01223 234493 or 07786910406.

Romie Ridley: romieridley@gmail.com; 07941862435 or 01223 842922

Lent Month of Accompanied Prayer 2021

- **Time out**
- **Explore prayer**
- **Find God in daily life**



Sunday 21 Feb - Friday 19 March 2021

An opening introduction on Zoom on Sunday 21 February at 3pm, plus 4 weekly one-to-one virtual or telephone meetings with an experienced guide on a week day/evening and time to suit you.

For information, please contact:

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ekdodsworth@gmail.com; 01223 234493 or 07786910406

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An ecumenical initiative of the Diocese of Ely Spirituality Group

PRACTICALITIES:

If you have a Bible of whatever version, do have it with you; a notebook & pencil is helpful. Any helpful materials will be provided by your guide, preferably by email.

If you have any more queries, do phone or email one of:

Kay Dodsworth: ekdodsworth@gmail.com; 01223 234493 or 07786910406

Romie Ridley: romieridley@gmail.com; 07941862435 or 01223 842922

Team to include Kathy Bishop, Kay Dodsworth, Sue Pitts, Rosey Feuall, Judy Bennett-Prowse, Romie Ridley

A prayer in the spirit of the journey we will all be making

Lord my God, when your love spilled over into creation You thought of me. I am from love of love for love.

Let my heart, O God, always recognise, cherish and enjoy your goodness in all of creation. Direct all that is in me toward your praise. Teach me reverence for every person, all things.

Energise me in your service.

Lord God may nothing distract me from your love....

May I never seek or choose to be other than you intend or wish.

Amen.

MONTH of ACCOMPANIED PRAYER

Lent 2021, 21 Feb to 19 March



Time out — Explore prayer — Find God in daily life

An opportunity to meet once a week with a trained guide to be encouraged on your journey of faith and prayer.

This year meetings will need to be either on a virtual platform, like Zoom or Facetime, or by telephone.

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1. INTERESTED BUT UNSURE? Do email or ring one of the team listed overleaf for more information. A previous participant wrote afterwards: *We all felt like we met God in some way. In our homes, gardens and through our imaginations. It helped us to revisit scripture afresh and talk to Him freely.*

2. THE OPENING SESSION on ZOOM - SUNDAY 21 February, 3 to 4pm

All participants are invited to join with the Prayer Accompaniers for this very important introductory session which will have to be on Zoom this year. (It will be possible for the guides to ring anyone who cannot join that session.) The aim is to begin to create a Community of Prayer by –

- Explaining the Month of Accompanied Prayer
- Praying together with Scripture;
- Introducing the Prayer Guides;
- An opportunity to ask questions about the month

3. ARRANGEMENTS If possible, please apply **by Monday, 8 February** so we have time to match pilgrims and guides in mutually convenient days and times. Your prayer guide will contact you in the week beginning **15 February** to arrange times for your weekly meetings, exchange contact details and answer any questions.

4. THE WEEKLY MEETING WITH ONE'S PRAYER GUIDE.

The meeting will take place on the day and at the time agreed, either by a video meeting or on the telephone. Most guides can be flexible from week to week if necessary.

The sessions with the accompanier are confidential. This is the heart of the month, for it is God who is THE GUIDE, whom we believe speaks in and through the Word of Scripture and in the daily events, feelings

and circumstances of our lives.

The Prayer Guide is a listener, giving the participant or pilgrim the chance to reflect on their own experience and in the light of this offer further suggestions for the prayer time.

4. FEAR NOT! THE PRAYER GUIDES are ordinary people with their own ups & downs as yourselves. They are trained in this work & their role is to be an accompanier and guide; not to give advice nor to sort anything out for you.

The individual meeting is for you to share what you want. There are no right answers –whatever happens for you is right. The prayer guide is there for you, never intruding, always respecting confidentiality. Silence may be also be helpful.

If you are thinking, I don't think this is for me, I am not able enough, or I am too shy, or I don't know anything about prayer or have much knowledge of the Bible . . .don't dismiss the possibility of doing the week. It is not about knowledge or being articulate, rather it's about being yourself & growing in intimacy with a God who is in every aspect of life. All you need to bring to the month is yourself and a commitment to set aside some time for prayer and meditation, one or more times a week.

APPLICATION FORM for LENT MONTH of ACCOMPANIED PRAYER 2021

Please complete, then copy and paste this form into an email, OR just write your choices in an email, and then email it by **Monday 8 February 2021** (or very soon after) to:

Either Kay Dodsworth ekdodsworth@gmail.com Or romieridley@gmail.com

OR POST to Romie Ridley at 10 Sternes Way, Stapleford, Cambridge. CB22 5DA

I would like to take part in the Month of Accompanied Prayer Lent 2021.

I am able to join the opening meeting on Zoom on Sun 21 February at 3pm.

During the month I would prefer to see my Prayer Companion:

Kindly tick *all* the days and times you could manage; if more than one but you have preferences, please number top preference as 1 etc. (**NB** If you prefer to be accompanied by a particular guide, please note this down, but be aware most guides are only available on one day of the week.)

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Fridays			

NAME(capitals) _____

ADDRESS: _____

Tel No/s _____

Email _____

Church you belong to, if any:

Please may we keep your details on file solely in order to contact you about

a) this month of prayer YES/NO* and b) future such events YES/NO*, in accordance with new GDPR legislation? Signed:.....

(Please just print your name if emailing your application.)

