

# Prayer and discussion groups

## How do I pray?

Many people find it hard to pray. Where do you start? What do you say? Am I doing it properly?' The good news is that there is no 'proper' way to pray, whatever way you pray, whatever you want to say to God is the best way for you. And remember prayer is a two way process, as Mother Teresa reminded us '*God speaks in the silence of the heart. Listening is the beginning of prayer*'.

You will find some good prayer 'starters' [here](#).

And this book, as its title suggests, has some useful and practical advice for all those who seek God in prayer, whether you are just starting out or looking to refresh your practices,

['How to Pray: A Practical Handbook'](#) by John Pritchard, SPCK, 2002, ISBN 0281054541

## Prayer Groups

### Breathing Space



This is an ecumenical Prayer group for the churches at Castle that will help us deepen our prayer lives and come closer to God in Quiet Reflection and Prayer. We will meet monthly in each church in rotation at 5.30 pm on the first Wednesday of the month. We hope that the timing will enable those at work to drop in on their way home.

After greetings and refreshment there will be some opening prayers, usually a time of Bible reading and/or poetry, perhaps followed by some music. This will lead us into a short period of silence before our main time of prayer. The atmosphere will be informal, the prayers freely formatted; 'the Spirit is the wind in the sails of our prayer' (Michael Reeves). Contact Margaret Cooper to find out more.

### Prayer Chain



A group of people have pledged to pray each week for any concerns or thanksgivings that have been posted on the prayer boards in our churches or that have been given to one of us to pass on. All requests are kept strictly confidential within the group. We start off the chain afresh every Wednesday and requests are passed round the group by phone or e-mail. The group members are also supportive of each other, and it is not unusual for an extra personal prayer to be passed around when it is apparent that one of the group has a concern that they want to share.

### **Time to Be - Weekly Prayer Group**

[Time to Be](#) is a small prayer and fellowship group which meets for half an hour at 10am every Wednesday morning (immediately prior to the popular weekly coffee morning) in the Aldersgate Room at Castle Street Methodist Church. It is currently led by Rev'd Alison Walker. All are welcome to come along.

## **Discussion Groups**

### **Open Bible Discussion Group**

Open Bible Discussion Group is a nondenominational ChurchAtCastle Bible study, meeting on alternate Thursdays at various locations. We warmly welcome you to this new Bible discussion group - whether you're completely new to bible exploration or more familiar. For further details please contact the Parish Office by [email](#) or phone 01223 315000.

### **Men's Discussion Group**

The group normally meets once a month in a member's house from 8.00 - 10.00 p.m., usually on the first Tuesday of the month. Topics of discussion cover a wide range of subjects, both directly religious and of wider social/political interest; attempting to see where Christian responsibilities may lie. Interested? Contact Richard Catchpole, telephone 07736 070907

### **Table Talk**

Join the conversation on Thursday evenings at Castle Street Methodist Church - a friendly time to share food (7 - 8 pm), coffee (8 pm) and discussions on faith (8.15 - 9.30 pm). More information is available [online](#) or by telephone on 01223 872862.

## **Seasonal Study Groups**

The churches run day-time and evening study courses during Lent and Advent, led by the ministry team and shared by members of all the congregations. All are welcome. Details will be given in the Calendar and the Events sections of the website, in leaflets in the churches or by enquiry at the Parish Office, tel: 01223 315000.

### **Parish Quiet Days**

The churches share Quiet Days of study, prayer and fellowship every year, under the guidance of guest speakers. Details will be available as for the study groups, above.