

11 - 17 October 2026
St John's, Southbourne

Week of Guided Prayer

Guided through ways of prayer
to a deeper relationship with God.



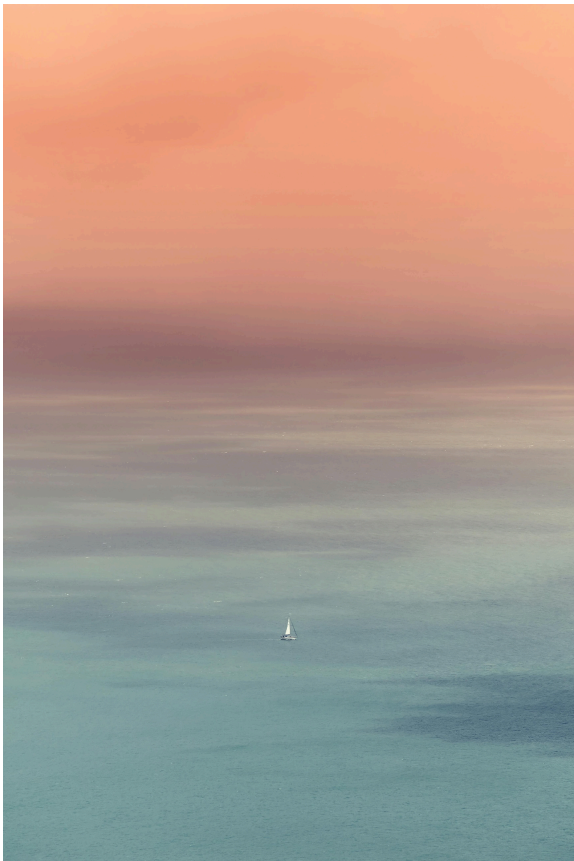


A week of guided prayer:

Find space and time to reflect on life and faith, and know God more personally. Explore your own faith with a trained guide and try new ways of praying.

We'll meet at the start of the week for worship, to meet the guides and agree times. Then each day you'll be asked to meet your guide for half an hour, and set aside half an hour for your own prayer. We'll conclude the week together on the Saturday morning.

The guides are all Spiritual Directors listening and helping you in your prayer.



What else do I need to know?

There will be a taster morning on Saturday 18th July at 10am in St John's. Come and hear more before signing up.

There is no cost for the week but a donation towards expenses is appreciated.

Numbers will be limited so please register as soon as possible. Due to safeguarding requirements, this is for over 18s only.



Location and Sign-up

The week is being hosted by St John's Church, Southbourne. But there will be several venues, and meeting arrangements will be planned to be most helpful for guides and participants.

Full timings and the form to sign up are on the back page.

The deadline to sign up is Friday 31st July.

Register

You can either fill in this form and return it to the St John's Church Office (Open Tuesday to Thursday, 9am-12pm). Or drop it into the post box in the Church Centre in an envelope labelled 'Prayer Week'.

You can also register online at: stjohnssouthbourne.com/prayer



Your Name _____

Phone _____

Address _____

Email _____

Please indicate which of the following times of day you could meet for 30 minutes with your prayer guide (please rank all those you *could* do, in order of preference)

	Mon.	Tues.	Weds.	Thurs.	Fri.
9am - 11.45am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2pm - 4pm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6pm - 8pm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Online (time tbc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

We will reply to let you know that you have a place and to confirm your time to meet your prayer guide each day. Please also keep the late afternoon of Sunday 11th October and morning of Saturday 17th October free for when we all meet together in St John's Church at the beginning and end of the week.

(All your information is stored according to our Church's Data Handling Policy, which can be read on the safeguarding/policies page of our website)