

Praying Without Words



An opportunity to practise silent prayer

Optional sharing of our prayer journey.

Open to all levels of experience

Open to those of any faith or none.



**Whirlow
Spirituality
Centre**

Whirlow Grange Drive
Sheffield
S11 9RX

Programme

Many are drawn to silent prayer, meditation, centring prayer, contemplation or whatever name it is given

It can raise questions which may be helpful to explore in a group, such as ...

'Am I doing it right?'

'Why bother?'

'How can I stop the thoughts?'

Each evening will begin with a brief introduction followed by a time of stilling leading into approx. 20 minutes silence.

If you wish you may share your experience in a small group that will listen without comment.

A brief plenary session will end by 9pm at the latest

7.30pm Refreshments for a prompt 8pm start

Thursday January 25th 2018

Thursday February 22nd 2018

Thursday March 15th 2018

Thursday April 19th 2018

No need to book, donations welcome.

Details can be found on:

www.whirlowspiritualitycentre.org/whats-on