

How to find out more

Please get in touch with either of the following, of Bristol Spirituality Network

Canon John Bowes 0117 973 5844

Catherine Richards 0117 974 4062

They will help get a team of Prayer Companions together.

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‘May God give you the power through his spirit for your hidden self to grow strong, so that Christ may live in your hearts through faith’

Ephesians 3, 16-17.

How about a

Month of Accompanied Prayer

in your area?

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**A way of helping people to
have a closer walk with God.**

What is a Month of Accompanied Prayer?

Months of Accompanied Prayer are a type of retreat in everyday life. They are offered as a way of deepening the prayer life of members of a congregation or of a group of churches.

They give people the opportunity to talk weekly with a Prayer Companion, without having to stay away from home.

Because the guidance is given on an individual basis, such a month is suitable for anyone, at whatever stage they may be in their Christian journey.

The month will also help develop relationships among those who make this kind of retreat, through mutual prayer and support.

What does it involve?

A group of Prayer Companions comes to the area; these will be a mixture of people, ordained or lay, who have received training in accompanying others. Each companion will accompany a number of people.

The month normally starts with a group session where participants and companions meet each other and worship together.

Participants undertake to set aside a time each day for personal prayer.

They will meet with their Prayer Companion, at a mutually agreed time, once during each week. The companion is there to listen and to encourage.

At the end of the month, all come together again for a further gathering, to reflect upon and celebrate the event.