

Online Prayer Groups

Lectio Divina is a popular way of praying with the Scriptures and is very simple. We use the Sunday Gospel reading. You would not need to do any preparation, and the sessions will last for only half an hour. Lectio consists in simply reading the passage slowly and letting God speak to your heart. There is no obligation to share anything, but we have the support of doing the reading with one another. We can send you some hints about lectio, if you would like this, or look on the [Daily Reflections](#) page of the parish website. Please let us know if you would like to join the group – parish@worth.org.uk This will take place on Saturday mornings, at 12 noon (new time, permanent change).

A **Rosary** group meets every Wednesday at 7 pm. Please get in touch with Rachel Davies: 07801 696354

The **Christian Meditation Group** helps us to focus on prayer in a special way. It follows the example of John Main OSB and begins with a teaching, followed by half an hour of prayer focusing the body and mind by silent repetition of a mantra. We are continuing our meditation group of silent contemplative repetition using Zoom video. We meet on two Wednesday evenings each month with a talk and period of silent contemplative prayer. Please contact Caterina Brown for more information and Zoom details on 01243 554001.