

Come Away and Rest A While

Spiritual Engagement

After a year like no other, space for spiritual engagement is much-needed. Each of us will benefit from it for a variety of reasons as the pandemic and lockdown has affected us in different ways.

Because of this, we want to provide the opportunity to respond to the encouragement of Jesus recorded in Mark chapter 6 - 'come away and rest a while', and to do so together for a short time during Holy Week.

For the second year running Holy Week will look and feel different.

On Maundy Thursday we will be joining in worship online, not able to gather in the cathedral, and so yet again we will miss being with one another in this way.

Mindful of our need to retreat and to gather, we are hosting a series of short retreats, on the Monday, Tuesday and Wednesday of Holy Week, based on The Feeding of the Five Thousand from the gospel according to Mark.

We hope these will provide the space to listen to God and to minister to each other.

Format

We are encouraging you to set aside 2 hours during Holy Week.

1st Hour

For the first hour we invite you to use the reflection on Mark 6:30-44

DOWNLOAD

2nd Hour

For the second hour you join your chosen Zoom call to gather with others to read the Bible passage together, to reflect on what God is saying through it and to pray led by senior staff together with Officers and Readers from across the diocese.

Come Away

With so much of work, life and ministry based from home at the present, we need to try that bit harder to come away from it all.

Be encouraged to turn off your email notifications, switch your phone to silent, maybe locate yourself in a different part of the house other than at your desk or in your work space, to enable you to be attentive to the voice of Christ within.

Invite Others

We very much hope this will be an encouragement and support to each other at this time. Please invite church members and colleagues to participate and share the details with them.

Book into the Zoom retreat that suits you and download the guided reflection to do at a time that suits beforehand.



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