

Further Resources

Books on Praying Creatively

- *Sacred Pathways* – Gary Thomas
- *The Sacred Year* – Michael Yankoski

The following guides can also be found on the 24-7 Prayer website:

- Creative Prayer ideas: 24-7prayer.com/creativeprayerideas
- How to encourage Creative prayer:
247prayer.com/EncouragingCreativePrayer

Books of Prayers

- *Encounter with God* - Dennis Wrigley & Tony Hill
- *I've been thinking, Lord* - Eddie Askew

Websites: www.prayingeachday.com

www.crosswalk.com

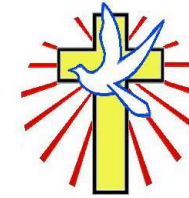
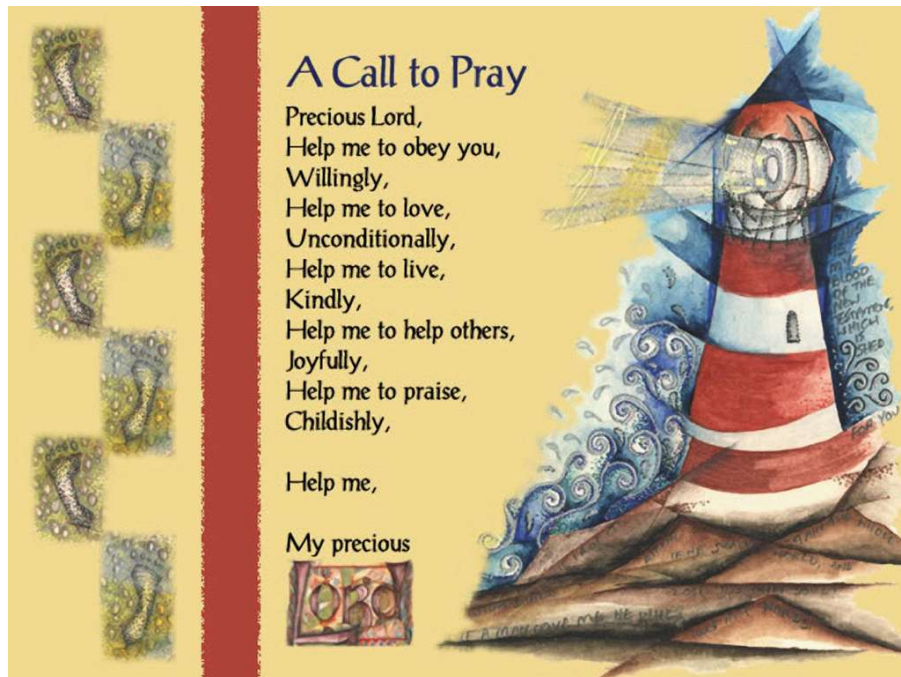
www.northumbriacommunity.org

Apps:

Prayer Mate

Sacred Space

Our Daily Bread



A call to pray



Monthly Cycle of Prayer

for Christ Church

Advent 2019 - Advent 2020

Dear Friends

Prayer doesn't just mean words. It is the means by which we engage creatively in our relationship with God. Each one of us is an original design, made in the image of the Creator, created to reflect in a unique way the glory of God.

To be human is to be creative – it is our DNA, one of the main traces of the divine within those fashioned from of the dust of the ground. Therefore, it should follow that our expressions of worship to our Creator and Saviour will be many and varied. This is exactly what Paul means in Ephesians when he describes the church as the reflector of the *'manifold wisdom of God'* (Ephesians 3:10). The word manifold here is *poikolos*, meaning *'wrought in various colours'*. It implies, like the surfaces of a gemstone, the multi-sided reflections of colour, light and pattern. Think of the mesmerising effect of a kaleidoscope and we are getting very close to the real meaning of *'manifold wisdom.'* If this is how we, as the Church, are to display God's glory, then it makes sense that our prayer lives should look more like a paint party or rock concert!

Most of us may be familiar with our prayers being formed by liturgy or well-developed prayer-rhetoric. Fewer of us feel permission to express our worship in dance, song, art, poetry or a walk in the mountains. Everything from Bach to Bono, from Michelangelo's Sistine Chapel to a toddler's painted

In the evening

The **Daily Examen** is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience.

The method presented here is adapted from a technique described by *Ignatius of Loyola* in his Spiritual Exercises. St. Ignatius thought that the Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible. One of the few rules of prayer that Ignatius made for the Jesuit order was the requirement that Jesuits practice the Examen twice daily—at noon and at the end of the day. It's a habit that Jesuits, and many other Christians, practice to this day.

This is a version of the five-step Daily Examen that St. Ignatius practiced.

- 1. Become aware of God's presence.**
- 2. Review the day with gratitude.**
- 3. Pay attention to your emotions.**
- 4. Choose one feature of the day and pray from it.**
- 5. Look toward tomorrow.**

For details about each step of the Examen, read *'How Can I Pray?'*

<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray>



Simple Morning Prayer

To you, O Lord, I lift up my soul; O my God in you I trust. (*Psalms 25:1*)

A Time of Quiet to still yourself in God's presence

As I rejoice in the gift of this new day,
so may the light of your presence, O God,
set my heart on fire with love for you; now and for ever. Amen.

Prayer for the Day from the *living well* bookmark
Collect for the Week from the Notice sheet

Scripture Readings from the Lectionary or daily study notes

May your Word live in us and bear much fruit to your glory.

Intercessions

- for the day and its tasks
- for the world and its needs
- for the Church and her life

The Lord's Prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.

Conclusion

May God bless the work of this day. Amen.

hand-print, from Shakespeare's poetry to the bad grammar of a journal entry.

All of this is worship.

The artistic DNA of the divine is a powerful motivating factor for 24-7 Prayer movement founded by Pete Greig and whose course on prayer we shall be exploring during this next year. We all need to keep that imaginative right-side of our brain, usually more active in our younger years, alive and kicking. We must never stop living out of our imagination. The heavens are not covered by a closed dome of glass. Rather, one world is overlapping with one-another and it's all much more enchanting than we realise. Bring who you are to God and let it all out.

Yours in Christ,

Rosemary



Prayers for the Month

Days 1 - 10		
Date	Church Community	Church Life
1st	Vicar: Rosemary Donovan Associate Minister: Sue Curtis Curate: David Fox-Branch Licensed Lay Minister: Berwick Curtis	Living Well Vision and our corporate 'Rule for Life'.
2nd	Occasional Preachers: Merinda D'Aprano; James Petit Youth and Families Worker: Jen Sadler	CC Creche
3rd	Church Wardens: John Warburton and Andrew Hards	CC Kids Sunday Groups leaders and helpers
4th	Choir Director and Organist: David Williams Band Leader: Dan Allsopp	CC Youth
5th	Pastoral Team: led by the Vicar	Community Knitting & Crochet Group
6th	Prayer Ministry Team: led by the Vicar	Wheels and Squeals: Kate Nichols
7th	PCC and Secretary: Jane Hards	Choir members
8th	Safeguarding Officer: Ro Stretton	Band members
9th	Discipleship Team: led by Sue Curtis	Bell Ringers
10th	Social Team	Tea Club: Sue Matthews and Sheila Frame

Days 21 - 31		
Date	Wider Community	Roads in Parish
21st	Old Moat Garden Centre	Pelman Way Penrose Drive Pheonix Close
22nd	Churches Together in Epsom:	Queen Alexandra's Way Richmond Crescent Ridgeway, Riley Close
23rd	University of Creative Arts	Ripley Way, Rona Maclean Close Rosebank, Ruthen Close
24th	Stamford Green Allotments	Saville Close, Sharon Close Sheraton Drive, Sherwood Way,
25th	Epsom Common Association	South Street, St. Edith's Close, St. Elizabeth's Drive, Spa Drive St. Margaret's Drive
26th	Epsom and Ewell Borough Council: Mayor and Councillors	St. Theresa's Close Stamford Green Stamford Green Road
27th	MP for Epsom and Ewell	Taylor Close Tobin Close Trotter Way
28th	Police and other Emergency Services	Well Way, Wells Road West Hill
29th	Epsom and Ewell Street Pastors	West Hill Avenue West Park Road, West Street Westcote Road
30th	Epsom Common Club	Wheelers Lane Whitehorse Drive, William Evans Road
31st	The Cricketers and The Jolly Coopers	Willis Close Willows Path Woodlands Road,

Prayers for the Month

Days 21 - 31		
Date	Church Community	Church Life
21st	Church Cleaning Teams	Spinnaker, Epsom Colin & Jose Taylor
22nd	Brass Cleaners	Orphan Aid: Greg Edwards
23rd	Flower Arrangers: Liz Pullinger and the Team	Bishop of Guildford's Foundation: Alan Frame
24th	Social Media and Publicity	The Besom: Chris Purdy
25th	CC Website	Children's Society: Marilyn Brown
26th	Christ Church News	Wycliffe Bible Translators: James Petit
27th	Sidesmen and women:	Sound Desk and Projector Operators: Roger Wedlake and Team
28th	Merry Mowers: Alistair Wells and Team	Hall Bookings
29th	Readers and Intercessors: Shona Wells and Team	Wedding /Funeral Verger: Andy Hards
30th	Welcomers: Jo Woolfe and Team	Daily Prayers in Church
31st	Electoral Roll Officer: Martin Shipton	Open Porch

Days 1 - 10		
Date	Wider Community	Roads in Parish
1st	Bishop Andrew Watson Bishop Jo Wells	Anderson Close Bracken Path Bramble Walk
2nd	Archdeacons: Martin Breadmore and Paul Davies	Bucknills Close Burnet Grove Burnham Grove
3rd	Church House Guildford and all Diocesan Staff	Buxton Close Calvert Close Castle Road
4th	Cathedral Chapter: Dean Dianna Gwilliams	Castle View Cavell Way Cavendish Walk
5th	Deanery, Area Dean: Des Williamson	Chantilly Way Christchurch Gardens Christ Church Mount
6th	St. Barnabas: in vacancy	Christ Church Road Christchurch Place Church Side Churchill Road
7th	St. Martin: Nick Parish David Candlin	Common Side, Court Lane The Crescent, Cuddington Glade
8th	Rosebery School	Dalmeny Way, Davison Close De Mel Close, Dillon Close Dorking Road, Drummond Gardens
9th	Kingswood House School	Dudley Grove Eastdean Avenue Eastman Way
10th	Stamford Green School	Ebba's Way, Ebbisham Road Elm Grove, Evelyn Way Ethel Bailey Close

Prayers for the Month

Days 11 - 20		
Date	Church Community	Church Life
11th	Treasurer: John Warburton Finance Committee: Alan Frame	Baptism Preparation: Sarah Chorley and Team
12th	The Premises Committee: Jim Smith	Christ Church United and Shooting Stars
13th	The Missions Committee:	CC Mothers' Union and our link branch in Sierra Leone
14th	Living Well Project Architect: Brendan Tracey	Living Well Prayer Group
15th	Business and Resources Committee: Rosemary Donovan	Home Groups
16th	Sacristan: Andy Hards	Fairtrade Stall: Peter and Tricia Rutter
17th	Servers: Andy Hards Berwick Curtis, Robert Burns,	Good Friday Passion Play
18th	Communion Assistants	Christian Solidarity Worldwide: Anne Fraser
19th	The Home Communion Team	CBC Brazil: Avril Shipton
20th	The Parish Office	Vision Peoples in Mission: David and Rosie Blacoe

Days 11 - 20		
Date	Wider Community	Roads in Parish
11th	Southfield Park School	Farmside Place Freshmount Gardens Galen Close
12th	Little Hands Nursery	Glanville Way, The Greenway Haven Drive Helm Close
13th	Rainbows and Brownies	Hine Close Hookfield Horton Crescent
14th	Guides	Horton Lane Hunters Close Kestrel Close
15th	Wells Centre Development	Lane End Langlands Rise Lewins Road
16th	Matthias House Sheltered Housing and Saddler's Court	Lindsay Close, Longland Place Lower Hill Road, Lulworth Place Manor Crescent, Manor Green Rd
17th	All local Mental Health Units	Marney's Close Marshalls Close Matthias Close
18th	Epsom Mental Health Week	Meadway, Miller Place Mynns Close Nell Gwynne Close
19th	Epsom General Hospital	Nightingale Close Norris Close Oak Leaf Close
20th	Lord Rosebery Lodge West Hill Court Westland Court	Orchard Gardens Osborne Way, Park Heights The Parade Parklawn Avenue, Peacock Close