



BENEFICE HALF QUIET DAY

Saturday 19th September
1.30 - 4.30 pm

THE SEASONS OF OUR LIVES

to be led by The Rev'd Mavis Nevill

WHO IS IT FOR?

Anyone who wants to carve out an afternoon to reflect on:

- how they have been in their life;
- How COVID 19 has affected them;
- how they hope to be going forward;
- and where is God in all this.

If you have never been to a Quiet Day before, this is your opportunity to dip your toe in the water, without even having to leave your home!

HOW DOES IT WORK?

The afternoon will be divided into three sessions

1.30pm: Session One - Introduction & Winter

2.30pm: Session Two - Springtime

3.30pm: Session Three - Summer and Autumn & Closing Worship

For each session there will be some material to introduce the topic, followed by a period for individual quiet. You could spend this time indoors, or out, depending on the weather. There will be some questions for Reflection for each Session, for those who'd like to use them. Each session will begin with a video streamed on our Benefice Facebook Page.

WHAT IF I'M NOT ON FACEBOOK BUT DO HAVE ACCESS TO A TABLET OR COMPUTER?

You don't need to be on Facebook to have access to the Facebook videos. If you let us know, we can help you to access the materials without Facebook membership.

WHAT IF I DON'T DO TECHNOLOGY?

No problem! If you let us know we will supply you with a paper copy of the session material and the questions for reflection.

WHAT IF I'M NOT FREE ON SATURDAY 19th?

No worries! The Beauty of being on the Benefice Facebook page is that you can access it afterwards, at a time convenient to you. Or, of course, there is the paper option.

HOW DO I BOOK IN?

If you hope to join the Quiet Day, it would be good if you could let Helen Ludkin, Parish Administrator, know. Her number is: 07788 848830, Her email is: beneficehwcd@gmail.com
If you need a paper copy of Content, or help to access FaceBook, please let Helen know by Sunday, 14th September.