

The 2018 Week of Accompanied Prayer



From Sunday 15th – Sunday 22nd April, we will be joining again with the Leigh Methodist Churches to hold our third Week of Accompanied Prayer. The Weeks held, in June 2015 and October 2016 were very well received and so we feel encouraged to commit ourselves to another Week this year.

Why are we having a Week of Accompanied Prayer (WAP)?

The purpose of such weeks is to encourage people in their prayer lives by providing an opportunity to reflect each day on their prayer, in the company of a prayer guide, or companion. What an individual participant experiences, over the course of the week, will be unique to them. For example, one may learn different ways in which to pray, another be helped to overcome a difficulty they have with prayer and someone else may simply begin to pray regularly for the first time. Often people experience a new or deeper meaning in their prayer and a greater awareness of God's presence in their daily lives.

It sounds like a retreat. If I take part, do I have to go somewhere special for the whole week?

A WAP is like a retreat but it doesn't involve going away for the week. Each day you will meet with your guide for thirty minutes either in St Clement's or in the Methodist Church. Also you will be invited to set aside thirty minutes to pray on your own each day. For the rest of the time the activities of your day continue as they would normally whilst feeding into and being fed by the prayer.

Who are the Prayer Guides?

The team of prayer guides will include women and men of various denominations, whose roles and experience within the church could be lay or ordained. All will have received training in helping others in their prayer. The role of the guide is mainly to listen: to accompany the participants during the week, encouraging each person to honour his or her own prayer and to be aware of how it may be developed.

What happens on a WAP?

The WAP begins on the first Sunday afternoon with a group meeting in which all of the Participants and Guides can meet one another. This session provides an opportunity for introductions, general guidance about prayer to help Participants get started, and initial conversations. Also it is good for participants to meet all together so that they can be aware throughout the WAP retreat of others who are also making the week of prayer, and so foster a sense of mutual support.

At the end of the week everyone will come together again to reflect upon and celebrate the event on the final Sunday afternoon.

Does the WAP cost anything?

The WAP is free to join, but bearing in mind the Week will cost about £250 to put on, we do suggest that Participants consider making a donation of £5 to £10 to contribute towards these costs.

If I am interested, what do I do next?

Complete the attached form and return it to the WAP box, on the book table near the west door of St Clement's, or hand it to Judith.