

Be Still

The Chichester Contemplative Prayer Group
Exploring Silent Prayer in the Christian Tradition

Programme 2019



The theme for this year is **The Rule of St Benedict.**

We meet on the 1st and 3rd Tuesdays each month

7:15pm for 7:30pm - 8:30pm

at 4 Canon Lane, Chichester, PO19 1PY

Each evening involves reflections on a theme for the day (set out on pages 2 and 3)
interspersed with periods of silent prayer.

Each evening stands alone so come when you can.

We also meet several times a year for Study Days

(Set out on Page 4)

Date	Theme	Text
------	-------	------

Advent 2018

04 Dec	Listen carefully	Ps 34: 11
18 Dec	Attend to what God says	Rev 2: 7

Christmas and Epiphany

01 Jan	No Meeting	
15 Jan	Awe of God	Ps 34: 1 - 14

Presentation of Christ

05 Feb	The Lord knows our thoughts	Psalms 34: 15,17 -20; Isaiah 58: 9
19 Feb	Our delight in the Law of God	1 Thess. 2: 12

Forgiveness

05 Mar	Repent and turn back to God	Romans 2: 4 Ezekiel 33: 11
19 Mar	Longing to please God	1 Thess. 4: 8 - 11
02 Apr	Keeping the Fast	1 Cor 7:7
16 Apr	Attending to the Work of God	Ephes. 4: 21 - 32

Easter and Pentecost – Following Christ

07 May	Humility	Psalms 35: 2 Luke 14: 11, 18: 14
21 May	Honesty	1 Peter 4: 11

Date	Theme	Text
------	-------	------

Easter and Pentecost – Testing Vocation

04 Jun	Patience and waiting	Romans 12: 12
18 Jun	Testing the Spirit	1 John 4:1

Trinity

02 Jul	Bless the Lord	Matt 22: 37 – 39 Mark 12: 30 – 31 Luke 10: 27
16 Jul	Sing praises to God	Psalm 47: 8 Psalm 138: 1 – 3
06 Aug	The eyes of the Lord are on us	Proverbs 15: 3
20 Aug	Serve the Lord with awe and trembling	Psalm 2: 11
03 Sep	The Lord calls us	Psalm 34: 1-3, 13 -15
17 Sep	Using our skills to benefit others	Ephes. 2: 10

Approaching Advent

01 Oct	Serve God well	1 Tim 3: 13
15 Oct	Purity of Heart	Matt 7: 6
05 Nov	Prayer short and pure	Matt 7: 7 - 8
19 Nov	Be Still	Psalm 46: 10

Biblical Ref from NRSV

Saturday Study Days

Meeting from 10:00am for 10:30am – 3:30pm

16 March 2019

St John of the Cross	Roy Norton, Lecturer in Spanish Literature at Christ Church, Oxford	The Vicar's Hall, Chichester Cathedral
----------------------	---	--

11 May 2019

Spirituality and Music	Rev. Tim Schofield, Canon Precentor of Chichester Cathedral	The Vicar's Hall, Chichester Cathedral
------------------------	---	--

23 November 2019

Mindful reading of the Bible- Benedictine Prayer in Today's World	Fr. Brian Murphy Parish Priest and former monk	The Vicar's Hall, Chichester Cathedral
---	---	--

For further information email:

bestillchichester@btinternet.com

or telephone David Browning on 01243 839922

Web site: www.bestillchichester.org.uk