

PEREGRINI



*A Community of  
Prayer & Mission*

RESOURCE BOOK





# Forward by David Walker, Bishop of Manchester

Welcome to Peregrini.

For the last twenty five years I have had the benefits, as a Third Order Franciscan, of being part of a dispersed Christian community living within the Anglican tradition. It has long been my desire to see as much as possible of what that offers to me being made more widely available to those who are not rooted in one or other of the historic monastic families.

Peregrini is very much the fulfilment of these hopes. It comes at a time when the Holy Spirit is doing something quite remarkable, across this country and beyond. God is raising up new groups of men and women founded on the key elements of the monastic tradition. Some arise in order to sustain their members in discipleship and ministry in their diverse parishes and settings. Others are created for the furtherance of a shared mission to which the community is called. Some are entirely dispersed, others have a core residential community at their heart, or a responsibility for mission in a particular location.

The common themes of a Rhythm of Life, explicit belonging, mutual accountability and occasional gathering unite these emerging communities. They share an ability to hold together in their fellowship Christians drawn from a wide range of churchmanship traditions and from different denominations. They have mastered what it is of traditional monastic rule that can be applied in an effective way to those living in families as well as to the single, celibate.

So please do hold this new venture in Manchester Diocese in your prayers. And please consider whether what Peregrini has to offer resonates with God's call to you.

+David Manchester

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# Peregrini: A Community of Prayer and Mission

Being a Christian is a lifelong journey of exploration. A journey that often encompasses times of celebration, times of hardship, times of struggle and times of joy. The path that we walk is not a solitary one, but one where we walk with our contemporary brothers and sisters in Christ and one where we draw inspiration from those who have walked the path before us. Peregrini: A Community of Prayer and Mission is a fellow group of pilgrims to walk with on the journey of faith.

We have drawn inspiration from the Irish wandering monks, the peregrini, and the Anglo-Saxon saints, St. Cedd & St. Chad, who continued the tradition of *peregrinatio*. Both were sent from Lindisfarne, St Chad evangelized Mercia, the ancient region that modern day Manchester is located in and St. Cedd established many churches and two monasteries before coming back to the North where he founded a monastery at Lastingham.

We welcome Christians from all traditions who long to grow in holiness and depth of discipleship and who like ancient Celtic peregrini are prepared to journey with others in the footsteps of Christ. We have drawn inspiration from the Community of St. Chad, in Lichfield Diocese and it is from the Community of St Chad that we draw the five Rhythms of Grace.

The Rhythms of Grace unite Peregrini in a common commitment a missional and spiritual lifestyle.

# The Five Rhythms of Grace

The term, Rhythms of Grace, is taken from Eugene Peterson's translation of Matthew 11:28: "Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace."

It is used here, to denote a series of aspirational statements that, when embraced, will nurture spiritual growth, foster Christian discipleship and enable missional encounter.

**Rhythm One:** By God's grace, I will seek to be transformed into the likeness of Christ.

**Rhythm Two:** By God's grace, I will be open to the presence, guidance and power of the Holy Spirit.

**Rhythm Three:** By God's grace, I will set aside time for prayer, worship and spiritual reading.

**Rhythm Four:** By God's grace, I will endeavour to be a gracious presence in the world, serving others and working for justice in human relationships and social structures.

**Rhythm Five:** By God's grace, I will sensitively share my faith with others: participating in God's mission both locally and globally.

The five Rhythms are not rules that dictate how people behave, but rather a starting point for a process of self-examination that can help us to understand who we are, and what we need to do to grow as disciples of Christ. The Rhythms are signposts that help us to walk deeper in faith.

Each member of the community is responsible for working through the implications of the five Rhythms of Grace. However, the following suggestions are offered as examples:

## **Rhythm One**

We seek to grow in holiness through the power of the spirit, prayer, study of God's word and worship that our service for God and the world is deepened and strengthened and we are thus transformed into the likeness of Christ from one degree of glory to another' (2 Cor. 3:18)

## **Rhythm Two**

- Ask the Holy Spirit to be present and active in all aspects of your life: work, rest, prayer.
- Look at the spiritual gifts listed in Romans 12:6-8 and 1 Corinthians 12:8-11. Ask the Holy Spirit to reveal what new gifts you might receive for the building up of the body of Christ ( Eph. 4)
- Read Galatians 5:22-23. Are there any of the fruits that you need God to help you develop?

## **Rhythm Three**

- Take part in corporate worship at least once a week.
- To share daily in the prayer of the church through the Office (see resources)
- Pray for at least ten minutes each morning or evening.
- Before seeking to encounter Christ in prayer, scripture and worship pray for the presence, guidance and power of the Holy Spirit.
- Meditate on scripture and be attentive to what God might be saying to you.
- Read a passage from the Bible each day, using study notes or a Bible commentary to help you understand and apply what you are reading.
- Read a Christian book, or listen to a CD or watch a video, that will encourage, inspire or challenge you.

## **Rhythm Four**

- Pray for God's strength and guidance in all decision making
- Undertake acts of generosity without being asked.
- Get involved in a community initiative that will help others.
- Oppose inequality and injustice whenever you encounter it.
- If a confrontation is necessary, approach it with grace, courage and truth.

## **Rhythm Five**

- Ask God to give you the courage to share your faith.
- Look for opportunities to explain what you believe to close friends or relatives. Get to know your neighbours better. Consider inviting them to church.
- Think of ways in which you or your church can present the 'good news' in an innovative way.
- Get involved in a world-mission initiative.
- Offer prayerful, practical or financial support.

# **Rhythms for families and children**

We recognise some groups within the Peregrini community will include children and young families – the five rhythms have been adapted as follows:

## **Rhythm One**

With God helping me, I will learn to be more like Jesus.

## **Rhythm Two**

With God helping me, I will be open to the Holy Spirit guiding me.

## **Rhythm Three**

With God helping me, I will talk with God and get to know God by reading the stories of God's people.

## **Rhythm Four**

With God helping me, I will learn to be kind and loving to the people I meet, and I will do what I can to make the world more fair.

## **Rhythm Five**

With God helping me, I will share my friendship with Jesus with others, sharing the good news about Jesus wherever I go.

# Life Together

The pace that we walk at changes for the different times of our lives; each pace brings with it different opportunities. As we walk there are times where we will need to be alone, times where we will value a companion, times to walk with a small group and times where we value being part of the entire community. Peregrini offers opportunity for support and encouragement during these four different phases of our faith journey. Peregrini is intended to support and empower people in their church context.

## **1: Alone**

There are times when we need to be alone, however it is also good to remain connected prayerfully with the community. Therefore resources will be produced that nurture a person who is in this particular phase of the journey.

## **2: Companionship Groups**

Companionship Groups give an intentional structure to our dispersed community. They consist of small groups of individual people (usually between 3 and 5) who commit themselves, on an annual basis, to meet regularly to encourage and support each other in their desire to become people deeply rooted in God and to grow in spiritual maturity. (see page 12 for further details)

## **3: Missional Communities**

In some contexts members of the community may intentionally agree to live according to the Five Rhythms of Grace and have a particular mission focus on a place. These groups range in size from 5 to 50, they are different to the Spiritual Growth Groups in that they have a particular missional focus on an area and may evolve within a church community.

## **4: Entire Community**

Alongside the times of journeying alone and with a small group there will also be times when the entire community gathers. There are two occasions that we encourage all members of the community to participate in:

Annual service of commitment: At the service we make our promises of commitment to one another. We ask, where possible, that all members of the community participate in this service.

Annual Retreat Day: Each spring we will facilitate a retreat day for members of the community.

## **Episcopal Visitor**

To help us discern the direction of the community Bishop David Walker is our episcopal visitor. He is a critical friend who will help us to shape our corporate life and provide guidance when requested or needed.

# Companionship Groups

Companionship Groups give structure to our dispersed community. They consist of small groups of people who commit themselves, to meet monthly to encourage and support each other in their desire to become deeply rooted in God and to grow in spiritual maturity.

*What happens when the group meets?*

Before the meeting members are encouraged to read prayerfully through the Rhythms of Grace and reflect upon them.

The following Bible verses and questions are intended to help aid prayer and reflection:

## Rhythm One

By God's grace, I will seek to be transformed into the likeness of Christ.'

And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit.

*2 Corinthians 3:18*

I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me.

*Galatians 2:19b-20*

So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!

*2 Corinthians 5:17*

## **Rhythm Two**

By God's grace, I will be open to the presence, guidance and power of the Holy Spirit.'

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

*Romans 12:2*

## **Rhythm Three**

By God's grace, I will set aside time for prayer, worship and spiritual reading.

Jesus said to them, 'Come away to a deserted place all by yourselves and rest a while.'

*Mark 6:31*

Blessed are those who trust in the Lord,  
whose trust is the Lord.  
They shall be like a tree planted by water,  
sending out its roots by the streams.  
It shall not fear when heat comes,  
its leaves shall stay green;  
in the year of drought it is not anxious,  
and it does not cease to bear fruit.

*Jeremiah 17:7-8*

## **Rhythm Four**

By God's grace, I will endeavour to be a gracious presence in the world, serving others and working for justice in human relationships and social structures.

He has told you, O Mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

*Micah 6:8*

Jesus said, 'I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.'

*John 13:34-35*

## **Rhythm Five**

By God's grace, I will sensitively share my faith with others: participating in God's mission both locally and globally.

Jesus said to them again, 'Peace be with you. As the Father has sent me, so I send you.' When he had said this, he breathed on them and said to them, 'Receive the Holy Spirit.'

*John 20:21-22*

Always be ready to make your defence to anyone who demands from you an account of the hope that is in you; yet do it with gentleness and reverence.

*1 peter 3:15-16*

Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.

*Matthew 28:19-20*

## **Questions**

Have I, by God's grace, loved both God and neighbour?

Have I, by God's grace, let Christ direct my way?

Have I, by God's grace, been faithful in prayer, worship and spiritual reading?

Have I, by God's grace, served Christ in others?

Have I, by God's grace, shared my faith with others?

The groups will be a time of support and encouragement, but it is possible that this will sometimes include an element of challenge. It is usual at the end of the meeting for each member to choose some specific task to work at in the weeks leading up to the next meeting.

### **Commitment and Confidentiality**

These are crucial elements. Each member should be arranged at a time when every member can be present, unless some emergency occurs to prevent them. What is said at the Group meeting must remain totally confidential to the members of the Group.

At least once a year the Group will review its progress and agree the way forward.

### **Who should lead?**

The simplest way is to share the leadership role equally around the group. During the meeting the leader will ensure that the members stay on task and that everyone has an equal opportunity for sharing.

## **Resources for the Journey**

Peregrini offers the following resources which you may find helpful:

### **Morning and Evening Prayer**

Whilst we recognise that people pray in a variety of ways, we have developed liturgies for morning and evening prayer. We also offer a number of short guides. These include: 'Prayerful Reading of Scripture' (*Lectio Divina*), 'Imaginative Engagement with Gospel Stories' (*Ignatian Contemplation*), 'A Way into Silence' (the Jesus Prayer), 'Reviewing Your Day' (the Examen).

### **Reading the Bible**

There are many resources that might help you to read the Bible in a meaningful way. We have produced a short guide which offers advice, together with a simplified lectionary which suggests Bible readings for each day.

### **Examining Your Conscience**

Our method of reconciliation, or confession, is available for members to use, either privately or with a spiritual director.

### **Spiritual Companionship**

The primary vehicle for spiritual companionship is the Spiritual Growth Group. However, some members will also choose to meet with an independent mentor. Please contact the Diocesan Spirituality Team if you need any assistance.

### **Spiritual Reading**

Every three months one of our members will recommend a book that you might find helpful. The recommendation will include a short review and a study guide that can be used by individuals or groups.

### **Family of Peregrini**

We are committed to developing resources that will connect with families and young people.

## SUNDAY MORNING

### LISTEN

Sit comfortably, away from distractions.  
Listen to the sounds around you, and acknowledge them.  
Deepen your breathing.  
Focus on God.  
Offer him your thanks and praise.  
Ask Him to be part of your day.

### REFLECT

When you are ready, read a passage of scripture.

Reflect upon what you have read. Give God time to speak to you.

Ask: what can I learn from this passage about God's grace and about the way that I should live my Christian life?

### PRAY

Loving God,  
I pray for your church  
in its variety and richness  
throughout the world.  
Bless the work of all  
who share in the proclamation  
of the good news of your kingdom.  
Bless all your people, and all your flock.  
Give your peace, your help, your love  
to us your servants,  
the sheep of your fold,  
that we may be united  
in the bond of peace and love,  
one body and one spirit,  
in one hope of our calling.

*Liturgy of St. Mark (2nd century)*

This morning, I pray for:  
My family and friends ....  
Those with whom I work ....  
Those who rely on me ....

I pray for those in need ....  
The sick ....  
The lonely ....  
The unloved ....

I pray for those who are struggling to find a job ....  
Those who are in financial difficulty ....  
Those whose relationships are in turmoil ....  
I pray for... (*any other needs*)

Grant us grace, O Father,  
not to pass by suffering or joy without eyes to see.  
Give us understanding and sympathy,  
and guard us from selfishness,  
that we may enter into  
the joys and sufferings of others.  
Use us to gladden and strengthen  
those who are weak and suffering;  
that by our lives we may help others to believe  
and serve you, and shed forth your light  
which is the light of life.

*H.R.L (Dick) Sheppherd (1880-1937)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

**Amen.**

## SUNDAY EVENING

### LISTEN

Focus on God.

Quietly express your love for Him.

Focus on yourself.

Commit to God all that has happened during the day.

Offer him your thanks and praise for the good things; confess the mistakes you have made and receive his forgiveness.

As you breath out, imagine letting go of any negative emotions or memories.

As you breathe in, imagine letting in the gentle breeze of God's Spirit: all that is honourable, just, pure, pleasing and good.

Breathe out.

Breathe in.

Be still.

### REFLECT

When it seems appropriate, read a passage of scripture.

Reflect upon what you have read. Give God time to speak to you.

Ask: what can I learn from this passage about God's grace and about the way that I should live my Christian life?

### PRAY

Loving God,  
you have called me to live by faith,  
in obedience to your will,  
so that I might have life in all its fullness.  
Help me to love you with all my heart,

to mature as a disciple of Christ,  
and to grow in the gifts and fruits of your Spirit.  
O Lord God, destroy and root out  
whatever the adversary plants in me,  
that with my sins destroyed  
you may sow understanding and good work  
in my mouth and heart;  
so that in act and in truth  
I may serve only you and know how to fulfil  
the commandments of Christ  
and to seek yourself. *Columbanus (c.550-615)*

This evening I pray for:  
My own needs ...  
The needs of others ....  
The needs of people throughout the world ....  
I also pray for... (any other needs)

God be in my head  
and in my understanding;  
God be in my eyes  
and in my looking;  
God be in my mouth  
and in my speaking;  
God be in my heart  
and in my thinking;  
God be at my end  
and at my departing. *The Book of Hours (16th century)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

**Amen.**

## MONDAY MORNING

### LISTEN

Sit comfortably, away from distractions.  
Listen to the sounds around you, and acknowledge them.  
Deepen your breathing.

Focus on God.  
Offer him your thanks and praise.  
Ask Him to be part of your day.

### REFLECT

When it seems appropriate, read a passage from scripture.

Reflect upon what you have read.

Give God time to speak to you.

Ask: what can I learn from this passage about God's grace  
and about the way that I should live my Christian life?

### PRAY

Loving God, thank you for bringing me safely  
to the beginning of this new day.  
Be with me as I go about my daily tasks.  
Stay with me when I come close to temptation.  
Stand before me when I feel weary.  
Be at my side when difficult things are asked of me.  
Be a bright flame before me, a guiding star above me,  
a smooth path beneath me, a kindly shepherd behind me,  
today and evermore.

*Columba (521-597)*

This morning, I pray for:  
My family and friends ....  
Those with whom I work ....  
Those who rely on me ....

I pray for those in need ....  
The sick ....  
The lonely ....  
The unloved ....

I pray for those who are struggling to find a job ....  
Those who are in financial difficulty ....  
Those whose relationships are in turmoil ....  
I pray for... (*any other needs*)

Grant me the serenity to accept the things I cannot change;  
courage to change the things I can;  
and the wisdom to know the difference.

*Reinhold Niebuhr (1892-1971)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

**Amen.**

## MONDAY EVENING

### LISTEN

Focus on God.

Quietly express your love for Him.

Focus on yourself, and commit to God all that has happened during the day.

Offer him your thanks and praise for the good things; confess the mistakes you have made and receive his forgiveness.

As you breath out, imagine letting go of any negative emotions or memories.

As you breathe in, imagine letting in the gentle breeze of God's

Spirit: all that is honourable, just, pure, pleasing and good.

Breathe out.

Breathe in.

Be still.

### REFLECT

When it seems appropriate, begin to read a passage of scripture.

Reflect upon what you have read.

Give God time to speak to you.

Ask: what can I learn from this passage about God's grace and about the way that I should live my Christian life?

### PRAY

Loving God,

you know what is in me.

You know my strengths and weaknesses,

my hopes and fears.

Lead me from death to life,

from falsehood to truth,

from uncertainty to trust,  
from turmoil to peace.

Write your blessed name,  
O Lord, upon my heart,  
there to remain so indelibly engraved,  
that no prosperity,  
no adversity shall ever move me from your love.  
Be to me a strong tower of defence,  
a comforter in tribulation, a deliverer in distress,  
a very present help in trouble and a guide to heaven  
through the many temptations and dangers of this life.

*Thomas a Kempis (c.1380-1471)*

This evening I pray for:  
My own needs ...  
The needs of others ....  
The needs of people throughout the world ....  
I also pray for...  
(any other needs)  
Save the afflicted;  
have mercy on the lowly;  
raise the fallen;  
appear to the needy;  
restore the wanderers;  
feed the hungry;  
ransom our prisoners;  
raise the sick; comfort the faint-hearted.

*Clement of Rome (1st century)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

**Amen.**

## TUESDAY MORNING

### LISTEN

Sit comfortably, away from distractions.  
Listen to the sounds around you, and acknowledge them.

Deepen your breathing.  
Focus on God.  
Offer him your thanks and praise.  
Ask Him to be part of your day.

### REFLECT

When it seems appropriate, read a passage of scripture.

Reflect upon what you have read.

Give God time to speak to you.

Ask: what can I learn from this passage about God's grace  
and about the way that I should live my Christian life?

### PRAY

Loving God, I offer you today,  
my thoughts, words and actions.  
Help me to heed the promptings of your Spirit,  
to recognize your Son in those I encounter,  
and to be a witness for your kingdom.  
Help me to share your healing touch,  
your words of encouragement,  
your smile of friendship,  
your helping hand.

Give me, O Lord, firm faith,  
unwavering hope, perfect love.

Pour into my heart the spirit of wisdom and understanding,  
the spirit of counsel and spiritual strength,  
the spirit of knowledge and true godliness,  
and the spirit of your holy fear.

*Alcuin (735-804)*

This morning, I pray for:  
My family and friends ....  
Those with whom I work ....  
Those who rely on me ....

I pray for those in need ....  
The sick ....  
The lonely ....  
The unloved ....

I pray for those who are struggling to find a job ....  
Those who are in financial difficulty ....  
Those whose relationships are in turmoil ....  
I pray for... (*any other needs*)

Be within me to strengthen me,  
without me to preserve,  
over me to shelter,  
beneath to support,  
before me to direct,  
behind me to bring back,  
round about me to fortify.

*Lancelot Andrewes (1555-1626)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

**Amen.**

## TUESDAY EVENING

### LISTEN

Focus on God.

Quietly express your love for Him.

Focus on yourself.

Commit to God all that has happened during the day.

Offer him your thanks and praise for the good things; confess the mistakes you have made and receive his forgiveness.

As you breathe out, imagine letting go of any negative emotions or memories.

As you breathe in, imagine letting in the gentle breeze of God's Spirit: all that is honourable, just, pure, pleasing and good.

Breathe out.

Breathe in.

Be still.

### REFLECT

When it seems appropriate, begin to read a passage of scripture.

Reflect upon what you have read. Give God time to speak to you.

Ask: what can I learn from this passage about God's grace and about the way that I should live my Christian life?

### PRAY

Loving God,

forgive me if I have hurt, or failed, or disappointed anyone today.

Forgive me if I have said,

or done, or thought, unworthy things.

I ask you to:  
sustain me in the way of truth,  
guide me in the path of peace,  
and infuse me with the values of your kingdom.  
Give me, O Lord, a steadfast heart  
which no unworthy affection may drag downwards.  
Give me an unconquered heart which no tribulation can wear out.  
Give me an upright heart which no unworthy purpose may tempt aside.  
Bestow upon me also, O Lord my God,  
understanding to know you,  
diligence to seek you, wisdom to find you,  
and a faithfulness that may finally embrace you;  
through Jesus Christ our Lord.

*Thomas Aquinas (c.1225-74)*

This evening I pray for:  
My own needs ...  
The needs of others ....  
The needs of people throughout the world ....  
I also pray for... (any other needs)

Light eternal, shine in my heart,  
power eternal, deliver me from evil:  
wisdom eternal, scatter the darkness of my ignorance.  
Grant that I may ever seek your face,  
with all my heart and soul and strength;  
and, in your infinite mercy,  
bring me at last to your holy presence,  
where I shall behold your glory  
and possess your promised joys.

*Alcuin (735-804)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

**Amen.**

## WEDNESDAY MORNING

### LISTEN

Sit comfortably, away from distractions.  
Listen to the sounds around you, and acknowledge them.  
Deepen your breathing.

Focus on God.  
Offer him your thanks and praise.  
Ask Him to be part of your day.

### REFLECT

When it seems appropriate, read a passage of scripture.

Reflect upon what you have read. Give God time to speak to you.

Ask: what can I learn from this passage about God's grace and about the way that I should live my Christian life?

### PRAY

Loving God,  
I offer myself to you:  
my mind – to imagine the possibilities of your kingdom;  
my eyes – to see the needs of others;  
my ears – to hear the cries of the world;  
my voice – to share your Good News;  
my hands – to work in your service;  
my feet – to walk the path set before me;  
my heart – to love you above all things.

Grant me to know that which is worth knowing,  
to love that which is worth loving,

to praise that which can bear with praise,  
to hate what in your sight is unworthy,  
to prize what to you is precious,  
and, above all, to search out and to do  
what is well-pleasing unto you;  
through Jesus Christ our Lord.

*Thomas a Kempis (c.1380-1471)*

This morning I pray for:  
My family and friends ....  
Those with whom I work ....  
Those who rely on me ....

I pray for those in need ....  
The sick ....  
The lonely ....  
The unloved ....

I pray for those who are struggling to find a job ....  
Those who are in financial difficulty ....  
Those whose relationships are in turmoil ....  
I pray for... (*any other needs*)

O God, you are the light of the minds that know you,  
the life of the souls that love you,  
and the strength of the wills that serve you:  
help me to know you that I may truly love you,  
and so to love you that I may fully serve you,  
whom to serve is perfect freedom;  
through Jesus Christ our Lord.

*Augustine of Hippo (354-430)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

**Amen.**

## WEDNESDAY EVENING

### LISTEN

Focus on God.

Quietly express your love for Him.

Focus on yourself.

Commit to God all that has happened during the day.

Offer him your thanks and praise for the good things; confess the mistakes you have made and receive his forgiveness.

As you breath out, imagine letting go of any negative emotions or memories.

As you breathe in, imagine letting in the gentle breeze of God's Spirit: all that is honourable, just, pure, pleasing and good.

Breathe out.

Breathe in.

Be still.

### REFLECT

When you are ready, begin to read a passage of scripture.

Reflect upon what you have read.

Give God time to speak to you.

Ask: what can I learn from this passage about God's grace and about the way that I should live my Christian life?

## **PRAY**

Loving God,  
help me to dream of love  
in a world that often speaks of hate;  
to dream of hope  
in a world that often speaks of despair.

Teach me to seek you, and as I seek you,  
show yourself to me, for I cannot seek you  
unless you show me how, and I will never find you  
unless you show yourself to me.  
Let me seek you by desiring you,  
and desire you by seeking you;  
let me find you by loving you,  
and love you in finding you.

*Anselm (1033-1109)*

This evening I pray for:  
My own needs ...  
The needs of others ....  
The needs of people throughout the world ....  
I also pray for... (any other needs)

Breathe in me, that I may think what is holy.  
Move me, that I may do what is holy.  
Attract me, that I may love what is holy.  
Strengthen me, that I may guard what is holy.  
Guard me, that I may keep what is holy.

*Augustine of Hippo (354-430)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

**Amen**

## THURSDAY MORNING

### LISTEN

Sit comfortably, away from distractions.  
Listen to the sounds around you, and acknowledge them.  
Deepen your breathing.

Focus on God.  
Offer him your thanks and praise.  
Ask Him to be part of your day.

### REFLECT

When it seems appropriate, read a passage of scripture.

Reflect upon what you have read.

Give God time to speak to you.

Ask: what can I learn from this passage about God's grace and about the way that I should live my Christian life?

### PRAY

Loving God,  
help me to be, in everything I do and say,  
an instrument of grace and a witness to your Kingdom.

May I be no one's enemy,  
and may I be the friend of that which is eternal and abides.  
May I never quarrel with those nearest me:  
and if I do, may I be reconciled quickly.  
May I love, seek, and attain only that which is good.  
May I wish for all people's happiness and envy none.

May I never rejoice in the ill-fortune of one who has wronged me. When I  
have done or said what is wrong,  
may I never wait for the rebuke of others,  
but always rebuke myself until I make amends.  
May I win no victory that harms either me or my opponent.  
May I reconcile friends who are angry with one another.  
May I, to the extent of my power,  
give all needful help to my friends and all who are in want.  
May I never fail a friend who is in danger.  
When visiting those in grief may I be able by gentle and healing words, to  
soften their pain.  
May I respect myself.  
May I always keep tame that which rages within me.  
May I accustom myself to be gentle,  
and never be angry with people because of circumstances.  
May I never discuss who is wicked and what wicked things he has done, but  
know good people and follow in their footsteps.

*Eusebius (3rd century)*

This morning, I pray for:  
My family and friends ....  
Those with whom I work ....  
Those who rely on me ....

I pray for those in need ....  
The sick ....  
The lonely ....  
The unloved ....

I pray for those who are struggling to find a job ....  
Those who are in financial difficulty ....  
Those whose relationships are in turmoil ....  
I pray for... (*any other needs*)

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love,  
Where there is injury, pardon  
Where there is doubt, faith,  
Where there is despair, hope,  
Where there is darkness, light,  
Where there is sadness, joy.

O Divine Master, grant that I may not so much  
seek to be consoled as to console,  
not so much to be understood as to understand,  
not so much to be loved, as to love;  
for it is in giving that we receive,  
it is in pardoning that we are pardoned,  
it is in dying that we awake to eternal life.

*Francis of Assisi (1182-1226)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

**Amen.**



## THURSDAY EVENING

### LISTEN

Focus on God.

Quietly express your love for Him.

Focus on yourself.

Commit to God all that has happened during the day.

Offer him your thanks and praise for the good things; confess the mistakes you have made and receive his forgiveness.

As you breath out, imagine letting go of any negative emotions or memories.

As you breathe in, imagine letting in the gentle breeze of God's Spirit: all that is honourable, just, pure, pleasing and good.

Breathe out.

Breathe in.

Be still.

### REFLECT

When it seems appropriate, read a passage of scripture.

Reflect upon what you have read.

Give God time to speak to you.

Ask: what can I learn from this passage about God's grace and about the way that I should live my Christian life?

### PRAY

Loving God,

help me to share your words of life

with my family, friends, neighbours, and colleagues.

Help me to speak of holiness; righteousness;  
freedom; and compassion.

Give me the opportunity to talk about healing; comfort;  
acceptance; and forgiveness.

Grant, O God,  
that I may speak so boldly and so lovingly  
that the greatness of Christ  
may shine out clearly in my person,  
through the indwelling of your Holy Spirit.

*Donald Coggan (1909-2000)*

This evening I pray for:  
My own needs ...  
The needs of others ....  
The needs of people throughout the world ....  
I also pray for... (any other needs)

Lighten our darkness,  
we beseech thee, O Lord;  
and by thy great mercy  
defend us from all perils  
and dangers of this night;  
for the love of thy only Son,  
our Saviour, Jesus Christ.

*Book of Common Prayer (origin c. 5th century)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

**Amen.**

## FRIDAY MORNING

### LISTEN

Sit comfortably, away from distractions.  
Listen to the sounds around you, and acknowledge them.  
Deepen your breathing.  
Focus on God.  
Offer him your thanks and praise.  
Ask Him to be part of your day.

### REFLECT

When it seems appropriate, read a passage of scripture.

Reflect upon what you have read. Give God time to speak to you.

Ask: what can I learn from this passage about God's grace and about the way that I should live my Christian life?

### PRAY

Loving God,  
infinite and majestic:  
beyond time, space,  
and our deepest thought.  
Give me wisdom to perceive you,  
intellect to understand you,  
diligence to seek you,  
patience to wait for you,  
eyes to behold you,  
a heart to meditate upon you  
and a life to proclaim you,  
through the power of the Spirit of our Lord Jesus Christ.

*Benedict (480-543)*

This morning, I pray for:  
My family and friends ....  
Those with whom I work ....  
Those who rely on me ....

I pray for those in need ....  
The sick ....  
The lonely ....  
The unloved ....

I pray for those who are struggling to find a job ....  
Those who are in financial difficulty ....  
Those whose relationships are in turmoil ....  
I pray for...(*any other needs*)

Spirit of God, with your holy breath  
you cleanse the hearts and minds of your people;  
you comfort them when they are in sorrow,  
you lead them when they wander from the way,  
you kindle them when they are cold,  
you knit them together when they are at variance,  
and you enrich them with many and various gifts.  
We beseech you daily to increase  
those gifts which you have entrusted to us;  
that with your light before us and within us  
we may pass through this world  
without stumbling and without straying.

*Desiderius Erasmus (1466-1536)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

**Amen.**

## FRIDAY EVENING

### LISTEN

Focus on God. Quietly express your love for Him.

Focus on yourself. Commit to God all that has happened during the day.

Offer him your thanks and praise for the good things; confess the mistakes you have made and receive his forgiveness.

As you breath out, imagine letting go of any negative emotions or memories.

As you breathe in, imagine letting in the gentle breeze of God's Spirit: all that is honourable, just, pure, pleasing and good.

Breathe out. Breathe in.

Be still.

### REFLECT

When it seems appropriate, read a passage of scripture.

Reflect upon what you have read. Give God time to speak to you.

Ask: what can I learn from this passage about God's grace and about the way that I should live my Christian life?

### PRAY

Loving God

forgive me for those times

when I have been so self-obsessed

that I have been less compassionate

than I should have been.

Help me to remember that there are many

who are not as fortunate as I am.

When I have food,  
help me to remember the hungry;  
when I have work,  
help me to remember the jobless;  
when I have a home,  
help me to remember those who have no home at all;  
when I am without pain,  
help me to remember those who suffer,  
and remembering,  
help me to destroy my complacency;  
bestir my compassion,  
and be concerned enough to help;  
by word and deed,  
those who cry out for what we take for granted.

*Samuel F. Pugh (1850-1922)*

This evening I pray for:  
My own needs ...  
The needs of others ....  
The needs of people throughout the world ....  
I also pray for... (any other needs)

Watch, dear Lord,  
with those who wake or weep tonight,  
and let your angels protect those who sleep.  
Tend the sick. Refresh the weary.  
Sustain the dying. Calm the suffering.  
Pity the distressed.  
We ask this for your love's sake.

*Augustine of Hippo (354-430)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name. **Amen.**

## SATURDAY MORNING

### LISTEN

Sit comfortably, away from distractions.  
Listen to the sounds around you, and acknowledge them.  
Deepen your breathing.

Focus on God.  
Offer him your thanks and praise.  
Ask Him to be part of your day.

### REFLECT

When it seems appropriate, read a passage of scripture.

Reflect upon what you have read.

Give God time to speak to you.  
Ask: what can I learn from this passage about God's grace and about the way that I should live my Christian life?

### PRAY

Loving God,  
give me courage to face the things  
which make me afraid,  
and strength to overcome temptation.

Turn that which is evil in me into good  
and that which is good into that which is better;  
turn my mourning into joy,  
my wandering feet into the right path,  
my ignorance into knowledge of your truth,  
my lukewarmness into zeal, my fear into love,

all my material good into a spiritual gift,  
all my earthly desires into heavenly,  
all that is transient into that which lasts forever.

*Thomas a Kempis (c.1380-1471)*

This morning, I pray for:  
My family and friends ....  
Those with whom I work ....  
Those who rely on me ....

I pray for those in need ....  
The sick ....  
The lonely ....  
The unloved ....

I pray for those who are struggling to find a job ....  
Those who are in financial difficulty ....  
Those whose relationships are in turmoil ....  
I pray for... (*any other needs*)

Grant me the spirit of love  
which does not want to be rewarded,  
honoured or esteemed,  
but only to become the blessing and happiness  
of everything that wants it;  
love which is the very joy of life,  
and your own goodness and truth within the soul.

*William Law (1686-1761)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

**Amen.**

## SATURDAY EVENING

### LISTEN

Focus on God. Quietly express your love for Him.

Focus on yourself. Commit to God all that has happened during the day. Offer him your thanks and praise for the good things; confess the mistakes you have made and receive his forgiveness.

As you breath out, imagine letting go of any negative emotions or memories. As you breathe in, imagine letting in the gentle breeze of God's Spirit: all that is honourable, just, pure, pleasing and good. Breathe out. Breathe in. Be still.

### REFLECT

When it seems appropriate read a passage of scripture.

Reflect upon what you have read. Give God time to speak to you.

Ask: what can I learn from this passage about God's grace and about the way that I should live my Christian life?

### PRAY

Loving God,  
source of life and hope,  
help me not to be distracted  
by shallow or temporal things.  
Grant me, to rest in you above every creature,  
above all health and beauty,  
above all glory and honour,  
above all power and dignity,  
above all knowledge and subtlety,  
above all riches and arts,

above all joy and exultation,  
above all fame and praise,  
above all sweetness and consolation,  
above all hope and promise,  
above all desert and desire,  
above all gifts and presents  
which you are able to bestow or infuse,  
above all joy and gladness  
which the mind is capable of receiving and feeling;  
finally, above angels and archangels,  
and above all the heavenly host.

*Thomas a Kempis (c.1380-1471)*

This evening I pray for:  
My own needs ...  
The needs of others ....  
The needs of people throughout the world ....  
I also pray for... (any other needs)

God of love, whose compassion never fails;  
I bring before you the troubles  
and perils of people and nations,  
the sighing of prisoners and captives,  
the sorrow of the bereaved,  
the necessities of strangers,  
the helplessness of the weak,  
the despondency of the weary,  
the failing powers of the aged.  
O Lord, draw near to each;  
for the sake of Jesus Christ our Lord.      *Anselm (1033-1109)*

## **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

**Amen.**

# Prayerful Reading of Scripture

This ancient form of prayer, sometimes called ‘Lectio Divina’ or ‘Sacred Reading,’ has been practiced by Benedictine monks for almost fifteen hundred years.

It begins with a time of relaxation, where you make yourself comfortable and attempt to clear your mind of mundane thoughts or cares. Some Christians find it helpful to focus upon their breathing for a few moments. Others have a simple prayer word or phrase that they gently recite in order to quieten their mind.

Once you begin, there are four phases of prayer which you can move between freely as the Holy Spirit guides:

## **Read**

Read the Bible passage gently and slowly several times. Savour each verse or portion. Listen for the “still small voice” that speaks to you through a word or phrase.

## **Reflect**

Think about the word or phrase for a few minutes. Let it sink in slowly and deeply. Try to identify what it might be saying to you at this moment in your life, what it might be offering to you, what it might be demanding of you.

## **Express**

When you feel ready, openly and honestly share with God the thoughts that have arisen during your time of reflection. This may lead you into a time of thanksgiving, petition, intercession, lament, or praise.

## **Rest**

Allow yourself to rest quietly with God.

# **Imaginative Engagement with Scripture**

This method of praying was developed in the sixteenth century by the founder of the Jesuits, Ignatius of Loyola. It asks you to imagine that you are part of the Gospel Story that you are reading:

## **Prepare**

Sit in a comfortable chair, in a quiet place, where you will not be distracted. Relax. Open your hands on your lap and ask God to begin to open your heart and imagination.

## **Read**

Choose a story. Read it once or twice.

## **Imagine**

Imagine the scene as if you were standing there. Use your senses. Watch, listen, taste, smell, and feel what is happening around you.

## **Observe**

Who else is there? What can you hear? What can you smell? What is the mood?

## **Interact**

Allow the event to unfold. Begin to interact with other people, especially Jesus.

## **Receive**

Be attentive to what God is saying. Allow him to speak through your thoughts and emotions.

## **Conclude**

Offer the experience to God. This may lead you into a time of thanksgiving, petition, intercession, lament or praise.

## A Way into Silence: The Jesus Prayer

The Jesus Prayer is a simple yet powerful form of contemplative prayer that leads us deeper into the love of Christ whilst guiding us in living out our faith in the world. It goes back to the earliest days of the Desert Fathers. It is the root of Christian Contemplative Prayer, its beauty is its simplicity, there are a number of variations:

- Lord, have mercy.
- Lord Jesus Christ, have mercy on me.
- Lord Jesus Christ, Son of God, have mercy on me.
- Lord Jesus Christ, Son of God, have mercy on me, a sinner.

The words are based on several passages in the New Testament:

- The cry of the blind man sitting at the side of the road near Jericho, 'Jesus, Son of David, have mercy on me'. (Lk 18:38)
- The ten lepers who "called to him, 'Jesus, Master, take pity on us'. (Luke 17:13)
- The request of the publican, 'God, be merciful to me, a sinner'. (Luke 18:14)
- Paul's instruction to 'pray without ceasing'. (1 Thes. 5:17).

The prayer is short enough that it can be repeated at many points in the day. It can also be used in more formal times of prayer. A prayer rope is often used praying one prayer with each knot to help keep concentration.

## **When you Pray:**

Say his Name slowly, softly and quietly. Within the silence the Jesus Prayer gives you a rhythm that you can gently enter into, you need to be relaxed and alert, you may prefer to sit kneel. Just be calm and breathe gently if it helps co-ordinate the words with your breathing.

Quietly repeat the prayer and allow yourself to settle into a rhythm.

Feel his presence.

Speak to him in love.

If your attention wanders don't be discouraged; gently, bring it back re-focus on the words of the prayer.

If we pray the Jesus Prayer regularly for whatever lengths of time are appropriate to us (20/30mins are about right for most) we soon find the prayer rising up spontaneously from time to time during the day.

It has a way of re-orientating us back to God.



## Daily Awareness Exercise

Ignatius Loyola also suggested a pattern of prayer that could help people to detect God's presence in the events of each day and to discern God's direction for the future. This pattern, traditionally known as 'the Examen', takes about fifteen minutes and is structured as follows:

1. Take some time to reflect:  
Where today have I experienced God's love? Give thanks.
2. I ask that God, who is love, will guide my reflection
3. Be aware of any event that stands out:  
  
Maybe something that gave a sense of joy or peace?  
  
Maybe something that feels uncomfortable?  
  
Recall the experience: what was going on?  
  
What was happening in my relationship with God?
4. Now I wait in openness. What is God showing me through this experience?  
  
I talk to God about how I feel.
5. How will I respond to God's love in my life today?

# Reading the Bible

There are a number of practical steps that you can take to get the most out of the Bible:

## **Choose the right translation**

There are many translations available. Some are relatively easy to read, others are more demanding. Look at several and find the translation that suits you best.

## **Consider the time and place**

Find a regular time and place where you can have some uninterrupted space.

## **Relax**

Whether it's a steaming cup of coffee, or a comfortable chair by the window, it is often helpful to associate your time reading the Bible with another favourite activity.

## **Establish a reading plan**

Reading plans that suggest a passage of the Bible for each day, plus a comment to help you understand and apply it, are available from several Christian publishers. Scripture Union and Bible Reading Fellowship are the best known, and their materials can be purchased from any Christian bookshop. Alternatively you can order from their websites.

If you would like to read systematically through a whole book of the Bible, the study guides written by Tom Wright or William Barclay are particularly helpful. Another option is the simplified Common Lectionary provided by the Community.

Whatever you choose, try to allow enough time to reflect upon what you are reading, and ask:

- How can I apply what I have learned to my life?
- Is there an example to follow?
- Are there actions that I should take or avoid?
- Do I need to confess something to God?
- Is there a promise to claim?

### **Consistency really does pay dividends**

Everyone who reads the Bible will, at times, find it difficult to understand. This is because we are reading an ancient text. On those occasions, try to wrestle with the readings, and take into account the fact that you may come away from the experience, not so much with answers but with better questions - which can then be shared with other members of your growth group. The important thing is that you start reading the Bible and stick with it!



## Undertaking a Sacred Journey

A pilgrimage is a journey which is undertaken in order to help you to develop as a person of faith. Your destination might be a mountain top, a desert place, a cave, or an ancient religious site, but your intention whilst planning and undertaking the pilgrimage is always the same: to give yourself the time and space to encounter God.

There are many types of pilgrimage that you might consider.

Some Christians like to combine a pilgrimage with a holiday. Others prefer to find a place that will offer a quiet space for regeneration, relaxation and refreshment. Some like to include a physical activity, such as walking or climbing. You can find information about the different types of pilgrimage on the internet. You might also find that a local church is taking a pilgrimage in the near future.

As a Community, we aspire to organise at least one pilgrimage each year, and will advise our members of other opportunities as they arise.



## What should I do when I sin?

All of us sin. That is a sad truth in life. Jesus called us to repent of our sins and to come home to the Father. The story of the Prodigal Son shows how God always welcomes us back, no matter what we have done. Often we are too proud, or too frightened to admit we have done wrong. Often we deny it, or we say “It doesn’t matter; everyone does it.” But it does matter. Sin damages our relationship with God; it hurts other people and it hurts us too. Living with sin is like living with a bad cold, never getting better.

If we want to get better we must admit our sin, say sorry and let God forgive us. That is what he wants to do. We can do that in our private prayers, but often it is better to go to a priest and tell him or her what we have done and how we want to be forgiven. This is called confession. It is a wonderful sacrament because God has given priests the authority to forgive sins. When we receive this forgiveness we know we really have been forgiven. We can leave it all behind and go on free from the weight we were carrying.

*Will the priest tell other people what you have said?*

Absolutely not. A priest cannot and must not say anything about what is said in confession. It is completely secret between you and God. Most priests are pretty good at forgetting what they hear anyway.

*How should I go about it?*

First write down everything you can think of that you have done wrong. Don’t leave anything out. The more you think of the better because it means God will forgive you for more. God’s forgiveness is an act of love so you will receive more and more of God’s love. Some people find it helpful to use the 10 Commandments or 1 Corinthians 13 as a help to prepare.

Then go and find a priest you can trust or one you know has experience hearing confessions. He or she will tell you what to do. It is very simple – just a prayer and then the confession you have written down. Then the priest gives you God’s forgiveness.

*What happens if I commit the same sins again?*

Go back to confession again. Many people go to confession regularly, three or four times a year to restore their relationship with God. It is a way of saying to God “I really love you and I want to say sorry for everything I have done wrong; and I want to know you forgive me.”

Never doubt that God will forgive. He wants to forgive. He only needs us to say we are sorry and the forgiveness is there, along with his love.

Written for Peregrini by Fr Nicolas Stebbing CR  
(for a further practical explanation see Fr Nicolas’ book, *Confessing our Sins*)



## Useful websites to help you on your journey:

[www.sacredspace.ie](http://www.sacredspace.ie)

Offers a daily ten minute guided prayer with Scripture based on Ignatian principles.

[www.rejesus.co.uk/spirituality/daily\\_prayer/index.html](http://www.rejesus.co.uk/spirituality/daily_prayer/index.html)

Offers, among other resources, daily prayer, meditation and intercession.

[www.taize.fr/en\\_article75.html](http://www.taize.fr/en_article75.html)

Taize offers a daily meditation.

[www.prayingeachday.org](http://www.prayingeachday.org)

Simple daily prayers and reflections and a wonderful series of links for those of a more catholic approach.

[www.pray-as-you-go.org](http://www.pray-as-you-go.org)

Daily Ignatian prayer for your MP3.

[www.methodist.org.uk/prayer-and-worship.com](http://www.methodist.org.uk/prayer-and-worship.com)

The Methodist Church offers a useful prayer section.

[www.prayerguide.org.uk](http://www.prayerguide.org.uk)

The Teal Trust offers a simple daily structure for prayer.

[www.24-7prayer.com](http://www.24-7prayer.com)

No online resources but is well worth a look.

[www.bbc.co.uk/programmes/b006qmpj](http://www.bbc.co.uk/programmes/b006qmpj) You can listen to the BBC's Prayer for the Day without having to get up at crack of dawn.

[www.churchofengland.org/prayer-worship](http://www.churchofengland.org/prayer-worship)

The Daily Office in Common Worship. Provides a reflective Office, "Prayer During the Day", plus Morning, Evening and Night Prayer.

# Membership

Peregrini welcomes members from all Christian traditions. Members are encouraged to attend our service of celebration and commitment, held annually on the Feast of the Baptism of Christ.

## For further details contact:

Ben Edson: [ben@peregrini.co.uk](mailto:ben@peregrini.co.uk)

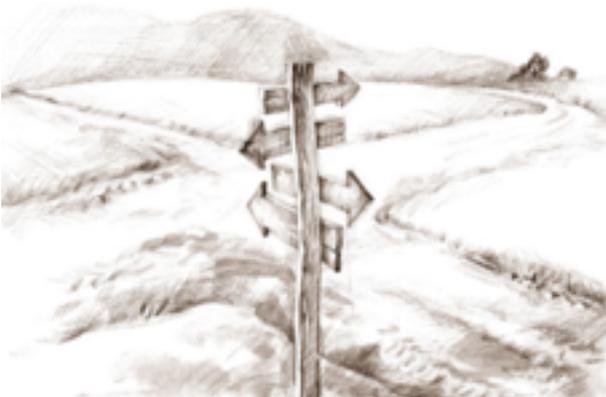
Donna Williams: [donna@peregrini.co.uk](mailto:donna@peregrini.co.uk)



The Peregrini Community would like you to know that the Rhythms of Grace and much of this material has been used with the permission of the Community of St Chad, Lichfield out of which Peregrini was born.

We gratefully acknowledge our indebtedness to their work.

God of grace and glory,  
Give us the mind, the heart  
and the strength to live for you.  
Walk with us and work through us,  
that we may be faithful in prayer,  
grow in holiness and draw many to you.  
As we walk in the power of the Spirit  
transform us into the likeness of Christ,  
to the glory of your name.  
Amen.







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