

## **Worship Times**

### **10.00am** Parish Eucharist (Sundays)

This is a traditional service (with Choir), lasting for just over an hour and is for all age groups.

Refreshments in the Refectory follow the service

### **8.30am** Morning Prayer/**6.00pm** Evening Prayer (Daily)

Service of Psalms, Bible readings and prayers, lasting for half an hour.

### **8.00-9.00pm** Quiet Abbey (Tuesdays)

This is an opportunity for silent prayer and meditation, for a short time, or up to an hour, ending with Compline (Night Prayer) for those wishing to stay.

### **10.00am** Rosary Prayers (the first Wednesday of the month)

The Rosary Prayers provide a focused and prayer-centred preparation for the offering of the Eucharist (Holy Communion).

### **10.30am** Holy Communion (Wednesdays)

The weekly Holy Communion service is in a traditional format and is followed by refreshments in the Refectory.

## **Knitting Circle**

We meet Monday mornings 10am till noon.

Please join us all are welcome



If you would like to gift aid your donation to the monthly Malawi collection, the Abbey can reclaim any tax you have paid, which will increase the amount given. Kindly put your donation in a blue envelope from the pews and write MALAWI on it. Thank you.

## **PATHWAYS TO GOD**

Last week Father Philip mentioned a Retreat at Home.

Here are the details about this lovely opportunity.

Thirty-one days of amazing spiritual material — all for free!

Follow the link and you'll find inspirational text, music and words, photographs and specially commissioned visual art:

<https://www.pathwaystogod.org/day-1-31-days-st-ignatius-2018>

## **Can you help? Can you knit?**

*While your sitting you could be Kitting!*

*(At home or at the knitting group all are welcome)*

The George Eliot hospital needs premature baby hats, jackets and blankets, patterns are available and can be delivered if necessary please see Kit.

Or have you any suitable 3 or 4 ply, or double knitting wool, even odds and ends can be used, if so could you please donate as the knitting group are running short on supplies. Thank you.