

What if my prayer is confidential?

If your prayer is confidential it might be better to contact the Vicar at the contact points on this leaflet.*

Many prayers can be shared in ways which can be spoken publicly without revealing names—if you are not sure how to do this speak to us first.

A way of praying -

1 - Call upon God - it's a bit like saying hello. **2 - Linger** on God - don't rush your prayers. **3 - Ask** God - As you would ask something of a trusted friend. **4 - Tell** God— why it is you are asking. **5 - End** the prayer - Christians usually call upon the Trinity of the One God as Father, Son and Spirit.

*Confidentiality in prayer is of paramount importance, Christians will often share prayer concerns amongst each other—it is a form of prayer networking.

If you want prayers to be kept confidential to the group—tell them you would like to pray, but for the prayer not to be circulated.

If your prayer concerns any matters of personal abuse or any criminal behaviour, the Vicar has a duty of care which may demand the information is brought to the attention of the appropriate authorities. Speak to him if you are burdened with any such concerns.

Main service times

Shrewsbury Abbey

Sunday 10.00am and 3.00pm

Thursday 12 noon

St. Peter's

Sunday 10.30am

Prayer Drops

The Abbey Prayer Book is online
<http://www.shrewsburyabbey.com>
Go to 'Spiritual' then 'Prayer Page'

Abbey Office : 01743 232723

Monday - Friday

9.30am - 12.30pm

vicar@shrewsburyabbey.com

www.shrewsburyabbey.com

Get into the habit
Shrewsbury Abbey

Parish of the Holy Cross

Shrewsbury Abbey

and St. Peter's Monkmoor

How do I join a Prayer Group

Abbey Office : 01743 232723

Monday - Friday

9.30am - 12.30pm

vicar@shrewsburyabbey.com

Prayer can be 'on your own' or 'with a group'

We can give you a copy of our 'Prayer Drops' booklet—or you can access it on line from our website:

<http://www.shrewsburyabbey.com/Prayer%20Page.html>

Sometimes it is right to pray alone, but there are opportunities to pray with others—we currently have three prayer groups which meet in the Parish.

Daily — 8.30 am in the Lady Chapel in the Abbey

Monday Morning — 9.00 am in the Lady Chapel in the Abbey—follows on from Daily Prayer

Thursday Evening — 7.00 pm in St. Peter's Church, Monkmoor Road.

What will we promise to you

We will do our best to make you feel welcomed and to answer any questions you have of us.

If you leave a prayer on the prayer board in the 'Lady Chapel' or at St. Peter's Hall or Church it will be read and it WILL be prayed,

If you invite us to we will explain very clearly the Christian understanding of prayer as it is practiced in the Church of England and we will look at what it means to be part of the wider Christian family of God.

We will admit - we don't have all the answers and prayer can seem a bit confusing at first.

We will not pressurize you, although any discussions on prayer, faith and the spiritual life can be challenging.

We will give you the opportunity to find out more about Jesus and the Christian life.

We will do this all—gently!

Why pray together

One pencil can be snapped easily—two together are harder. By the time you have half a dozen it is hard to snap them all at the same time. Praying together is a little bit like this.

When people pray together they can support and strengthen each other.

The cycle of prayer -

We speak to God - it doesn't have to be complex; prayer can be very, very simple.

God listens. Christians see in the prayers of Jesus absolute certainty prayer is not one-way.

God speaks. Genesis begins with 'God said' (Genesis 1 v 3) and Jesus is sometimes called the 'Word' of God.

We listen. Listening is an essential part of the cycle of prayer.