

CHURCHES TOGETHER IN SOMERSET

Annual General Meeting and Forum

“Spirituality for Life”

Saturday 23rd February 2019 10.00am – 3.30pm

Bagley Baptist Church Coldnose Lane, Bagley, Nr Wedmore BS28 4TG

Timetable

10.00am	AGM
11.00 – 12noon	Workshop (A)
12noon – 1.00pm	Workshop (B)
1.00 – 2.00pm	Lunch
2.00 – 3.00pm	Workshop (C)
3.00 – 3.30pm	Worship

Market stalls include

- Labyrinth
- Christian Aid
- Ammerdown Centre
- Quiet Garden Movement
- Spiritual Direction
- Art and Spirituality



• Workshops	11.00am	12noon	2.00pm
○ Labyrinths and Banners	A	B	C
○ Sacred/Circle dance	A	B	
○ Taize time of worship	A		
○ Creative prayer		B	C
○ Ignatian Prayer	A	B	C
○ Christian Meditation	A		C
○ Seeking Stillness	A	B	C

Labyrinths:

This workshop will give a brief history of labyrinths as a style of prayer before giving participants the opportunity to walk a labyrinth, use finger labyrinths and engage with art labyrinths as a form of prayer. If you are interested in how this ancient practice can be used by your church, school or local community then James Fox Robinson (Prayer and Spirituality Enabler for the Diocese of Bath and Wells) will share some ideas and examples.

Banner Making.

Journeying with the, “ I AM’s”. Learning to listen to His guiding voice and with many attempts, as each banner was completed, I was shown in my mind how each banner was to hang and how they were to be presented. Each individual banner was to hang on its own cross. The banners have been embraced by local schools, the children producing their own, I AM’s

Sacred/circle dance

'There is dance in all of life' Dance has long been used as a form of worship. For centuries, we have danced to celebrate births, weddings, acknowledge the changing seasons, deaths, partings, greetings. It is only in modern-day life we have lost this connection with our bodies. Both traditional and modern circle dances embody an ancient world-view of sustainability, community and reverence for the earth, transmitting not only the steps but human values and beliefs. Circle Dance can be meditative and communal. It has been described as gentle exercise and/or a life-changing experience.

Worship from Taize.

A tiny French village in Burgandy, near Cluny, gives its name to the international, ecumenical monastic order which was founded there. The fusion of both traditional and contemporary forms of worship, particularly in its music, has gained much popularity with young adults from all over Europe. Its liturgy comprises three, simple "prayer meetings" per day each consisting of a sung psalm and response, a New Testament reading, ten-minutes of contemplative silence and simple, joyful prayers of thanksgiving. The most striking feature of its worship, however, consists of a repertoire of over two-hundred chants, in four-part harmony, carefully crafted by the Brothers as "icons in sound."

Creative prayer.

Looking at prayer for children and young people using various ideas. I try and use colour, texture, fun but most importantly the ability for them to understand that prayer is a conversation with God and not something to apprehensive about. So whether its parachutes, balls of wool, water, fire or smarties there is a prayer for everyone

Ignatian Spirituality - Finding God in All Things

Prayer that offers ways of dealing with the complexities of life, both individual and corporate. He offers simple prayer tools that provide a pathway to deepen our relationship with God, ourselves and others and, above all, to raise our awareness to see where God is present in our lives and world. Ignatian Spirituality is a spirituality for everyday life that does not ignore the issues of our time but provides insights into a keener discernment and an active life of loving service.

Contemplative prayer

An opportunity to learn about, and experience the practice of contemplative prayer. For many Christians, training in prayer is limited to the mind, but today we will be focusing on and practicing a different aspect of prayer - the 'prayer of the heart'. This ancient form of prayer, which is also known as Christian meditation, is not speaking to God or even thinking about God. It is simply being with God in the silence and stillness of the present moment

Quiet Space

Libby Dobson and Sarah Chabowska will be hosting a peaceful space called "Seeking Stillness". It will offer a quiet place to be still and reflect. Their workshops will support this aim, as they share original poetry and song, visual images, reflections, Scripture and times of reflective silence. Libby and Sarah will also be manning a stall with flyers describing their retreats and a selection of their CDs will be available to purchase.