

Exploring Prayer

Essex Church, 112 Palace Gardens Terrace, London W8 4RT

(Nearest tube station is Notting Hill Gate – Central, Circle and District Lines)



Six Sessions on Thursday Evenings from 16th July to 27th August, 7.00-9.00pm

This new course will run for six sessions, meeting weekly on Thursday evenings (7.00-9.00pm), from 16th July to 27th August (excluding 20th August). During the course we will focus on four types of traditional prayer which are shared by all the major world religions: naming, knowing, listening, and loving.

It is our intention that the course will also provide opportunities for everyone to directly experience various different forms of prayer. There will also be plenty of time for your own personal reflection on the theme and chances to share your views and your own experiences of prayer with the rest of the group. We hope that the course will help each participant to find a way to pray that is authentic to them and their sense of the Holy.

It is not essential to come to all of the sessions but we would appreciate it if you let us know in advance if you plan to attend. Ideally it would help if you could commit to attending at least four of the six nights. This course is free of charge. Please email education@kensington-unitarians.org.uk or leave a message for the group facilitators (Jenny Moy or Jane Blackall) on 020 7221 6514 or to book your place.

See this website for further information: www.kensington-unitarians.org.uk

