

Spiritual Support

During the season of Lent, Will is offering a chance for a 45 minute conversation with him, one-on-one, for your support and encouragement.

What it is:

A time for you to meet and talk in total confidence.

An opportunity to be listened to, encouraged and supported.

A chance for you to talk about the things you want to talk about.

A conversation that will leave you feeling positive and good about your faith.

What this isn't:

A test where you worry about how much you know or don't know about God.

An exam where you come away feeling inferior or inadequate in some way.

A conversation that is then commented on or shared with others.

Before we meet, you might like to take some time to think about what it will be helpful to talk about. These might include:

Where your spiritual journey began and where it has brought you so far;

Any significant moments or stages in your journey of faith;

What your usual practice of prayer is;

Any struggles you have with prayer or faith;

Any ways in which St Mary's could support you more fully in your faith;

Please cut off and return the section below to St Mary's by **Sunday 15 March**.



Full Name:

Address and Postcode:

Telephone number / mobile:

Email Address:

Times you are available:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							