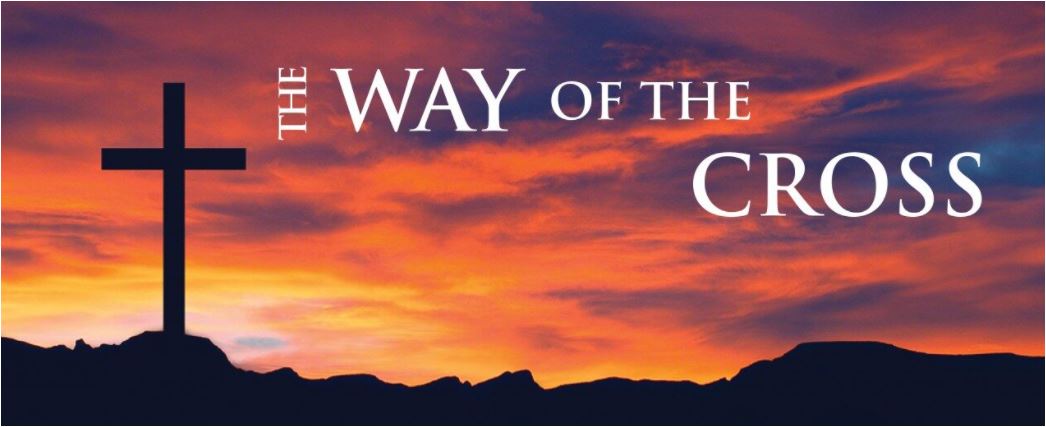
**The Parish of Wokingham, St Paul**

with St Nicholas and Woosehill Church

Welcome to our

**Quiet Day**

exploring

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under the guidance of the Revd Jane Kraft

**Saturday 19th March 2022**

**11.00-16.30**

**at Woosehill Church**

32 Chestnut Ave, Wokingham RG41 3RS

**Prayer Stations offering points of focus**

**“This is my body which is given for you”**

(The Altar)

*Reflection on the Last Supper*

**“My Father if this cannot pass unless I drink it, your will be done”**

*Christ’s agony in the Garden of Gethsemane -*

*darkness and light*

**“They brought Jesus to the place called Golgotha …and they crucified Him”**

*Crosses*

*Crucifixion*

*Nails*

**“Take up your cross and follow me”**

*The Way*

**Creativity resources**

(Ground floor, next to the kitchen)

*Colouring, collage, drawing or other creative expressions of prayer and reflection*

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**PROGRAMME FOR THE DAY**

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|  |  |  |
| 11.00 |  | Hot drinks on arrival |
| 11.15 |  | Holy Communion and address, leading into |
|  |  | Silence, prayerful activities and reflection |
| 13.15 |  | Lunch. Hot drinks available in the kitchen (One upstairs room and the church will remain in silence, *quiet* conversation may take place in the “Creative station” room or outdoors) |
| 14.00 |  | Second address (in the church). Thereafter free to sit quietly, continue activities, walk etc |
| 15.45 | 16.15 | Closing “plenary” – coming out of silence, anything to share; Final prayer |
| 16.15 |  | Tidy up before cleaning takes place  *Please complete and return a Feedback form*. |

Jesus said,

‘If any want to become my followers, let them deny themselves and take up their cross and follow me.

For those who want to save their life will lose it, and those who lose their life for my sake will find it’. ~ *Matthew 16.24*

Lord, you accepted your cross and began your final journey; it had to be done.

May I accept my cross,

understanding that my journey cannot be made without it.

**O Saviour of the world, by your cross and precious blood you have redeemed us; save us, and help us, we humbly beseech you, O Lord.**

Living Christ, for our sake you laid aside your power and glory and took on our humanity, to live in poverty here on earth and to suffer death upon the cross. Teach us the lesson of your humility

and empty our lives of all pride and selfishness.

**O Saviour of the world, by your cross and precious blood you have redeemed us; save us, and help us, we humbly beseech you, O Lord.**

Loving Saviour, as we draw near to you under the shadow of the cross,

give us a new understanding of your sorrow over us,

true repentance for our sins for which you suffered,

and an ever deeper gratitude for your redeeming love.

**O Saviour of the world, by your cross and precious blood you have redeemed us; save us, and help us, we humbly beseech you, O Lord.**

Redeemer Lord,

You gave yourself for me upon the cross.

I now give myself to you

All that I have

All that I am

All that I hope to be.

**O Saviour of the world, by your cross and precious blood you have redeemed us; save us, and help us, we humbly beseech you, O Lord.**