

*For where your treasure is, there your heart will be also. Matthew 6:21*

## Finding our Way: Exploring Spirituality



### *What is Spirituality and how does it help us in our lives?*

An opportunity to look at Spirituality  
and the way it can help us deepen our faith  
and grow in love, for God,  
for each other and for our world.

On the First Sunday of each month in the Church Hall  
beginning on 3<sup>rd</sup> September at 6.00 - 7.00 pm.

Have you noticed that when you go into bookshops, it is often quite difficult to find books about faith. The “Religion” section is often limited to a couple of Bibles, a book by the Archbishop of Canterbury and perhaps something from one of the other faith traditions. You might find yourself struggling to find even a complete shelf of books about faith.

By contrast, you might have noticed the burgeoning shelves of books about “Mind, Body, Spirit”. In some bookshops, there are tables as well as shelves piled high with offerings on wholeness, wellbeing, healing, and much more besides.

It was headline news when the results of the most recent census came out that less than half of the population of England and Wales now describe themselves as religious. And yet the search for the spiritual side of our lives appears to be as important as ever. Perhaps you have even heard people describe themselves as “spiritual but not religious”.

When Guildford Diocese updated the vision document, Transforming Church, Transforming Lives, three priority areas were identified: Growing Discipleship; Growing Diversity; and Growing Community. A crucial aspect of our discipleship is our own spiritual wellbeing. When we talk about the spiritual, we are really talking about the ways that we find to connect with God.

I wonder what helps you in your spiritual exploration? Hopefully there are aspects of Sunday worship that help you to connect with God. It may be that you find the hymns and other music particularly uplifting; or you might find the words of the liturgy an important means of connection; for some of us, hearing the scriptures explored in a sermon is also a spiritual experience. You may also recognise that there are other ways in which you feel spiritually connected in your life. For some it is the outside world which offers that: the beauty of creation; the power of Mother Nature; the silence of deserted spots.

For most of us, our spirituality grows and develops throughout our lives. What we appreciate most is likely to depend on what we most need –

when we are surrounded by busyness, we may crave silence; yet if we find ourselves more isolated, we may appreciate spiritually the presence of others.

From September, you are invited to explore your own spirituality. Maggie Marsh and Joan Simon will be leading sessions on the first Sunday of each month from 6 pm until 7 pm. During each session you will be invited to try different spiritual practices and disciplines. You may well have tried some before, but we often experience things differently at different times.

The invitation, really, is to taste and see. The opening session will explore what we mean by spirituality, and sessions thereafter will include Ignatian practices; lectio divina; and an exploration of the Eucharist. It is likely that you will find that you connect with some sessions more than others. You may well find that there are some practices that you want to take into your own prayer life.

Perhaps the most important thing to recognise is that there is no right or wrong answer. Maggie and Joan are exploring too, and it would be good to share together. Just as none of our relationships with friends and family are the same, so none of us relates in exactly the same way to God. Different things will help each one of us, though there can be discovery as we recognise the impact of different practices on others as well as noticing our own experience.

So, if you are keen to find out more, please come along to the Cuddington Hall at 6 pm on 3<sup>rd</sup> September for the opening session. Our hope is that you find a deeper and closer relationship with God. There is no need to commit to every session – just come along whenever you are able, on the first Sunday of the month. Each session will conclude with a short act of worship.

*Why not come and find out more!*

**ALL WELCOME**

## August Services and Events

<b>Saturday 5</b>	<b>08.30</b>	<b>Men's Breakfast at Horton Golf Park</b>
<b>Sunday 6</b>	<b>08.00</b>	<b>Holy Communion</b>
	<b>09.30</b>	<b>Sung Communion</b>
<b>Sunday 13</b>	<b>08.00</b>	<b>Holy Communion</b>
	<b>09.30</b>	<b>Sung Communion</b>
<b>Monday 14</b>	<b>19.30</b>	<b>Knit &amp; Natter Group in the Leverton Room</b>
<b>Thursday 17</b>	<b>14.00</b>	<b>Afternoon Club's Summer Tea Party</b>
<b>Sunday 20</b>	<b>08.00</b>	<b>Holy Communion</b>
	<b>09.30</b>	<b>Sung Communion</b>
<b>Sunday 27</b>	<b>08.00</b>	<b>Holy Communion</b>
	<b>09.30</b>	<b>Sung Communion</b>
<b>Wednesday 30</b>	<b>19.15</b>	<b>Men's Carvery at the Hogsmill Tavern</b>

**Morning Prayer is said in church every weekday morning at 9am**

**Everyone is very welcome**

## Prayer Requests at St Mary's

We pray regularly for people who are sick and those who have died. Each Sunday the intercessors generally name anyone on the list on the lectern at the back of church, and every morning, at Morning Prayer, we pray through all the names in the green book in the side chapel.

**Feel free to add names to either list as feels appropriate to you.**

These lists will tend to grow and so we would appreciate it if you could take names off again once the need has passed.