

# Ideas

## ◆ Prayer events

Get together over food to plan what you might do and prepare for your prayer event. Don't forget to advertise it locally and please let us know at the same time by emailing [comms@hereford.anglican.org](mailto:comms@hereford.anglican.org).

## ◆ Organise a 'Sanctuary Day' for your church

Sanctuary events are opportunities to step aside for a while to find the spiritual refreshment that so many of us need and long for facilitated by a ReSource team in consultation with local leadership. Contact: [resource-arm.net](http://resource-arm.net)

## ◆ Go online

Connect with online prayer communities and social media groups:

Weekly prayer zoom hosted by Mark Melliush:  
[mark.melliush@hereford.anglican.org](mailto:mark.melliush@hereford.anglican.org)

[24-7prayer.com](http://24-7prayer.com)

[Pray-as-you-go.org](http://Pray-as-you-go.org)

## ◆ Run the Prayer Course

[The Prayer Course | 24-7 Prayer International](#)



The Diocesan Office • The Palace • Hereford • HR4 9BL

t: 01432 373300 e: [info@hereford.anglican.org](mailto:info@hereford.anglican.org)

[www.hereford.anglican.org](http://www.hereford.anglican.org)



## Year of Prayer 2023

Ideas for local churches communities



[www.hereford.anglican.org](http://www.hereford.anglican.org)



# Ideas

## ◆ Pray together regularly

Find a regular day/time to pray with others.

Advertise the ways that people in your church already pray together.

Start something new. E.g A contemplative prayer group, an intergenerational prayer group, a Deanery or Benefice prayer group.

## ◆ Invite our Diocesan Mission Enabler

Mark Melluish is available to offer teaching and preaching on prayer for deaneries and parishes :mark.melluish@hereford.anglican.org

## ◆ Prayer walking

On your own or with others, walk prayerfully through your local community and pray for the people who live and work and study there and for the natural world. Make this regular if you can.

## ◆ Arrange a guided prayer week for your church

Contact Diocesan Adviser in Spirituality Revd Nick Helm:  
n.helm@hereford.anglican.org

## ◆ Pray for others

Ask people if there's anything they'd like you to pray about. Pray for them then or later in private.

## ◆ Keep a prayer journal

Make a note of what you are praying about and notice when prayer is answered.

If you're interested in putting your faith into action visit our website for ideas on how you can get involved: [www.hereford.anglican.org/communitylinks](http://www.hereford.anglican.org/communitylinks)

# Ideas

## ◆ Pray for your local school

[Pray For Schools](#) provides support and advice for those wishing to set up groups to pray for their local school(s). Their vision is for every school in the UK to be a prayed-for school.

## ◆ Prayer spaces in school

[Prayer Spaces In Schools](#) provide training and resource guides to help churches set up prayer spaces with their local schools. These can also be adapted or use in youth and intergenerational church settings.

## ◆ Prayer spaces in church

Make a creative prayer station (see ideas for schools above) in church for church members and visitors to help them to pray. Maybe have a trail of different prayer stations for an indoor pilgrimage.

## ◆ Community prayer calendar

Ask local community groups if they would like to be prayed for one day a month and make a calendar for your church or deanery to pray for a different group each day. e.g. scouts, guides, nursing home, school, GP surgery, toddler group, community choir, village hall committee.

## ◆ Prayer trees

Offer the opportunity for people to write or draw prayers and hang them on the tree in church, outside or in a community space.

## ◆ Prayer boxes

Make a prayer box for somewhere public e.g. a shop, café or community space. Supply pens and paper for people to write and post their prayers. Later take them out and pray each prayer.

## ◆ Silent nature walk

Spend some time walking with others in nature and praying silently. Notice what God is saying to you as you walk and what you want to say to God.