



**Day of Prayer and Reflection
Saturday 6th March 2021
East Anglia District**

There are various opportunities suggested in the material that follows. Please do not feel you need to attend and/or attempt everything.

Alongside this sheet you will need the email you received giving you details of the zoom link. If you require this information again please contact either your minister or Circuit Administrator.

Today is time for God and you to be together, to share and to listen. We pray that the day will be a blessing to you, and through you a blessing to others.

Jacqui and James

Outline of the Day

(all via the same Zoom link unless otherwise stated)

9.30 am **Opening gathering** with Rev Julian Pursehouse (Chair of District) *followed by breakout rooms for prayer for those who would like this*

4.00 pm *breakout rooms for prayer for those who would like this (20 minutes)*

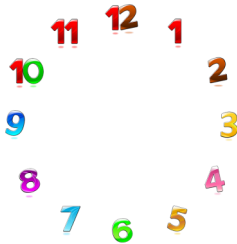
4.30 pm **Closing gathering** with Julian and others. There will be an opportunity during this time to share brief insights, thoughts from the day. This will be entirely voluntary so please don't spend the entire time thinking about what you might share.

Optional online prayer opportunities

- 11.00 am **Prayer using symbolic action**,
for the future of worship and
church with Rev Jacqui Horton
(Central Norfolk)
- 12 noon **Praying with poetry** with Rev
Catherine Dixon
(Ely & Newmarket)
- 1.00 pm **Meditation** with Rev James
Bamber
(St Neots & Huntingdon)
- 2.00 pm An opportunity to join the **Deaf
Church** for their monthly service
(separate zoom link required)
- 7.00pm An opportunity to join Rev Cliff
and Christine Shanganya
(Central Norfolk) for half an hour
of **Prayer and Praise**
(YouTube link:
<https://youtu.be/45QiK73pj58>)
- 9.00 pm **Compline** with Rev Adam
Stevenson (Fens Circuit)

Other ideas

Pray on the hour e.g.



11 am with the 23rd Psalm

12 noon with the Lord's Prayer

1 pm with the Vice-President's Prayer for the Pandemic

[A Prayer of Grief - YouTube](#)

2 pm with the Jesus Prayer

[The Jesus Prayer for Beginners - YouTube](#)

3 pm with a favourite Hymn

Sign up for 'Revolving Prayer Pairs'



Participants agree to pray with one other person on the phone (on a specified topic) 3 times during the day.

It will be a different person each time and so prayer will revolve around the District in a creative way!

Contact Deacon Jen Woodfin on 01760 720858 to sign up.

Use the **five fingers of your hand** to pray for:

Thumb: The effects of the pandemic in the world especially in the poorer countries.

Index Finger: The ongoing situation in the UK including praying for our government and PM.

Middle Finger: All medical staff dealing with the virus as well as administrators & managers.



Ring Finger: Those who are ill or in hospital with the virus & those whose treatment for other conditions is delayed.

Little Finger: The bereaved and all those suffering in any way today.

Lectio Visio

Take a moment of quietness to savour the following verse from Psalm 1: 'They are like trees planted by streams of water, that yield their fruit in due season, and their leaves flourish.'

Then you might like to go for a walk and allow one tree in particular to engage you in Lectio Visio (praying with the eyes of your heart).

Walk slowly, pause often, notice what is present to you moment by moment.

Perhaps spend time simply being in the presence of one tree and engage with the part of it which calls to you. What might God be seeking to share with you?

You could also engage in this practice with a photograph of a tree, looking through a window, or an online image.



Doodle Prayer

Reflect on the **World Day of Prayer's** theme this year 'Build on a strong foundation' (Matthew 7 v 24 – 29).

You might like to colour the image in and be alert to any thoughts, words, verses of Scripture which come to mind...particularly to do with shining like lights...being established on an unshakable foundation...





For those not able to join in online

This day is still for you! Begin the day at 9.30 am knowing that others are joining in with Morning Prayer on the internet. Use the Morning Prayer service from the Methodist Worship Book or simply pray in your own way.

Then, choose one or more of the prayer suggestions (or your own) to use during the day before a final prayer time at 4.30 pm, knowing that others are sharing feedback from the day and saying Evening Prayer.

If you would like to pray with 2 or 3 others on the telephone, then see the details under 'Revolving Prayer Pairs' in this leaflet.

If you would like to listen to a prayer, or information, on the telephone use one of the Methodist Church's phone lines:

FREE phone lines for prayers and news from the Methodist Church

Listen to a prayer: 0808 281 2514

Listen to the President and Vice-President:
0808 281 2695

Listen to news: 0808 281 2478

Content is updated weekly

A possible way in which we can be part of the answer to our prayers

If you would like to respond to the Lenten discipline of almsgiving and the outworking of prayer in practical action, you may like to consider giving the cost of your own vaccine (free, of course, in the UK) to help others in less well off countries:

[Crowdfunding to help people in low-income countries access the COVID-19 vaccine on Just-Giving](#)



