



REGULAR CONTEMPLATIVE PRAYER to mid-2026
at MITCHAM PARISH CHURCH, CHURCH ROAD CR4 3BP

The **EVENING MEETING** is held at 7.30pm and will meet generally on
the **FIRST** Wednesday of each month - in church:

7th JANUARY / 4th FEBRUARY / THURSDAY 5th MARCH / 8th APRIL /
6th MAY / 3rd JUNE / 1st JULY

The **AFTERNOON MEETING** is held at 1.30pm and will meet generally on
the **THIRD** Wednesday each month - in church:

21st JANUARY / THURSDAY 19th FEBRUARY / 18th MARCH / 15th APRIL /
20th MAY / 17th JUNE / 15th JULY

The Julian Meetings

- ✘ *are for people of all denominations – or none – who wish to join with others in contemplative, meditative prayer in the Christian tradition.*
- ✘ *start with a brief reading and / or piece of music, which leads into about half-an-hour of still, totally silent, prayer. The time of prayer is gently brought to a close, with a closing prayer and is followed by fellowship, and a chance for conversation.*



The Julian Meeting

- ✘ *fosters the teaching and practice of contemplative prayer & meditation in the Christian tradition*
- ✘ *encourages people to practise contemplative prayer in their daily lives, and to explore ways of doing this which are appropriate for them as individuals*
- ✘ *acknowledges the value of other ways of praying at other times, but a Julian Meeting has the one focus, and that is solely for contemplative, meditative prayer.*