



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.