

Way of Silence

CLARE PRIORY

Tuesday 19th February

**What Has Silent Prayer Got To Do With the
Stress of Everyday Life?**

"Chris has been working for over 35 years in social care and has been interested in how silent prayer can enrich the lives of those in need of care as well as their care givers, and how it can underpin and support us in every aspect of our daily lives."

10.30 - 3.00

Mass at 10.00

All are welcome

Please bring a packed lunch, refreshments provided

Pre booking would be appreciated,
but you are also welcome to just arrive on the day

Donations for the work of the Priory

Bookings: Contact Kathy 01787 277326

Email: clarepriory@clarepriory.net

www.clarepriory.org.uk